



Official Newsletter of WIC Worksite Wellness

PLANT POWERED PLATES

Jack Galliver & Natalie Yu

Are you curious about eating more plant-based? Eating a plant-based diet offers well-balanced meals that includes all the nutrients your body needs, like protein, fats, carbs, minerals, and vitamins.¹ Plus, it helps your health and our planet!

Here's how:

- 1. A healthy weight:** Plant-based diets can be high in fiber and low in fat. This can help you feel fuller longer and reduce your calorie intake.^{2,3} Both can assist you in maintaining a healthy weight.
- 2. Heart health:** Plant-based meals often contain less added sugar, saturated fat, and sodium, which helps to prevent disease and promote heart health.⁴
- 3. Environmental impact:** Plant-based foods use fewer resources to make, thus creating less pollution compared to meat-based foods.⁵

You can create a plant-powered plate by adding more fruits, vegetables, nuts, seeds, whole grains, legumes, and beans to your diet. Find inspiration with this [complete beginner's guide](#) and start your journey today!

FINDING BALANCE: DISCONNECT TO RECONNECT

Valentina Montes & Albert Torres



Disconnecting from technology and social media improves your overall well-being.^{6,7} The reduced screen time gives your eyes a break, and can improve your posture and sleep.⁸ A digital break can also decrease stress and anxiety, while leaving more time to be productive and connect with others.⁹

Here are a few tips to help you find your balance:

- Spend less than 30 minutes a day on social media to improve your mental health.¹⁰
- Track your screen-time with [Apple's Screen Time feature](#) or [Google's Digital Wellbeing](#).
- Try a new hobby or spend time outside. Here are [ideas to start a new hobby](#) and [ideas to spend more time outside](#).

SAVORY SWEET POTATO AND BLACK BEAN EMPANADA

Emily Hickey, Christine Clothier, & Liberti Cornell



These delightful pockets of flavor have a creamy sweet potato filling, complemented by hearty black beans, wrapped in a crispy, golden shell. Packed with nutrients and fiber from the beans, kale, and potato, these empanadas are likely to keep you full and satisfied.¹¹ Elevate your plate today with this tasty blend of flavors and textures that are enjoyable, comforting, and good for your health!

Servings: 4

Serving Size: 2 empanadas

Prep Time: 15-20 min

Cooking Time: 40 min

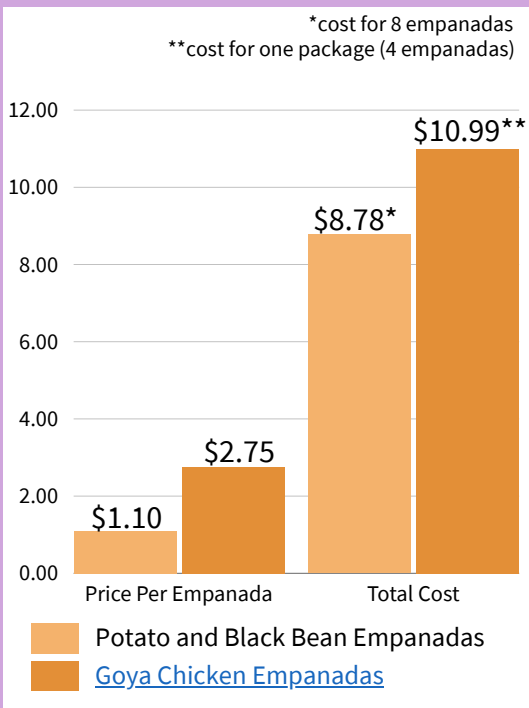
Ingredients:^{12,13}

- ¼ cup yellow onion, finely diced
- 1 teaspoon olive oil
- 1 ½ cups kale, roughly chopped
- ¾ cup sweet potato, cooked and mashed
- ¾ cup black beans, rinsed and drained
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon black pepper
- 4 tablespoons fresh cilantro, chopped
- ½ pound whole wheat pizza dough
- Water
- 1 medium egg, beaten

Instructions:^{12,13}

1. Preheat oven to 400°F. Line a large baking sheet with aluminum foil and set aside.
2. Heat a large pan over medium heat and then add the onion and oil. Sauté for 3-5 minutes or until soft. Add kale, sweet potato, and black beans. Mash together and cook for five minutes. Add cumin, paprika, black pepper, and cilantro and mix together.
3. Divide pizza dough into eight equal portions, shaping each into a small ball. Using a rolling pin or cup, roll each dough ball into small circles.
4. Spoon two tablespoons of mixture into the middle of the dough. Lightly brush the bottom edge with water, then fold the top half of the dough over the filling to form a half circle. Press the edges firmly together, then press down on the edges with the pointy ends of a fork to seal. Repeat.
5. Lightly brush egg over each empanada and place onto baking sheet.
6. Bake for 15-18 minutes or until lightly golden brown.
7. Enjoy by themselves or with toppings of your choice!

PRICE COMPARISON



NUTRITION FACTS¹⁴

Serving size: 2 empanadas

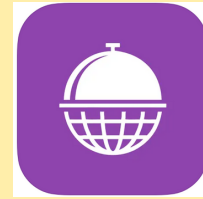
- Total Calories: 228
- Total Fat: 4 g
 - Saturated Fat: <1 g
- Cholesterol: 10 mg
- Sodium: 533 mg
- Carbohydrates: 41 g
 - Fiber: 8 g
 - Total Sugars: 3 g
 - Added Sugar: 0 g
- Protein: 8 g

APP-ETIZING ON THE GO!

Ashley Woo and Lauren Flotman



Don't let dietary concerns stop you from finding delicious food spots! Allergy Eats helps you easily search for allergy-safe restaurants by providing detailed reviews, ratings, and menus for a variety of establishments near you. Enjoy new and worry-free meals with confidence today by [clicking here](#).



Discover recipes from all over the world with the World Cuisine App. You can search cultural dishes from new places by ingredients or by name. The app also provides detailed recipe directions, as well as nutrition information. You can save your favorites and even create a grocery list. Join the global community by [clicking here](#) and enjoy a tasty adventure at home!



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