

Low Carb Stuffing

This stuffing can be cooked inside a turkey or chicken, cooked on the stovetop, or baked in the oven in a casserole dish. You may think it sounds like there is an overwhelming amount of celery in this dish, but it cooks down so much that it works.

Ingredients:

- 8 slices whole wheat reduced calorie or high fiber bread
- 1 tablespoon olive oil
- 1 large onion, chopped
- 6 cups chopped celery
- 1 medium green bell pepper, chopped
- 2 cups chopped parsley
- 4 teaspoons poultry seasoning, such as Bells
- 1/2 teaspoon ground black pepper
- 1 cup water, plus more according to moisture needed

NUTRITION

calories	397
fat	14g
protein	56g
carbs	10g
fiber	1g

Preparation:

1) Allow the bread to dry for a while, either on the counter or in a low oven. It does not have to be totally dry, just kind of stale-level dry.

2) Sautee' onion, celery, and bell pepper until soft. Add parsley and cook for a minute or so, until wilted. Add seasonings.

3) Mix together the vegetables and the bread. Add a cup of water, stir, and taste. Adjust seasoning and moisture.

Cooking Tips:

If you are going to stuff poultry with it, leave it on the dry side because it will absorb a lot of juices during cooking.

You can eat it just as it is, but if you bake it, the flavors will come together better. Mix well and bake at 350 F for about half an hour, or until browned on top.

national DIABETES MONTH

November



HEALTHY SIZE

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National Diabetes Awareness Month

STOP DIABETES

1 in 11 Americans has diabetes today.

Every 23 seconds, someone in the U.S. is diagnosed with diabetes.

86 million Americans are at risk for diabetes.

Diabetes causes more deaths than AIDS & breast cancer combined.

Diabetes is more than the medications and devices used to manage it. For many, diabetes dictates how they live each day, what they eat at every meal, how they choose to be physically active, and how they spend their money. People with diabetes can have health care costs that are 2.3 times higher than those without, Type 1 & Type 2 require specific forms of treatment.

Type 1 Diabetes is an autoimmune disease usually diagnosed in children & young adults; there is no known way to prevent it. Approx 5% of people with diabetes have type 1, which means their body does not produce any insulin. Insulin is critical for the body to transport glucose (sugar) from the bloodstream into cells for energy. People with type 1 diabetes must take insulin every day to live.

Type 2 Diabetes is the most usual form of diabetes, accounting for 90% to 95% of cases in the U.S. It is caused when the body does not produce or use insulin properly. Risk factors include being overweight, family history of diabetes, and having diabetes while pregnant (gestational diabetes). Some people with type 2 diabetes can control their blood glucose (sugar) with healthy eating and being active; others may require oral medications or insulin, especially as the disease progresses.

Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as older adults.

REMEMBER THERE IS NO CURE FOR DIABETES!

But a Healthy lifestyle can help!

Control your Diabetes. For Life.

Here are some signs you may be at risk for diabetes:

- Excessive Thirst
- Blurred Vision
- Using the Bathroom More Frequently
- Being Tired
- Wounds That Are Slow to Heal
- Tingling In Hands and Feet
- Excessively Hungry
- Unexplained Weight Loss
- Itchy Skin
- Yeast Infections
- Numbness In Fingers and Toes
- Sweet Smelling Breath or Urine
- Irritability
- Frequent Headaches



Product Spotlight:

NAD+

- Supports Cellular Longevity
- Supports Mitochondrial Function
- Supports Healthy Aging

Can be taken at anytime (best before exercise). Can be taken with or without food. Can be mixed with all other Rho products.

