



NUTRITION CORNER

From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CDE*

MAY is NATIONAL BLOOD PRESSURE MONTH!

Hypertension is also known as High Blood Pressure. Did you know 1 in 3 adults have hypertension and <50% have it controlled? High blood pressure, also referred to as “the silent killer”, has no symptoms but can cause problems such as stroke, heart failure, heart attack and kidney failure.

Tips to reduce sodium in your diet : buy fresh, frozen or no-salt added vegetables; add no salt to the water when cooking pasta, rice and vegetables; fill your salt shaker with herbs and spices.

Mini Mushroom -&- Turkey Quiches

Ingredients:

8 oz ground turkey	1 teaspoon ground pepper
1 teaspoon olive oil	5 eggs
8 oz sliced mushrooms	3 egg whites
¼ cup diced onion	1 cup 1% milk
¼ cup shredded Swiss cheese	

Directions: Pre heat oven to 325 degrees/ grease a 12 count muffin tin

- In a large skillet combine turkey, mushrooms and olive oil and cook until golden brown; transfer to large bowl add onions cheese and pepper.
- Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture into muffin cups. Sprinkle a heaping tablespoon of turkey mixture into each cup.
- Bake until the tops are just beginning to brown, 25 minutes. Let cool for 5 minutes before removing from the pan.

Nutritional:

Serving: 1 Quiche Calories: 104 Carbohydrate: 3 gram Protein: 8 gram Sodium: 176 mg

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Community Cafés

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