



Spinach and Mushroom Quesadillas

Hungry for some healthy quesadillas? Skip the restaurant or take-out menu. You can make your own with spinach, mushrooms, and a few other ingredients. Salsa and hot sauce optional. Here's the recipe:⁴

Ingredients

- 10 oz. spinach, chopped
- 2 C shredded cheese
- 2 T butter or olive oil
- 2 cloves garlic, sliced
- 2 sliced portobello mushroom caps
- 4 10-inch flour tortillas
- 1 T olive oil

Directions

- Preheat oven to 350 degrees.
- Place tortillas on flat baking sheet. Sprinkle with 1/2 C of cheese. Bake 5 minutes.
- Heat butter or oil in a pan over medium heat. Stir in garlic and mushrooms. Cook 5 minutes. Add spinach. Cook another 5 minutes.
- Spoon mixture on to tortillas. Fold tortillas in half.
- Heat a little oil in skillet. Cook quesadilla for 3 minutes on each side.

Makes 16 servings.
154 calories per serving.

Don't Cry: Onions are Packed with Health Benefits

Discover 8 health benefits of onion



Cut open the perfect onion, and the sulfuric compounds will bring tears to your eyes. But a few tears are worth the trouble to tap the vegetable's savory taste.

"It's hard to imagine civilization without onions," the late celebrity chef Julia Child once said.

That's because onions are a rich source of flavor used in a wide range of recipes and nearly every ethnic cuisine. You'll find onions in things like:

- Salsa
- Soups
- Salads
- Sauces
- Sandwiches
- Main dishes

Onions add a lot of flavor to the foods we enjoy. And they're healthy too. Onions are low in calories. They contain no sodium, fat or cholesterol. They're a good source of vitamin C, fiber and other nutrients, too.

8 reasons to eat more onions

Still not sure about eating more onions? Research shows that flavonoids, found in the outer layers of an onion, may help:³

1. Reduce inflammation
2. Prevent heart disease
3. Lower blood pressure
4. Control blood sugar levels
5. Prevent age-related memory loss
6. Prevent digestive
7. Lower the risk for certain types of cancer
8. Improve bone health

Whether ordering out or cooking at home, use onions generously to flavor and season your favorite dishes.

Skip the deep-fried onion rings and other cooked-in-fat onion creations. Fresh onions – chopped, minced, thinly sliced, or cooked – are healthy for you and taste great.

Julia Child was right. It would be hard for most of us to imagine life without onions. After all, the average American eats about 20 pounds of onions a year.

MORE

Try these onion recipes <https://tinyurl.com/yc3sm8e5>

Did You Get the Message? Texting While Driving is Dangerous (continued from page 1)

2. Choose a designated texter. If you're driving with someone else, have a passenger send text messages for you.

3. Eliminate the habit. Feel the need to click, swipe, tap and type while driving? Put your

phone in a place that's out of reach (like the trunk).

Note: Some newer cars will even disable your phone when driving. And that's a good thing.

MORE

How to prevent distracted driving <https://tinyurl.com/4rx52wnk>

References

1. Pahra, D., et al. (2017). Impact of post-meal and one-time daily exercise in patients with type 2 diabetes mellitus: a randomized crossover study. *Diabetology & Metabolic Syndrome*, 9:64. From: <https://tinyurl.com/2p8kwkdc>
2. National Highway Traffic Safety Administration. (2022). April is Distracted Driving Awareness Month. From: <https://tinyurl.com/ycktfh49>
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4. Regale, M.S., Spinach and mushroom quesadillas. AllRecipes. From: <https://tinyurl.com/ya422b37>
5. Horman, T., et al. (2018). An exploration of the aversive properties of 2-deoxy-D-glucose in rats. *Psychopharmacology*, 235(10):3055-3063. From: <https://tinyurl.com/y7f7brqu>

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Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

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