

Volume 3 Issue 11

November 2016

This Thanksgiving, try quinoa—it's a whole grain, is higher in protein than other grains, and is a good source of fiber!

Quinoa with Cranberries and Pine Nuts

Recipe available at: www.diabetes.org

Ingredients:

- 2 cups fat-free, reduced-sodium chicken broth
- 1 cup quinoa
- 1/2 cup dried cranberries
- 3 Tbsp pine nuts, toasted
- 1 tsp parsley, dried

Dressing

- 2 Tbsp balsamic vinegar
- 1/2 tsp dijon mustard
- 1 clove garlic, minced
- 3 Tbsp olive oil
- 1/4 tsp black pepper

Instructions:

1. Heat the chicken broth in a pot over medium-high heat and bring it to a boil. Stir in the quinoa; cover and reduce heat to simmer for 15 minutes. Add the cranberries; cover and cook for 5 more minutes.
2. Turn off the heat and let the quinoa stand for 5 minutes. Fluff with a fork.
3. While the quinoa is cooking; whisk together the dressing ingredients.
4. Pour the dressing over the cooked quinoa. Add the toasted pine nuts and mix well. Pour the quinoa into a serving bowl and sprinkle with dried parsley. Serve warm or cold.

November is American Diabetes Month®

Join the *Live Well. Be Well.* team for FREE interactive diabetes prevention and education events this month:

Defeat Diabetes Grocery Store Tours

Our *Live Well. Be Well.* dietitian will help you learn what foods to select at the grocery store to create a healthy diabetes plate.

2 Dates and Locations!

November 9th

Time: 1:00-2:00 pm

Location: Lambertville Kroger,
3462 Sterns Rd.

November 30th

Time: 10:00-11:00 am

Location: Monroe Kroger,
850 S Monroe St.

These tours are FREE, but space is limited; please pre-register!

Mall Walk and Talk

Take a walk with the *Live Well. Be Well.* staff and see the difference a little exercise can have on your blood sugar! If interested, your blood sugar will be taken before and after the walk.

November 16th

Time: 8:00-10:00 am

Location: Mall of Monroe

Living With Diabetes

Attend our diabetes group this month to hear guest speaker, Pharmacist Michelle Izor, PharmD from the Kroger Co. of Michigan discuss medications.

November 16th

Time: 7:00-8:30 pm

Location: Monroe Home Care Shoppe

Happy



Thanksgiving

To pre-register and for more info on *Live Well. Be Well.* programs and events, call 734-240-7800 or email LiveWell_BeWell@monroemi.org