



November Healthy Living



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Healthy Tip

This month's healthy tip is to go for a walk. Walks are a great form of clearing your head and getting some healthy exercise. If you have a dog, take it with you. Going on walks can help you get some fresh air, and enjoy the scenery.

Healthy Recipe

Squash soup is very delicious and a perfect dinner idea for fall. There are many different recipes with different kinds of squash including butternut, and sweet potato. My personal favorite is butternut squash soup.

Butternut Squash Soup:

Ingredients:

- 1) 2 tablespoons butter
- 2) 1 small onion, chopped
- 3) 1 stalk celery, chopped
- 4) 1 medium carrot, chopped
- 5) 2 medium potatoes, cubed
- 6) 1 medium butternut squash - peeled, seeded, and cubed
- 7) 1 (32 fluid ounce) container chicken stock

Steps:

- 1) Melt butter in a large pot over medium heat, and cook onion, celery, carrot, potatoes, and squash until lightly browned, about 5 minutes. Pour in enough of the chicken stock to cover vegetables.
- 2) Bring to a boil over medium-high heat. Reduce heat to low, cover pot, and simmer until all vegetables are tender, about 40 minutes.
- 3) Transfer the soup to a blender, and blend until smooth. Mix in any remaining stock to reach desired consistency. Season with salt and pepper.

