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NEWSLETTER

Holistic Wellness

Does the term, “holistic wellness” ring a bell? It’s a continuously emerging concept in the health and wellness field, though it continues to be an approach not taken by the majority. Taking a holistic approach to your health refers to looking at your body as a whole instead of viewing each bodily system individually. A good example of this is standard mental health care; we often consider the brain its own entity but we can’t forget that it is operating inside a physical body. Physical health can impact mental health and vice versa!

How you can take a holistic approach to your health:

NOURISH YOURSELF: Building meals and snacks that provide all of your macro and micronutrients benefits your immune system, hormone balance, natural detoxification, blood sugar stability, and much more.

GET OUTSIDE: Humans need sunshine and outdoor air. This not only helps us produce vitamin D, but it also helps us sleep well and carry out healthy metabolism. Spending time outside even benefits immunity by exposing us to microbes that aren’t typically found indoors.

MOVE: On top of building and maintaining muscle and bone health, exercise helps oxygenate the brain, encourages the release of dopamine, and promotes brain cell growth.

SLEEP: Studies show that most people need between 7-9 hours of quality sleep per night. Shutting off lights, disengaging with technology, and making sure your environment is comfortable are all important in obtaining the rest you need each night.

SPEND TIME WITH FRIENDS & FAMILY: Simply having a community has been shown to benefit mental and overall health. Schedule a group meal, toss a frisbee around with classmates, or grab coffee with a friend to reap the benefits!

FOR MORE INFORMATION PLEASE CONTACT:

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Cranberry Turkey Wrap



PREP TIME: 10 to 12 minutes
COOK TIME: 1 hour and 40 minutes
YIELD: 4 servings

INGREDIENTS

Cranberry Orange Relish:

- ½ cup fresh cranberries
- ¼ medium orange, peeled, seeded and cut into large chunks
- 1 1/2 Tablespoon granulated sugar

Roasted Turkey Breast:

- 1-pound raw turkey breast or low sodium deli roasted turkey breast

Cranberry Turkey Wrap:

- 1 cup sweet potatoes, peeled and sliced into long thin strips
- 4 whole-grain tortillas (about 10 inches in diameter)
- ¼ cup apple jelly
- 8 leaves red leaf lettuce

Nutrition Facts: Calories: 360, Carbs: 55g, Protein: 18g, Fat: 8g, Sat. Fat: 1.5g, Cholesterol: 35mg, Sodium: 630mg, Fiber: 5g

INSTRUCTIONS

Cranberry Orange Relish:

1. Place cranberries, oranges and sugar into food processor or blender. Pulse, scraping the sides of the food processor bowl. Pulse until mixture is evenly chopped and has even texture and has the consistency of relish. Cover and refrigerate until ready to use.

Roasted Turkey Breast:

1. Place raw turkey breast on a sheet pan. Roast in a preheated 375-degree Fahrenheit oven for 1 hour and 40 minutes or until cooked through and juices run clear.
2. Let rest for 15 minutes before carving.
3. Slice into long strips about ¼ inch by ¼ inch by 2 ½ inches long. Divide into 4 equal portions.

NOTE: If using low sodium deli roasted turkey breast, warm in oven until heated through. Then slice as described.

Cranberry Turkey Wrap:

1. Bring water in a pot to boil. Add sweet potato. Blanch for 30 seconds to 1 minute or until slightly tender. Drain and shock in an ice water bath to stop the cooking. Drain and pat dry.
2. Spray tortilla with cooking oil spray. Place tortilla on a hot panini press or heat in a sauté pan until warm.
3. Place warm tortilla on a flat and clean work surface. Spread 2 teaspoon apple jelly in center of tortilla. Spread 1 teaspoon along the top edge of the tortilla to help seal the wrap when rolling
4. Place 1 leaf lettuce on top of jelly in center of tortilla.
5. Layer ¼ cup sweet potato on top of lettuce.
6. Place 2 Tablespoons cranberry orange relish along edge of sweet potato.
7. Layer 1 portion turkey on top of sweet potato and relish.
8. Tightly wrap tortilla over filling burrito-style finishing with seam side down. Fold ends of tortilla over.
9. Slice in half on the diagonal. Enjoy immediately!