



START YOUR DAY OFF RIGHT

Celebrate **National Hot Breakfast Month** by starting out the day right with fresh selections that are the perfect combination of ingredients for energy and classic favorites with a healthy flair. Hot Breakfast Month was established to encourage people to get up and start their day with a meal that is more substantial than a simple bowl of cold cereal. This month, break this cycle of coldness and start the day off HOT!

Make breakfast the best meal of the day with roasted fruits and vegetables in a delicious grain bowl or an egg omelet made with savory potatoes, peppers, and onions. No matter which of our breakfast recipes you try, you will be sure to have a great start to your day!

BRING ON THE POTATOES

It's **Spud Lover's Month** and sometimes these vegetables get a bad rap. Blue, Gold, Red, and Sweet, are just a few of the many scrumptious varieties of potatoes and they are all loaded with beneficial, health supporting nutrients. Potatoes are a good source of the immune boosting antioxidant, Vitamin C, and heart health supporting potassium.

They are delicious roasted and added to salads or baked and topped with a fresh, seasonal salsa. However you like to eat your potatoes, we enjoy and recommend loading them up with veggie toppings!

TIPS TO BE HEART SMART

American Heart Month and National Wear Red Day

Latest statistics from the American Heart Association show that one person dies from cardiovascular disease every 38 seconds and cardiovascular disease is the number one killer of women in America. In many cases, this can be prevented! American Heart Month in February and Wear Red Day on February 2nd bring awareness to these issues and highlight ways to work on prevention.

Here are some tips to be more heart smart this month:

- Start your day with some delicious oatmeal to help control blood pressure
- Incorporate fatty fish like salmon into your diet each week to help reduce stroke risk
- Snack on almonds or walnuts to help reach healthy blood cholesterol levels



CHEF'S TIPS

It's simple to capture the health benefits of almonds and walnuts with these quick tips:

- Crush walnuts and swap them for breadcrumbs in an herb-crusted salmon or chicken recipe.
- Blend a handful of blanched almonds into soups and sauces to add a creamy texture.
- Toss a few walnuts into your morning smoothie for an antioxidant boost.
- Use chopped nuts to replace croutons as a crunchy addition to your salad.
- Make your own almond butter! With just a few ingredients and a food processor, the incredibly fresh taste can't be beat.