



Quinoa Veggie Burger with Avocado

Try this no-meat burger made with quinoa, beans, and flavor-rich seasonings.⁵

Ingredients

- 1 can cannellini beans, rinsed
- 1 medium avocado; dice one half, leave the other half whole
- 1 large egg
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp chili powder
- ½ tsp ground cumin
- ⅛ tsp black pepper
- 1 C quinoa, cooked
- ¼ C low-fat mayonnaise
- 1-½ tsp sriracha sauce

Directions

1. Preheat the oven to 375°F. Line a baking sheet with foil. Coat lightly with cooking spray.
2. Mash beans and the un-diced half of the avocado together. Add egg, garlic powder, paprika, chili powder, cumin, and pepper, stirring to combine.
3. Fold the diced avocado half and quinoa into the bean mixture.
4. Form the mixture into 5 patties. Bake 30 minutes.
5. Whisk together the mayonnaise and sriracha sauce. Spread on burgers when done
6. Serves 5. 343 calories per serving.

The New Rules of Exercise to Control Blood Pressure

Exercise your heart and muscles on most days of the week

What's your blood pressure? If it's 120/80 or higher, it's "Elevated" or worse. And it probably is. So what are you going to do about it?

Almost 50 percent of all adults in the U.S. have high blood pressure. Left unchecked, it can damage your heart, brain, kidneys, eyes, and bones. High blood pressure can even interfere with sexual function and sleep.

But it doesn't have to be that way. In fact, there are many lifestyle changes you can make to help control blood pressure:

- Avoid or limit high-sodium foods
- Eat more fruits and vegetables
- Avoid or limit alcohol
- Avoid or limit caffeine



Get at least 90 to 150 minutes a week of cardio exercise and strength training. A combination of both is the best exercise prescription to control blood pressure.

- Manage stress in healthy ways
- Maintain a healthy weight, or lose weight if you need to
- Don't smoke, or quit if you do
- And there's at least one more way to control blood pressure ... *exercise.*



Examples: Go for a walk. Lift weights. Swim. Do push-ups, pull-ups, curl-ups, and squats. Ride a bike. Play a team sport. Take a fitness class.



Pick a combination of cardio and strength training activities you enjoy.

Cardio + strength training to control blood pressure

The American College of Sports Medicine recently announced new exercise guidelines to help control blood pressure.⁴ Here's what you need to know:

If you want to protect your heart, control blood pressure, and live longer, aim to be active every day. @

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What Happens When You Hang Out with Healthy People (continued from page 1)

- **Discuss food choices.** Share healthy meal ideas, recipes, and grocery shopping tips. Compare notes about cooking at home, healthy eating when you go out, calories, etc.

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- **Create accountability.** Want to eat better, be more active, lose weight, manage stress, or get more sleep? Share your wellness goals with friends. Friends can hold each other accountable. @

References

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Take the July Health Challenge!

Eat Less Sodium: Shake the salt habit to protect your heart

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

What goes into a healthy green salad?

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