

October 2021

Heart Health

Keep In Touch and Stay on Track

Important Information:

Scheduling (843) 876-0444

Heart Health Team (843) 792-4717

Be sure to leave a message

HeartHealth@MUSC.edu

www.musckids.org/heart/health

It's National Apple Month!

Apples are a great source of nutritional benefits such as vitamin C and fiber. Make sure to eat the skins for the full fiber benefits.

Here are a few ways to enjoy apples:

- Apple slices with nut butter or cinnamon
- Apples and cheese
- Stew apples with savory foods such as roasted pork

Visit the websites below for more information:

- <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/4-fall-foods-for-your-family>
- <https://www.hsph.harvard.edu/nutritionsource/food-features/apples/>

The Teal Pumpkin Project

The Teal Pumpkin Project encourages people to raise awareness

of food allergies and promotes inclusion of all trick-or-treaters. Putting a teal pumpkin on your doorstep means you have non-food treats available (see website for ideas). Below are some easy steps you can take to join the movement!

1. Provide non-food treats for trick-or-treaters.
2. Place a teal pumpkin in front of your home to indicate to passersby that you have non-food treats available.
3. Add your home to the Teal Pumpkin Project map.
4. Spread the word! Share the Teal Pumpkin Project with your friends and family.

For more information, visit: <https://www.foodallergy.org/our-initiatives/awareness-campaigns/living-teal/teal-pumpkin-project>

Happy Halloween!

Heart Health wishes you a fun and healthy Halloween! While you enjoy the time with your family and friends and the sweet treats you receive, remember your goals and that moderation is a key to success!

Recipe of the Month

Sweet Potato and Black Bean Casserole

yield: 6 servings

prep time: 10 minutes

cook time: 25 minutes

total time: 35 minutes

Nutrition Facts: serving: 1/6 of the casserole, calories: 185 cal, carbohydrates: 31.5g, protein: 9.6g, fat: 2.3g, saturated fat: 1g, fiber: 8.9g

Ingredients

- 1 large sweet potato, peeled and diced (cook in the microwave for about 8-10 minutes before cutting, to soften)
- 1 (15 oz.) can black beans, drained and rinsed
- 1 (14.5 oz.) can diced tomatoes, drained
- ½ onion, chopped
- 1 red or green bell pepper, chopped
- 1 teaspoon chili powder
- 1 teaspoon garlic salt
- ½ teaspoon ground cinnamon
- 1 cup salsa, divided
- 2-4 tortillas, depending on size (corn, flour, sprouted, gluten-free or whole wheat)
- 4 ounces shredded cheese, use dairy-free as desired (optional)
- Salt & pepper to taste
- Optional garnish: fresh cilantro, avocado sliced, guacamole, and/or sour cream

Directions

- Preheat oven to 400°F. Spray an 8 x 8 baking dish with cooking spray; set aside.
- In a large bowl, combine diced sweet potato (that has been slightly softened), black beans, tomatoes, onion, bell pepper, chili powder, garlic salt, and cinnamon. Alternatively, you can sauté the onion and bell pepper before adding it to the sweet potato mixture.
- Spread ½ cup salsa on the bottom of the baking dish. Arrange a tortilla on top, ripping into strips to get the right fit. Spoon a large layer of sweet potato/black bean mixture over tortilla strips. Spread the remaining ½ cup salsa over the sweet potato/black bean layer.
- Add one more layer of tortillas and then add the rest of the sweet potato/black bean mixture over the tortilla layer. Top with cheese, if using.

- Bake, uncovered, 20-25 minutes and until cheese is melted and top is slightly browned. Let stand 5 minutes. Cut into squares and serve. Top with additional salsa, cilantro, and/or avocado, if desired.

Recipe can be found at: <https://www.kimscravings.com/sweet-potato-black-bean-casserole/>

Clinic Updates

- Clinic visits are being conducted both virtually (via the following link: <https://MUSC.doxy.me/hearthealth>), and in person. **Please specify when scheduling if you would like a virtual or in person appointment.**
- Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health text updates and look for more information on our private Facebook Group page <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.
- **Fit Kids group exercise sessions are now offered both in person and virtually!!** Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM in Park Circle. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT09>. **If your child would like to attend in person sessions, you will need to reserve your spot by either emailing hhexercise@musc.edu or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up.** We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 PM on Fridays.
- Please continue to read your Heart Health text messages for updates.
- If you feel like you may have Covid symptoms or need to see a provider, please utilize the FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>