



Healthy Lifestyles

Small steps ... right direction!



Exercise Challenge: Try some YOGA!



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DID YOU KNOW?

Healthy Lifestyle Committee: *Members Wanted!*

This year marks the 5th year of the Healthy Lifestyles Committee. While we have helped make some necessary changes, we still have much to do.

Thank you all who have contributed time and effort in making the Health Fair a success. We're looking forward to another great year! And this year we are working on getting some gardens underway as a result of the fair.

We are looking for parents who wish to bring new ideas to the table and have some discussion about how we can make our Orange Elementary Schools healthier both in and out of our school.

If this sounds like something you're interested in, please contact Michele Tenney at 203 668 2969.

You are not what you feel, you
ARE what you BELIEVE!! Here's to a
great school year!



RECIPE CORNER: TASTY AND HEALTHY! GIVE IT A TRY!

BAKED VEGETABLE FRITTATA

INGREDIENTS

- 3 teaspoons olive oil
- 1 onion peeled and chopped
- 1/2 head broccoli or cauliflower or 3/4 pound asparagus, chopped
- 1/2 cup leftover cooked potatoes, cooked rice, or day-old bread cubes
- 8 large eggs
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 cup chopped fresh basil or Italian flat-leaf parsley leaves
- 1/2 cup grated or crumbled cheese, like cheddar, Swiss, feta, or Parmesan

INSTRUCTIONS

1. Turn the oven on and heat it to 350 degrees. Use 1 teaspoon of oil to grease the baking pan.
2. Put the skillet on the stove, turn the heat to medium and when the skillet is hot, add the remaining 2 teaspoons oil.
3. Add the onion and cook, stirring occasionally, until golden and softened, about 7 minutes. Turn the heat down to low, add the vegetables and potatoes, and cook until the vegetables are the tenderness you like, 5–10 minutes. Set aside for 10 minutes, or until cool.
4. To crack the eggs: hit the midpoint between the more-rounded (wide) end and the pointier end of the egg against a clean counter.
5. Hold the egg over the bowl with the cracked part facing up. Pry the shell open gently and allow the egg inside to slide into the bowl. Be sure to wash your hands with soap and water after handling raw eggs!
6. Beat the eggs gently with the fork until the mixture is pale yellow.
7. Add the onion mixture, basil or parsley, cheese, salt, and pepper and mix well.
8. Pour the mixture into the baking pan or pie plate and once the oven temperature has reached 350 degrees, carefully move it to the oven.
9. Bake until the top is golden and the eggs are set, 25–30 minutes.
10. Set aside to cool and serve warm or at room temperature, or cover and refrigerate up to 2 days.