

Heart Health

April 2022

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

A note from Ms. Elise

Hello Heart Health families! It is with a heavy heart that I share with you that I am moving out of the state at the beginning of this month. I have enjoyed every minute of working with you all over the past two years. I will miss each of you very much. You are in wonderful hands with the rest of the Heart Health team. Keep doing your best and work hard on your goals! I am proud of you!

Spring has Sprung!

As we enter into spring we are welcomed with warm weather and the delicious foods that come with it. This is the best time to try different fruits and vegetables that are in season.

In-season produce:

- Broccoli
- Carrots
- Asparagus
- Spinach
- Herbs
- Blueberries
- Peaches
- Strawberries

Fun fact!

Carrots, spinach, and broccoli are packed with *vitamins* and *fiber* that keep our hearts healthy!

Keep up with what's in season! <http://www.charlestonfarmersmarket.com/whats-in-season-april/>

Earth Day!

Did you know April 22nd is Earth Day?

There are so many ways to appreciate our Earth-like going on *nature walks* or trying the abundance of different *plant foods* that our Earth has given us!

Check out these local parks/trails!

- Palmetto Island County Park
- James Island County Park
- Hampton Park
- West Ashley Bike Trail

For more parks/trails near you check out the link: <https://www.ccprc.com/>

Recipe of the Month

Quick Veggie Penne Pasta

Serving size: 1 Cup

Makes 8 servings

Ingredients

- 8 ounces uncooked penne pasta
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 16-ounce package frozen broccoli florets, thawed
- 1 16-ounce can garbanzo beans, drained and rinsed
- 1 medium-size red bell pepper, thinly sliced; slices halved
- ½ teaspoon salt
- ¼ cup freshly grated or shredded Parmesan cheese
- Freshly ground black pepper to taste

Instructions

1. Cook the pasta in boiling salted water according to the package directions.
2. Heat the oil in a large skillet over low heat.
3. Add the garlic and sauté 5 minutes, allowing the flavors to fully release into the oil.
4. Add the broccoli, beans, pepper, 3 tablespoons water, and salt.
5. Cover and adjust heat to medium. Steam, stirring occasionally, 5 to 7 minutes, or until the broccoli is hot and the pepper is crisp-tender.
6. Toss the pasta with the vegetables. Top with Parmesan cheese and fresh pepper.

Nutrition facts

Per serving

- Calories: 265
- Total Fat: 6g
- Saturated Fat: 2g

- Cholesterol: 2mg
- Sodium: 215mg
- Total Carbohydrate: 41g
- Dietary Fiber: 7g
- Protein: 12g

Find the recipe here!

<https://www.eatright.org/food/planning-and-prep/recipes/quick-penne-pasta-with-veggies-recipe>

Pro tip:

This recipe is a great way to try different vegetables in season and make it your own! For example, you can switch out the broccoli for spinach or the bell peppers for asparagus.

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>