

July is Park + Recreation Month

It's time to set new trends in your community—what is OUT is IN during Park + Recreation Month! Make 2014 the year to go outside and get involved in your neighborhood through parks and recreation.



PARK & RECREATION MONTH
JULY 2014

Improve your community's well-being by promoting health and wellness, encouraging involvement in nature, increasing community spirit and creating social equity. Promote getting OUT by eating a healthy meal outside—who doesn't love a picnic in the park?

Aim for a picnic basket that contains:

- * A bounty of colorful fruits and vegetables; lean meat, fish or chicken; cheese; and a whole-grain salad or two.
- * A variety of crisp, raw vegetables like cucumbers, carrots, celery, asparagus tips, cherry tomatoes and radishes. Take along a nutritious dip such as hummus, salsa, fat-free bean dip or low-fat yogurt with herbs and spices. Stuffed celery with peanut butter or baked tortilla chips and salsa are favorites for both kids and adults.
- * Roasted chicken or wrap sandwiches instead of packing a basket of fried chicken or making grilled burgers!
- * Salad dressing that contains acidic ingredients such as vinegar or citrus instead of mayonnaise, which not only cuts fat but helps keep foods safer at room temperature.
- * Whole-grain buns, pita bread or wraps.
- * Plain or chocolate milk to quench your thirst. Shelf-stable individual boxes are available at grocery stores.
- * Frozen yogurt cups for dessert—so refreshing!

More ideas: Webmd.com/food-recipes/features

Move of the Month

Trek in the Park

Take walks in the park. Some are short, easy treks to see breathtaking scenery; others are major climbs that test your endurance. Preparing for a big hike can be a fun and healthy family activity. Some parks even have trails for those with physical limitations or special needs. Check the website of the park you have in mind to learn about don't-miss scenery, special features, the length and challenge rating of trails and whether or not pets are welcome.



Cedar Baked Salmon With Watercress Yogurt Sauce



Ingredients:

- 2 cedar Shingles, untreated
- Canola cooking spray
- 1 ½ pounds Salmon fillets, boneless and skinless
- 1 bunch Watercress, picked and blanched
- 1 green Onion, chopped
- ½ cup light vanilla Yogurt
- 1 tablespoon fresh Dill, chopped
- 2 tablespoons light Sour cream
- 2 tablespoons fat-free Half-and-half (or low-fat Milk)
- ½ teaspoon Worcestershire sauce
- ½ teaspoon Dijon mustard
- ½ teaspoon black Pepper
- ½ teaspoon Salt

Preparation:

1. Soak cedar shingles in water for two hours. Dry briefly. Coat the cooking side of the shingles with canola cooking spray.
2. Place salmon fillets on the cedar shingles and bake at 425 degrees for 10–12 minutes per inch at the thickest end.
3. Chop blanched watercress and add it to an eight-cup measure or medium-sized bowl, along with the green onion, yogurt, dill, sour cream, half-and-half or milk, Worcestershire sauce, Dijon mustard, pepper and salt.
4. Serve each salmon filet with a dollop of the watercress yogurt sauce.

Note: This recipe is for baking salmon, but try it on the grill, too!

