



DIABETES-FRIENDLY SUPERFOODS SPOTLIGHT: SEAL IN FLAVOR AND VITAMINS WITH A SOUS VIDE

You may have heard of this trendy kitchen gadget called a sous vide. It sounds fussy, but if you like the idea of foolproof, hands-off perfection, you might want to check this out.

What is sous vide? It seals your entrée in a vacuum-sealed bag before you lower it in a warm water bath. When it reaches the temperature of perfect doneness, it alerts you, and voila! Dry chicken breasts and rubbery fish are things of the past!

Sous vide provides a healthier dinner plate than high-heat methods such as grilling and broiling. It reduces the need to add oil and butter and helps foods retain more of the good stuff, like antioxidants, vitamins and minerals.

Cooking with a sous vide means planning ahead, but once you get the hang of it, it's an easy, fuss-free way to amazing meals.



Healthy Living Tip

Dress up
boring salad greens

Play with textures

to make it interesting. Crunchy (like chopped cashews), chewy (dried cherries) or creamy (goat cheese or a hard-boiled egg) can go a long way in adding personality to your salad.

Season it!

Make tomatoes and cucumbers more flavorful with this simple trick. Sprinkle the cut veggies with salt and let them rest in a strainer for a half hour.

Check leftovers.

Look in the fridge and get creative. Use up extra herbs in homemade dressing. Use leftover grains, like quinoa and couscous, or proteins. Steak and chicken can transform your salad into a complete meal!

**“All life is an experiment. The more experiments
you make the better.”**

— Ralph Waldo Emerson





Juicy Poached Chicken

This quick and easy cooking method helps you achieve the juiciest, most flavorful chicken ever!

THE INGREDIENTS:

- Two boneless chicken breasts, cold
- Two cups chicken broth, cold (enough to cover the chicken)
- Clove of garlic, lightly crushed
- 1 bay leaf
- 1 teaspoon dried rosemary, crushed and chopped
- 1/2 teaspoon dried thyme
- 1/2 teaspoon peppercorn

- Slices from one lemon (optional).

DIRECTIONS:

Over high heat, bring to a boil, then simmer for five minutes. Place cover over the pan and allow it to rest for 15 minutes. Before serving, check with an instant read thermometer to ensure temperature at the center of the breast is 160 degrees Fahrenheit.



Doing good in the world

Did you know volunteering does a world of good for your mental health? Those who give their time have lower rates of depression because it increases social interactions — especially in people age 65 years and older.

Make your community great! Zoos, theaters and local festivals often rely on their fleet of volunteers to make a success.

Create care kits. Show support for military families, first responders, children with cancer, the homeless, whatever cause resonates. Better yet, invite some friends over to help you assemble the kits!

Share your talent. Knit sweaters for homeless dogs. Play piano at the hospice. Coach T-ball. Repair fences. Mentor teens. Whatever you're good at, someone out there can benefit from your help.



Secure your sensor without worry



Looking for a better adhesive to secure your FreeStyle Libre sensor? We've got you covered. We now offer the MyCGM Patch. This lab-tested, safe, durable adhesive will leave you feeling great knowing your CGM sensor is staying put.

Call 1-877-888-7050 for your free sample today, or enter coupon code QUEST20 when you order at mycgmpatch.com to get 20% off.



Wait! Thinking of switching insurance coverage?

Don't risk interruption to your FreeStyle Libre benefits. Continue to check your glucose with a painless scan instead of a fingerstick.

CALL QUEST HEALTH SOLUTIONS NOW AT 1-877-888-7050 TO SPEAK WITH ONE OF OUR KNOWLEDGEABLE PATIENT ADVOCATES.