

March Newsletter



"I am a great believer in luck, and I find the harder I work, the more I have of it."

- Thomas Jefferson

Celebrate National Nutrition Month® with These Simple Steps to Healthier Eating

Source: healthline.com, eatright.org

The month of March ushers in the beginning of spring, St. Patrick's Day, and sometimes, the Easter and Passover holidays—but did you know that in the U.S., March is also considered National Nutrition Month®? An annual campaign created by the Academy of Nutrition and Dietetics, the mission of National Nutrition Month is to encourage more informed food choices and healthier eating habits. No matter your current diet, it seems that there is always room for improvement when it comes to healthy eating—and adopting a better diet carries a variety of benefits, including a lower risk of obesity and chronic diseases, better mood and energy levels, improved memory, stronger bones, and more. To harness these benefits, celebrate National Nutrition Month by following these simple steps to healthier eating:

- Slow down. Healthy eating is not just about what you eat, but how you eat it. As you consume a meal, it takes about 20 minutes for your brain to receive signals that you're full—so slowing down your pace can give your brain adequate time to process these signals and help you avoid eating more than you need. In fact, studies indicate that people who eat quickly are up to 115 percent more likely to be obese than slower eaters.
- Opt for whole grains. Whether you're baking or simply having a piece of toast, swapping out refined grains for whole grains is an easy way to improve your diet, without depriving yourself of your favorite carbs. Whole grains are a rich source of nutrients—from fiber and B vitamins to important minerals like iron and zinc—and have been linked to a reduced risk of diseases such as type 2 diabetes, cancer, and heart disease.
- Boost your protein intake. Often referred to as the "king of nutrients," protein offers several benefits that can have a positive impact on your overall well-being. For example, protein—which is found in abundance in sources like eggs, Greek yogurt, peanut butter, beans, and lean meat—can help you feel fuller for longer periods of time, curb cravings, and reduce the tendency to overeat. In addition, protein helps you retain muscle mass, which can thereby boost your metabolism.
- Choose healthier cooking methods. While grilling, frying, and broiling are popular ways to cook meats and fish, these methods can lead to the formation of toxic compounds that have been linked to serious diseases, such as cancer and heart disease. To avoid these harmful compounds, stick to healthier food prep methods, like baking, roasting, poaching, slow-cooking, and sous vide.

Warm Couscous Salad With Salmon and Mustard-Dill Dressing

Source: seriouseats.com

Ingredients:

- 2 (8-ounce) salmon filets, preferably wild
- Kosher salt and freshly ground black pepper
- 1/3 cup plus 2 tablespoons extra-virgin olive oil, divided
- 1 medium shallot, thinly sliced
- 6 ounces pearly couscous
- 3 cups homemade vegetable stock or store-bought low-sodium vegetable broth
- 2 tablespoons Dijon mustard
- 2 tablespoons fresh juice from 1 lemon
- 1/2 cup picked dill, roughly chopped, plus more for garnish
- 1 1/2 cups spinach leaves, chopped in half if large, or left whole if baby

Directions:

- Season salmon with salt and pepper. Heat 1/3 cup of oil in a 12-inch stainless steel skillet over medium-high heat until shimmering. Add salmon, skin-side down, and immediately reduce the heat to medium-low. Cook, pressing down gently with a spatula to ensure contact, until the skin is rendered and crisp, about 6 minutes. If skin shows resistance when attempting to lift with a spatula, allow it to continue to cook until it lifts easily.
- Flip salmon and cook until an instant-read thermometer inserted into the thickest part registers 120°F for medium rare or 130°F for medium, about 1 minute longer. Transfer salmon to a paper towel-lined plate and allow to cool. Once cooled, flake salmon using your hands; discard skin.
- Meanwhile, wipe out the skillet. Add the remaining 2 tablespoons of oil and heat over medium-high heat until shimmering. Add shallot and a pinch of salt and cook until softened, about 2 minutes. Add couscous and cook, stirring, until lightly toasted and fragrant, about 1 minute. Add broth, stirring to combine, and adjust the heat to maintain a simmer. Cook until most of the liquid has been absorbed and the couscous is tender. Strain any excess liquid.
- In a large serving bowl, mix together mustard and lemon juice. Stir in couscous, along with dill and spinach, stirring to fluff the couscous and wilt the spinach. Stir in flaked salmon and season with salt and pepper. Garnish with dill and serve right away.

Spring is the Year's Strongest Real Estate Market—Make the Most of It with These Easy Home-Selling Hacks

Source: thebalance.com

In most areas, the spring months are considered the best time of year for selling your home. With pleasant weather for house hunting and many families hoping to move over the summer when the kids are out of school, the number of buyers who are actively searching reliably increases during the spring. Therefore, if you are selling your home, there's a good chance that making a strong first impression now could lead to a quick and profitable sale. Here are a few simple hacks to help your home shine this spring:

- Tidy your yard. Everyone is drawn to the outdoors after a long winter, so be sure that your yard is looking its best. Start by clearing out fallen leaves, dead vegetation, and other debris, trimming shrubbery, and mowing the lawn at a diagonal, which can make it appear larger. Ensure that all walkways are clear and there is nothing blocking your home's windows that could prevent the sunlight from streaming in.
- Clean the windows, mirrors, and drapery. Aside from trimming the foliage near your windows, another way to let some natural light into your home is to ensure that the windows are sparkling clean—as well as the mirrors, as they reflect back the sunshine. Additionally, thoroughly cleaning your drapes and other window coverings to rid them of accumulated dust will give your home an airy, inviting feeling and will make it easy to let in a breeze if you choose to open the windows before a showing.
- Add some warm colors. Spring is the season for bright, energizing colors, such as warm yellows, greens, purples, and peachy pinks. Finding ways to bring these hues into your home can make it feel fresh and spring-like. For example, consider setting out floral arrangements with vibrant tulips or daffodils, or accenting your furniture with colorful throw pillows and blankets.



If you are currently working with another Broker please do not consider this a solicitation.

