



# NEWSLETTER

A partnership between the  
**Heart Institute & Diabetes Education**  
at Marquette General Hospital

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## Changes in “The Link”

You don't like to drive at night? You're too busy to fit in another appointment? We are hearing this from more and more of our participants in “The Link”, the support group for those with diabetes and/or heart disease. Because of this we have chosen to change our format to monthly newsletters and quarterly meetings. Our monthly newsletters will help keep you up to date on disease management and healthy living. We are also contemplating a webinar format, where presentations can be accessed online ~ at your convenience. Any feedback on this idea would be greatly appreciated.

### QUARTERLY MEETING

**Our next quarterly meeting will be our annual holiday celebration, Tuesday evening, November 27th. Mark your calendars and join us for healthy holiday treats, great recipes and fun.**

by **Deb Sergey, R.D.**  
**Heart & Health Program Dietician**

Finally, time to harvest those wonderful vegetables from your garden, or perhaps a neighbor shares his or her plentiful crops with you, or you may enjoy the local Farmer's market or co-op. Even the supermarkets offer locally grown produce at times. The taste of vegetables in peak season is amazing. Here is a list of some key produce items to enjoy now for optimum flavor and nutrition.

**Corn:** Key nutrients: Folate, Potassium, Fiber and Carbohydrates. Look for unhusked ears that are firm and bright green with full kernels at the top of the ear. Best when eaten the same day it is picked if possible. If you need to store it for a few days, leave it in the husk and store in a plastic bag (perforated) in the refrigerator crisper for a day or two.

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### ***HARVEST TIME Continued ~***

**Cucumbers:** Key nutrients: Vitamin C and Fiber. Look for even-colored, firm skins — wrinkles, just like on our skin, are a sign of age. Store cucumbers in the warmest part of the refrigerator to avoid freezing.

**Green Beans:** Key nutrients: Fiber, Folate, and Vitamin C. Choose beans with tender pods — they should snap easily. Store beans in a plastic bag in the refrigerator if you don't cook them immediately.

**Bell Peppers:** Key nutrients: Vitamins A and C. Look for firm, shiny skins and store in the crisper drawer for optimum freshness.

**Tomatoes:** Key nutrients: Vitamins A, C, Fiber, Lycopene and Potassium. Choose smooth-skinned, firm, plump tomatoes. Always store at room temperature for best taste.

**Zucchini:** Key nutrients: Vitamin C and Fiber. Look for glossy, blemish-free skin. Keep in plastic bag in the refrigerator if not used immediately.

## **Charred Summer Vegetables**

2 ½ cups fresh corn kernels (about 5 ears)

2 cups chopped green beans

1 cup chopped zucchini

1 cup chopped red bell pepper

2 T. finely chopped shallots or green onions

1 T. chopped fresh flat-leaf parsley

2 T. fresh lemon juice

4 tsp. olive oil

½ tsp. salt

½ tsp. chopped fresh thyme

¼ tsp. black pepper

Heat a 12 inch cast-iron skillet over high heat. Coat the pan with cooking spray. Add corn kernels, green beans, zucchini, and bell pepper. Stir to combine. Cover and cook 5 minutes. Combine shallots and remaining ingredients in a bowl, stirring well. Add shallot mixture to corn mixture; toss to coat.

Makes 6 servings. 2/3 cups each: 102

Calories, 3 g. Fat, 3 g. Protein, 18 g. Carb, 3 g. Fiber, 210 mg. Sodium.