

2 FEBRUARY



Herb Vegetable-Barley Soup

- Vegetable cooking spray
- 1 large onion, finely chopped
- 2 small red potatoes, finely chopped
- 2 stalks celery, finely chopped
- 2 tablespoons chopped fresh parsley
- 1 tablespoon minced garlic
- 4 (14½ oz.) cans no-salt-added beef broth
- 2 (14½ oz.) cans no-salt-added diced tomatoes, undrained
- 1 cup thinly sliced carrot
- ½ cup pearl barley, uncooked
- 1 teaspoon ground black pepper
- ½ teaspoon dried rosemary
- ½ teaspoon dill weed
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- 1 bay leaf
- 1 cup sliced fresh or frozen okra

Coat a large Dutch oven with cooking spray; place over medium heat until hot.

Add next 5 ingredients; sauté 3-4 minutes or until vegetables are tender. Add broth and next 9 ingredients to vegetable mixture; bring mixture to a boil, stir occasionally. Cover, reduce heat, and simmer 20 minutes, stir occasionally. Add okra to broth mixture; stir well. Cover and simmer an additional 15-20 minutes or until okra is tender, stir occasionally. Remove from heat and discard bay leaf.

Yield: 8 (1½ cup) servings

Nutrition Facts per Serving:

Calories 120 (2% from Fat), Fat 0.3 gm, Protein 4 gm, Carbohydrate 27 gm, Fiber 5 gm, Cholesterol 0 mg, Sodium 130 mg



Look for exercise guidelines, menu planner, and a nutrition/exercise log in the back of the calendar.

Cross Country Skiing



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Play "Simon Says" with your family	Eat a healthy breakfast	Play "Leap Frog" with at least 3 people	Try 1 oz. of low-fat cheese for a snack	Play "Duck, Duck, Goose" with your family	Try decaf tea or coffee	Play "Hide and Seek" with your family
Take sips of water between bites at mealtime	Clean up your room	Put your fork down between bites	Do 20-40 jumping jacks or low-impact jumping jacks (step touch) (Repeat 2-3 times)	Eat a ½ cup of oatmeal for breakfast	Pretend you are cross country skiing indoors (shuffle feet front and back 50 times) (pictured above)	Have the whole family cook a meal together
Go to a mall and walk for 30 minutes	Make a fruit and low-fat yogurt parfait for a snack	Hop on 2 feet for 1-3 minutes or jump rope	Make brown or wild rice for dinner	Play indoor balloon toss game	Try a new vegetable	Make up an exercise game with the family
Eat raw vegetables for a snack	Do 20-30 crunches (Repeat 2-3 times)	Find out the amount of calories in your favorite drink	Jog in place for 3 minutes	Try a new healthy recipe that includes barley (recipe above)	Get hula hoops for everyone in the family	Make menus for next week using the menu planner in the back of the calendar
Play with a hula hoop	Stop eating second helpings	Do partner stretches	Replace sweet drinks with water	Play "10 Little Monkeys Jumping on the Bed," then see how fast you can make your bed	Clean out the pantry and throw away out-dated foods	Make a fort inside

THIS MONTH'S HEALTHY DINING OUT TIP: Start the meal with a salad to help control hunger. Also use lite salad dressing, but ask for it on the side.