# Minuteman Nashoba Health Group

## Health News

Spring 2017

## **Stick with your health plan -** Find an Accountability Partner

Studies show that developing healthy habits like eating a healthy lunch, or starting an exercise program are more successful when you have a partner who has the same goals as you. Having someone there to encourage you when you aren't motivated, or just having someone to share in the beauty of a walk, or the pain of a difficult workout can make a difference. To find out more click here

## Outdoor Exercise

**Spring is just around the corner, and that means longer, warmer days, and outdoor exercise! Would you like to start an exercise program this spring at your worksite? We can offer a gentle boot camp, a couch to 5K training program, or even an outdoor yoga class. If you would like to participate in a spring exercise program with your co-workers and family members, please email me at Marcymohealth@verizon.net.**

## Health Fair Season is almost here!

Please check with your HR director to find out when your town will be holding their **health and benefits fair.** You can learn about what is new with wellness, rates from each of the insurance plans that are offered to you and your family, and much more. For a complete list of health fairs click contact Marcy Morrison at Marcymohealth@verizon.net, or visit the Minuteman Nashoba Health Group Wellness site at www.minuteman-nashoba.org/wellness

## Spring Vegetable Soup

Vegetable soups are always a great way to make a healthy meal that will last for more than one day.  You can use a slow cooker for many of these soups, and if you find one or two that the whole family likes, you can help everyone stay healthy and eat right!

### INGREDIENTS

- 2 Tbsp olive oil (divided)
- 2 medium carrots, diced (about 1 cup)
- 1 large leek, trimmed and diced (about  2 cups)
- 1 celery stalk, diced
- ½ tsp salt
- ½ tsp pepper
- 2 cloves garlic, minced
- 5 cups unsalted vegetable stock (or chicken stock)
- ½ lb. small red potatoes, quartered (or bite size pieces if potatoes are bigger)
- 1 cup frozen green peas
- 5-6 spears asparagus, sliced into 1 inch pieces)
- 1 can (15 oz.) cannellini beans, rinsed and drained
- 2 cups fresh baby spinach
- 1 tsp fresh thyme and ¼ cup torn basil

1. Heat a large saucepan  oven medium heat. Add 1 Tbsp of olive oil and swirl to coat. Add carrots, leek, and celery; cook for 5 min. stirring occasionally. Add garlic and cook an additional 1 minute. Add stock and bring to a simmer. Add potatoes and continue to simmer until potatoes start to soften (about 8- 10 min).
2. Add peas, asparagus and cannellini beans. Simmer until asparagus is crisp tender (about 3-4 min). Add spinach, thyme, and basil and cook until spinach begins to wilt (about 1 min). Serve immediately and sprinkle with any remaining Parmesan cheese. Top with a Parmesan crouton and additional fresh thyme. Salt and pepper to taste. cheese, sprinkle on top of soup.

**For more great healthy recipes go to our Minuteman Nashoba Health Group Facebook page at**
https://www.facebook.com/MNHGwellness1/?ref=aymt_homepage_panel

**Minuteman Nashoba Health Group Wellness**