

# myHealth

**Healthy** Heart,  
**Healthy** Mind,  
**Healthy** Living.

**December 2017**

## Healthy Living

### Green Goodness

#### A Recipe for Green Beans

Getting your daily vegetable intake doesn't have to be just from eating salads. Found in the November 2016 issue of Bon Appetit, this recipe for green beans with mushroom XO sauce will wow your tastebuds.

NOTE: Traditional XO sauce is made from dried shrimp or scallop, Chinese ham and combined with chiles to create a salty, spicy and funky condiment. This recipe uses mushrooms instead of Chinese ham.



#### Ingredients

- 2 pounds green beans, divided
- Kosher salt
- 5 tablespoons mushroom soy sauce or 3 tablespoons regular soy sauce
- 2 tablespoons black (Chinkiang) vinegar (aged vinegar made from glutinous rice and malt)
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon sugar
- 2 tablespoons vegetable oil, divided
- 4 ounces shiitake mushrooms, sliced

- 4 ounces king trumpet or maitake mushrooms, caps sliced, stalks coarsely chopped
- ¼ cup brandy
- 1 shallot, very thinly sliced
- 1 Fresno chili, thinly sliced
- 2 garlic cloves, thinly sliced
- 2 tablespoons small dried shrimp or a splash of fish sauce
- 4 scallions, green parts only, thinly sliced on a diagonal, divided
- 1 tablespoon chili oil

#### Preparation

Working in batches, cook three-quarters of green beans in a large pot of boiling salted water until crisp-tender, about 3 minutes. Transfer to a bowl of ice water; let them cool. Drain and pat dry; trim stem ends.

Combine mushroom soy sauce, black vinegar, rice vinegar, and sugar in a small bowl, stirring to dissolve sugar. Set mushroom XO sauce aside.

Trim stem ends of remaining uncooked green beans. Heat 1 tbsp oil in a large skillet over medium-high. Cook beans, tossing occasionally, until blistered in spots and crisp-tender, about 5 minutes. Transfer to a plate.

Add remaining 1 tbsp oil to same skillet and cook king trumpet and shiitake mushrooms, tossing occasionally, until browned and tender, about 5 minutes. Remove skillet from heat and carefully add brandy away from heat source. Return skillet to heat and tilt to ignite brandy. Once flames have subsided, add shallot, chili, garlic, dried shrimp, half of scallions, and reserved XO sauce. Cook, tossing occasionally, just until aromatics have softened, about 3 minutes (there should still be some liquid in the pan). Add chili oil and all of the green beans and toss well to combine. Serve topped with remaining scallions.

## Healthy Mind

### Relax, Reassess, Rejoice.

#### Five Ways to Stay Sane Over Christmas

The stress of holiday shopping is probably at its peak this month of the year. Let's not forget the anticipation of all the entertaining and social outings, while trying to wrap up projects at work. Aside from wanting to sip the eggnog way before Christmas arrives, consider the following ways, courtesy of Alice Domar, PhD and author of *Self Nurture*, to help keep you sane over the holidays.



**Reassess.** Start with a to-do list – a realistic to-do list. If it's not mandatory, leave it off the list. Continue with the tasks that are important to you and don't worry about what others think.

**Strike perfection from your vocabulary.** There is no such thing as the perfect holiday planning. Remember all the decorations and dinner settings in the magazines are staged for photography, not for a realistic household, especially if you have children or pets.

**Think of gifts that benefit everyone.** Instead of giving individual gifts for each family member, why not pool your money to give them everyone can enjoy. This could be a gift certificate to a restaurant so the whole family can enjoy a nice dinner together.

**Start a new tradition.** Create something that works for you and your family instead of what you think you ought to do. If a big family get-together is impossible to schedule, try to organize small dinners throughout the month.

**Buy extra generic gifts.** Whether you have forgotten someone from your gift list or when someone unexpectedly gives you a gift, you will have something ready for them from the generic gift lot.

## Healthy Heart

### Hearty Partying

#### Heart Healthy Eating Tips

Are you looking forward to eating all the festive sweets and indulgent dishes that come with the holiday season? Victoria Taylor, senior dietician with the British Heart Foundation, recommends the following heart healthy tips when you go to a party:

**Eat a sensible breakfast.** Try making some poached or boiled eggs, along with wholegrain toast and various fresh fruit. Having a hearty breakfast before a Christmas lunch or dinner will help you avoid overeating later during the day.

**Drink water before, during and after a meal.** Drinking water helps you stay cool during the party and does wonders for your digestive system.

**Go for mini sizes.** Your portions are better controlled and you might get to sample more variety of food.

**Use everyday-sized plates.** There might be larger size plates at the buffet table. Pick the everyday-sized plate so you don't overfill it with food.

**Start with plenty of vegetables and/or a salad.** Not only will you get your daily fibre intake, but you will also eat smaller portions of the entrée and dessert. Watch how much dressing you use.

**Avoid adding extra sauce.** Just because sauces come in liquid form doesn't mean they are healthy add-ons. They are usually the worse culprit as they are loaded with sodium, saturated fat and extra calories.



**For more information or assistance, please contact your TRG Group Benefits advisor.**