

Recipe of the Month

Blueberry Walnut Salad



Ingredients:

- 1 (10 ounce) package mixed salad greens
- 1 pint fresh blueberries
- 1/4 cup walnuts
- 1/2 cup raspberry vinaigrette salad dressing
- 1/4 cup crumbled feta cheese

Prep Time: 10 minutes
Total Time: 10 minutes
Servings: 6

Directions: In a large bowl, toss the salad greens with the blueberries, walnuts, and raspberry vinaigrette. Top with feta cheese to serve.

Nutrition Facts: 128 calories, 3 g protein, 18 g carbohydrates, 9 mg cholesterol, 420mg sodium.

Source: <https://www.allrecipes.com/recipe/72721/blueberry-walnut-salad/?internalSource=staff%20pick&referringId=2774&referringContentType=Recipe%20Hub&clickId=cardslot%201>

CORONAVIRUS (COVID-19) HEART HEALTH UPDATE

The Coronavirus (COVID-19) pandemic has impacted all of us in many unpredictable ways. Because of the recommendations for gatherings and social distancing by public health officials, **Thursday group sessions and Fit Kids sessions are cancelled until further notice.** Clinic visits are now converted to virtual visits (you will have the choice of video or phone). We are also conducting virtual educational sessions at 4:00 on Mondays and Thursdays via Webex (<https://musc.webex.com/meet/catjan>). Please sign up for our Facebook Group page, where we will be posting helpful resources and making important announcements: <https://www.facebook.com/groups/134995866512355/>

Please read your Heart Health text messages for updates.

For information on Coronavirus, **please refer to the CDC website.**
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

If you feel like you may have symptoms or need to see a provider, **please utilize the FREE MUSC virtual care:**

<https://campaigns.muschealth.org/virtual-care/index.html>

Stay safe and healthy, and we will see you all soon!