

# KITCHEN QUICKIE



The Peer Health Educators: Ellen, Jen, Lindsey, Kathleen, Jenny, Lindsey, Amy, Jess, Julie, Erin

## CORNED BEEF & CABBAGE

### Ingredients:

- 3 lbs. Corned beef brisket with spice packet
- 10 small red potatoes
- 5 Carrots, peeled and julienned (cut in long, thin strips)
- 1 large head cabbage, cut into small wedges

### Directions:

1. Place corned beef in large pot and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound, or until tender.
2. Add whole potatoes and carrots. Cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.
3. Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the large pot) as you want. Slice meat across the grain.

### Going Green, and Not Just for St. Patrick's Day

- \* Try out organic and pesticide-free food. It's healthier for you because you aren't ingesting as many chemicals. It's also healthy for the environment because those chemicals aren't being used.
  - \* Purchase locally grown foods. Transportation of food from across nations produces a lot of greenhouse-gas emission. This defeats the purpose of eating organics to save the environment!
- \* Try to cut processed and preserved foods from your diet, as well as foods containing artificial flavors, corn-syrup and hydrogenated oils. Your body will thank you!



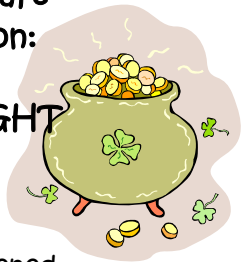
## This St. Patrick's Day, Celebrate with Healthy Decisions!

### Things to remember if you choose to drink:

- \* Set a limit beforehand and stick to it.
- \* Eat before and/or during drinking to slow down absorption of alcohol.
- \* Liquor mixed with soda will affect you faster than liquor drunk straight.
- \* The liver breaks down alcohol at a constant rate of one drink per hour—more than this can damage your liver.
- \* One night of heavy drinking can impair your thinking for up to 30 days!
- \* Alcohol is the #1 predatory drug.
- \* The best way to avoid negative consequences is to abstain!

## The Perfect Drink for a Safe St. Patty's Day Celebration:

### LIME-PINEAPPLE DELIGHT



### Ingredients:

- 8 cups crushed ice
- 3 (0.13-oz) packages unsweetened lemon-lime flavored drink mix
- 3 cups white sugar
- 1 46-fl.oz. can pineapple juice, chilled
- 1/2 gallon lime sherbet
- 3 liters lemon-lime flavored carbonated beverage

### Directions:

Fill punch bowl 1/2 full with ice. Add drink mix, sugar and pineapple juice. Stir to dissolve. Scoop lime sherbet in punch bowl. Pour in the carbonated beverage. Gently stir and then serve in chilled glasses.