



Banana-Kiwi Salad

Forget about serving fruit salad from a can. This mixture of fruit with vinaigrette dressing has just the right amount of tropical-island zing to make you say “yum.”⁵

Ingredients

- 2 T lime juice
- 1 T canola oil
- 1 T minced shallot
- 2 tsp rice vinegar
- 1 tsp honey
- 1/4 tsp salt
- Pinch of cayenne pepper, or to taste
- 4 kiwis, peeled and diced
- 2 firm ripe bananas, cut diagonally into half-inch slices
- 1/2 C red bell pepper, diced
- 2 T fresh mint, thinly sliced
- 2 T cashews, toasted and chopped

Directions

1. Whisk lime juice, oil, shallot, vinegar, honey, salt and cayenne in a medium bowl.
2. Add kiwis, bananas, bell pepper and mint. Toss to coat.
3. Serve sprinkled with cashews.

Munch & Crunch: This Green-Speared Veggie is Worth the Wait

Asparagus rich source of fiber, vitamins, antioxidants

Good things come to those who wait. At least that’s true of asparagus. It takes about two years for an asparagus plant to grow from a seed to food on your plate. Crazy, right?

But it’s worth the wait. The spears of an asparagus plant can grow 7 to 10 inches in 24 hours. And a well-cared for plant will produce asparagus for a decade or more.



Asparagus is a nutrient-dense food that’s low in calories and good for your health. It’s a good source of:³

Try serving it:

- Steamed, grilled, or sautéed in olive oil
- With broiled salmon and brown rice, or
- In a stir fry with tofu, cashews, and mushrooms

Folate that supports cell growth and repair

Potassium, which helps regulate blood pressure

Fiber, which helps control weight, lower cholesterol, and improve digestion

Vitamin K, the body needs for strong bones

Antioxidants that help reduce inflammation and prevent certain types of cancer

Add asparagus to your plate. It’s easy to prepare, contains zero cholesterol and fat, and there’s just 26 calories in a one-cup serving. @

MORE

Try these asparagus recipes <https://tinyurl.com/yy5nxbv9>

4 Reasons COVID-Weight Gain is Up + Tips to Keep It Down (continued from page 1)

- **Be more active.** Aim for at least 30 minutes of exercise a day or 10,000 steps.
- **Read food labels.** On average, most adults only need to eat 2,000 calories per day. Pay attention to serving size, and calories per serving.

MORE

Quarantine 15? Weight gain during the pandemic <https://tinyurl.com/y4fv2x9>

- **Drink more water.** It’s calorie free. It’s inexpensive. And it helps control appetite.
- **Relax.** Get a massage. Take a mini vacation. Make time for a hobby.
- **Stay in touch** with family and friends via phone, video, email, text, and safe social distancing. @

References

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Take the September Health Challenge!

Practice Healthy Aging Habits: Make smart lifestyle choices to live longer

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What are the health benefits of drinking water?

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