

Wellness Wednesdays

October



The link below is a website that has over 50 heart healthy recipes along with other health related topics you can explore. Consider using a few of these recipes when preparing meals for your cooking demonstrations! Please encourage the use of spices and herbs to enhance flavor in your heart healthy dishes. Not only do spices and herbs add flavor but they're healthy and a great substitute for salt.

<http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Simple-Cooking-with-Heart-Home-Page> UCM 430043 SubHomePage.jsp