

# March Healthy Living

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## Healthy Tip

March 12th is the beginning of daylight savings time. On that day we will lose an hour of sleep. This is a good time to remember the importance of sleep! Try going to bed earlier than usual, and avoid going on your electronics right before bed. Instead, read a book, stretch, or hang out with your family before bedtime.

## Healthy Recipe

In honor of St. Patrick's Day on March 17th, I have chosen a healthy green recipe - Guacamole! Use it as a dip for chips or veggies!

### Ingredients

- 3 ripe medium avocados
- 1/4 cup finely chopped onion
- 1 ½ tablespoons fresh lime juice
- 1/4 cup cilantro leaves and tender stems, chopped
- 1 large plum or Roma tomato, chopped, optional
- 1/2 teaspoon salt, or more to taste
- 1/4 to 1/2 teaspoon ground cumin, optional
- 1 to 2 teaspoons finely chopped jalapeño pepper, with seeds and membrane removed, optional

### Directions

1. Add the chopped onion to a small bowl and cover with cold water. Set aside for 5 minutes, drain, and then rinse. *This simple step tones down the raw flavor of the onions.*
2. Cut avocados in half lengthwise, remove the pit, scoop out the flesh, and add to a bowl.
3. Use a fork to mash the avocado into a chunky dip.
4. Stir in the drained and rinsed onions, lime juice, cilantro, tomato, and salt. If you are adding them, add the finely chopped jalapeño and cumin.
5. Taste the guacamole and adjust with more salt or lime juice.



