

Chickpea Salad



(This is a real hit at pot-lucks)

- 1 can (19oz) chickpeas, drained, rinsed
- 1 cup cooked corn kernels
- 2 medium tomatoes, cored, seeded, diced
- 1/4 cup minced red or yellow onion
- 1 clove minced garlic
- 2 tbsp sherry or white vinegar
- Salt and freshly ground black pepper
- 1 tsp mustard
- 6 tbsp olive oil
- 1/2 tsp grated orange rind (optional)
- 1/4 cup chopped fresh parsley
- a pinch of hot chilli pepper flakes (optional)

Method:

Place chickpeas, corn, tomatoes and onion in medium serving bowl. Toss to combine.
 In a small bowl, whisk together 1 tbsp mustard, vinegar, salt & pepper.
 Whisk in olive oil and orange rind. Add parsley.
 Taste for seasoning, adding more mustard, salt & pepper if needed.
 Pour dressing over salad, toss thoroughly.
 Cover and marinate 1 to 2 hours in refrigerator.
 Taste for seasoning before serving.
 Makes 4 to 6 servings.

Holistic Honey & Lemon Cough Syrup

Lemon helps promote health by quickly alkalizing the body and honey will kill any bacteria.



This is a perfect choice for a quick cough remedy.

- Put a pint of honey in a pan on the stove on low heat (do not boil honey as this changes its medicinal properties).
- Take a whole lemon and boil it in some water in a separate pan for 2-3 minutes to both soften the lemon and kill any bacteria that may be on the lemon skin.
- Let the lemon cool enough to handle it, then cut it in slices and add it to the pint of honey on the stove. Let mixture cook on warm heat for about an hour.
- Then strain the lemon from the honey making sure all lemon seeds are removed.
- Let cool, then bottle the mixture in a jar with a lid and store in the refrigerator.
- This syrup will keep for 2 months in the refrigerator.

To soothe a cough, take 1/2 a teaspoon for a 25 lb. child and 1 teaspoon for a 50 lb. child, about 4 times a day or as often as needed. Adults can take 1 tablespoon doses.

Tips for Surviving Holiday Parties

During the holidays, even those who are committed to healthy eating and exercising can be tempted by all the holiday treats. Here are a few tips to help you cope.

- Have a good quality snack before you leave the house that combines a protein and a carbohydrate, like an apple and some low-fat cheese. Or try a good quality protein drink and a piece of fruit. Then, you will not be starving when you arrive and be tempted to overeat.
- If you drink alcohol, consume lots of water in between beverages. For wine, try adding sparkling water with it to keep it slightly diluted. You will stay hydrated and also reduce your caloric intake.
- Skip the hors d'oeuvres if they are made of high fat puff pastry. Focus instead on fresh fruit with low fat cheese and vegetables with a high protein dip like hummus. Limit nuts to just a handful.
- When it comes to the holiday meal, visualize your plate of food like this: 50% of your plate should be made up of at least 2 kinds of vegetables; 25% should be whole grains or starches; and 25% should feature meat protein such as skinless poultry, fatty fish like salmon, or lean beef. For vegetarians, substitute beef with lentils and beans. Then, have lots of fresh salad greens. Choose fresh fruit for dessert. Now there is little room left for unhealthy choices.
- Slow down and take time to really savour the meal you are about to enjoy. It takes about 20 minutes for your brain to register the feeling of fullness.
- Don't worry if you suddenly realize that there are no healthy choices at any particular function. Just make the best of it and get back to your healthy eating at the very next meal.

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