

TRAIN 4 LIFE

#trainforlife

"Life itself is a privilege, but to
LIVE LIFE TO THE FULLEST

- well, that is a choice."

ANDY ANDREWS

FARMER'S MARKET GUIDED TOUR

NOVEMBER 17th • 11:00 AM • SUNSET ENTRANCE

In preparation for the Thanksgiving Holiday, Courtney Sullivan, **Studio K's** Registered Dietitian, has created a healthy twist for turkey stuffing. Join her on Sunday to learn more about our **K Fuel** program by eating and living a healthy lifestyle.



WILD RICE OR QUINOA STUFFING

INGREDIENTS

- ¾ c. uncooked wild rice or quinoa
- 2 ½ cups water
- 1 tbsp. olive oil
- ¾ c. chopped onion
- 1 c. sliced mushrooms
- 1 c. chopped organic apple (with skin)
- ¼ c. dried cranberries
- 2 cups diced celery
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 tbsp. poultry seasoning
- ½ c. reduced sodium chicken broth
- ¼ c. slivered almonds, toasted

PREPARATION

Rinse wild rice/quinoa two times until water runs clear.

Place wild rice/quinoa in a 1 ½ quart sauce pan and bring to boil. Reduce to a simmer and cover, cook until all water is absorbed (approx 30 minutes for wild rice and 15 minutes if you're using quinoa) and stir frequently.

Heat olive oil over medium heat in a skillet. Add onion, mushrooms, apple, celery and cranberries. Stir and heat until tender. Add salt, pepper and poultry seasoning. Continue to stir and cook for 10 minutes.

Combine the rice and fruit/vegetable mixture and chicken broth in a large bowl. Use to stuff turkey. Or bake in a dish coated with nonstick spray. Cover and keep warm in the oven until ready to serve. Garnish with a sprinkle of toasted almonds.

SHOPPING LIST

- Wild Rice or quinoa
- Organic Apple
- Celery
- Onion
- Cranberries
- Almonds
- Mushrooms

Meet Courtney

Courtney Sullivan is a Registered Dietitian (Academy of Nutrition and Dietetics) and a NASM Certified Personal Trainer.

Courtney is passionate about helping her clients reach optimal health through the delicate balance of nutrition and exercise.

Schedule a Private Nutrition Tour

Courtney Sullivan

courtney@studioKtraining.com

949.338.2597

UPCOMING FARMER'S MARKET TOUR

- Dana Lunch Box
- Holiday Recipes
- Set Up for Success
- Get Spicy ... Cultural Food
- Clean The Pantry Fun
- Teen Success
- Sports Performance Nutrition
- Menopause Fight
- Pregnancy Nutrition
- Testosterone-food Choices for the Man Cave
- Nutrition Workshops with Fioré, Schools & Preschools