

3 Tips for Cooking Up a Healthy New Year

(Family Features)

After a holiday season filled with indulgent food and limited time for exercise, there's no time like the New Year to adopt some new, healthy habits.

These additional tips can help you get a healthy start to the New Year:

Change up your routine. Start by making a few lifestyle changes, such as maintaining a healthier diet or increasing your exercise regimen. Maybe you'd like to shed a few pounds or tone up before the weather gets warmer. Changing up your eating (and drinking) habits can be the first step on the path to success.

Start at the tap. Make sure your healthy eating habits include cooking with the best-tasting water possible. You may be surprised to know that the water coming from your faucet may contain unwanted contaminants such as lead and mercury. That means you could be washing your fruits and vegetables or making soups and smoothies with water that contains impurities. Contrary to what some people may think, boiling water does not completely remove certain contaminants like lead from water.

"Drinking water daily is an important component to staying healthy, as water keeps you hydrated, aids in digestion and transports vitamins and other nutrients. I prefer drinking filtered water to make sure I avoid potentially unwanted contaminants," said Keri Glassman, a registered dietitian, nutritionist and PUR spokesperson. "I

recommend installing a faucet filtration system that won't break the bank, such as the PUR Advanced Faucet Filtration System, for a superior, on-demand solution for clean, healthy and great-tasting water right from the tap."

Visit PUR.com to learn more about superior faucet filtration systems and how to get cleaner, better-tasting water.

Create healthy, hearty recipes. There are plenty of delicious and nutritious recipes that can help fuel your body all year long. For example, this hearty soup is full of tasty, powerful ingredients like protein-rich chicken sausage; nutrient-dense kale and butternut squash, which are excellent sources of fiber; plus vitamins and minerals. Garlic, onions and cloves add a kick of antioxidants and flavor.

White Bean Soup with Spicy Chorizo

Recipe courtesy of Keri Glassman

Cook time: 30 minutes

Servings: 1

- 4 cups kale, chopped
- 1 medium butternut squash, peeled and cut into 1/2-inch pieces
- 1 can (14 ounces) cannellini beans, drained
- 2 cups PUR filtered water, plus additional for rinsing
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 links precooked chicken sausage, diced
- 3 1/2 cups low-sodium chicken broth
- salt, to taste
- freshly ground black pepper, to taste

Rinse kale, squash and cannellini beans in filtered water. Set aside.

In pot over medium heat, heat oil. Add onion and garlic, stirring frequently until softened, about 5 minutes. Add sausage and saute 2 minutes, or until warmed through and slightly browned.

Add squash, kale, broth and 2 cups filtered water. Cook, partially covered, 15-20 minutes, or until squash is softened.

Reduce heat to low. Add beans and gently simmer uncovered 3 minutes. Season with salt and freshly ground black pepper, to taste, before serving.

#14051
Source: PUR



Pick up your free copy of Eastern Oregon Parent Magazine across Umatilla County!

Like Eastern Oregon Parent on Facebook
Read current and past issues online at www.eoparent.com