

University of Illinois Extension: Family and Consumer Sciences Breakroom Buzz



eat right. Academy of Nutrition and Dietetics

Try new foods from other cultures!



Switch up breakfast with **Scottish oatmeal or Congee, Chinese rice porridge or Asian Indian, upma (porridge made with semolina flour).**



Lentils are high in fiber and iron, and they do not require soaking prior to cooking! Try **Sambar**, a stew from India.



Spreads and dips from other lands can make **delicious snacks.** Try **fruit chutney or tzatziki.**



Vietnamese Spring Rolls are surprisingly easy to make—try them!

Learn more about National Nutrition Month at eatright.org

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Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Cauliflower Colcannon



- 1 head cauliflower, washed and chopped
- 1/4 cup water
- 3 cloves garlic, minced
- 1 avocado, mashed
- 4 Tbsp. extra virgin olive oil
- 3 cups chopped kale, washed
- 3 green onion, washed and chopped
- 1/2 cup fat free milk
- Non-fat plain Greek yogurt and chives

Directions

1. Wash hands with soap and water.
2. Combine cauliflower florets and garlic in a microwavable bowl with ¼ cup water, cover, and microwave on HIGH for 3-5 minutes
3. Using a food processor, pulse cauliflower and garlic until smooth. Add avocado. Set aside.
4. Over medium-high heat, coat skillet with olive oil and add kale. Cook for 3-4 minutes or until kale wilts. Add green onions and cook another minute.
5. Add cauliflower mixture into skillet and add milk. Mix well until heated through.
6. Remove from heat and top with non-fat plain Greek yogurt and chives.

I Didn't Know That!

In 2020, the American Psychological Association surveyed people across the United States about stress, and nearly 8 in 10 adults say the coronavirus pandemic is a significant source of stress in their life.

Americans struggle to cope with the disruptions and negatively report how they are impacted. Individuals report increased tension in their bodies, “snapping” or getting angry very quickly. The impact of stress on the body and mind is profound if individuals don't address self-care.

Here are a few tips to help increase focus and awareness while decreasing stress at work:

- Be Present** -Be aware and consciously complete tasks.
- Practice Mindful Exercises**- Be creative about finding time slots in the day to practice short exercises to rebalance your nervous system.
- Single-task instead of Multitasking**- Focuses on doing one task well at a time.
- Use Electronics Wisely**-Set a timer on your phone, silence email notifications, and limit time on social media.
- Feel Gratitude**-Don't dwell on something that is wrong instead, acknowledge when things go well. Practice with a gratitude journal to feed your mind with positive thoughts.

Sign up today for Mindful Moments for Work and receive two weekly emails from April 4 through June 3. Each email will have helpful hints and strategies for incorporating mindfulness into the workplace.

Register at go.illinois.edu/mindfulmoments

Source: Tessa Hobbs-Curley, Family Life Educator and <https://www.apa.org/news/press/releases/stress/2020/report-october-unexpected-moodswings-or-screaming-or-yelling-at-loved-one>.

