



Tamaya Wellness Center

A partner in your wellness journey.

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Jan's on 4th Cooking Class—Nicholas Arviso, Fitness Supervisor

Over the past couple months, Jan's Cooking Classes became a haven of creativity, where community members immersed themselves in the art of seasonal cooking. From mastering the perfect dessert, to crafting soul-soothing soups, each class was a celebration of flavors, community, and the joy that comes from creating delicious memories.

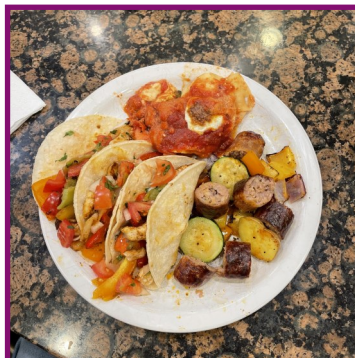
November and December saw five cooking classes held at Jan's on 4th Street Cooking School. This was a change of scenery for participants, as previous classes were held at the Tamaya Wellness Center. Jan's cooking school has been operating since 2006, and was created by Chef Jan and her husband, C.E. The school was built on Jan's love of cooking, and how she wanted to share that passion by teaching cooking as a life skill. Jan believes, "that cooking can better the lives of everyone by providing the freedom of creating a healthy home-cooked meal."

The menu for each class varied from class to class. Topics included creating festive appetizers, making meals from those Thanksgiving leftovers, to even baking pies. Our last class was our first ever all males cooking class, and the guys were able to prepare and enjoy simple one pot meals.

Jan's classes can be fast paced, but she allows participants to be hands-on. If you are new to her class, you quickly become accustomed on how to properly hold a knife, and also how to cut an onion

without the tears. These are just a couple of examples of skills that Jan is able to effortlessly teach everyone. Classes are always filled with enthusiasm, support, learning, laughter, and most importantly, tasty food.

Thank you to all the community members who came to one or more of the cooking classes. If you happened to have made any of the recipes at home, we would love to hear about it, and even see some photos. In the meantime, keep an eye out for more classes that will be held in the new year.



Using Fresh Herbs Instead of Salt in Your Dishes- Shelly Rael, RDN

Have you considered using fresh herbs as a sodium/salt substitute? Using herbs instead of added salt is a flavorful choice and a healthier one.

Herbs provide a sodium-free alternative to salt. The natural flavors in herbs can often make your meals taste even better than excessive salt. Excessive sodium intake is linked to high blood pressure and other health issues. Opting for herbs reduces sodium intake, which is crucial to maintaining healthy blood pressure and overall heart health.

Fresh herbs contain essential nutrients like vitamins, minerals, and antioxidants. For example, rosemary is a good source of vitamin C and A. Thyme contains vitamin K and iron. Basil is rich in vitamin K and manganese. Lemon verbena offers vitamin C. Though in the amounts most of us consume, these herbs are not a significant source of these nutrients; they contribute to your overall intake.

Here are some ideas for using some fresh herbs:

Rosemary: Known for its robust, earthy flavor, rosemary is perfect for seasoning roasted meats,

potatoes, and vegetables. Its distinct aroma makes your dishes more interesting without excess salt.

Thyme: Thyme's delicate yet slightly minty flavor complements a variety of dishes. It works great in soups, stews, and sauces.

Lemon Verbena: Lemon verbena offers your meals a zesty and citrusy twist. It's fantastic in marinades, dressings, and beverages such as hot or cold tea, lemonade, and water.

Basil: Basil's sweet and aromatic profile is an excellent addition to pasta dishes, salads, and as a garnish for various recipes.

Incorporating herbs into your cooking makes your dishes tastier without adding salt. It's a small change that can significantly impact your overall well-being.

For more information about our fitness or cooking classes, contact: **Nicholas Arviso, Fitness Supervisor** (505) 771-6744 or (505) 249-6462



Cheesecake Stuffed Strawberries

TAMAYA WELLNESS PROGRAM

•Ingredients:

- 1 lb Strawberries, large
- 8 oz Cream Cheese (softened), use 1/3 less fat option
- 1/4 C Powdered Sugar, more may be needed to taste
- 1 Tsp Vanilla Extract
- Graham Cracker Crumbs
- Chocolate for Drizzle (optional)

•Directions:

1. Rinse strawberries and hollow out the tops of strawberries with a pairing knife.
2. Beat together cream cheese, powdered sugar, and vanilla until creamy.
3. Transfer mixture to a piping bag or Ziploc bag with corner cut off. If filling is too soft, refrigerate an hour.
4. Fill strawberries with cheesecake mixture and sprinkle graham cracker crumbs on top.
5. If desired, drizzle melted chocolate on top of strawberries.
6. Refrigerate until serving. ENJOY!



COMMUNITY FOOD PANTRY

ROADRUNNER
FOOD BANK
OF NEW MEXICO



HAPPENING EVERY 3RD TUESDAY OF THE MONTH

TUESDAY - FEBRUARY 20, 2023

3:00PM - 6:00PM

TAMAYA WELLNESS CENTER MULTI-PURPOSE ROOM

*** Please Bring Your Reusable Bags ***

*** All Community & Employees Are Welcome ***

*For more information, questions, or assistance, please contact:
Perdita Wexler @ (505) 771-6770*



Transportation is available for those who may need by calling the Shuttle (505) 917-3017 or Denise Kee at (505) 331-0322.





TWC Business Hours:

**Monday - Friday
6:00am - 8:00pm**

**Saturday - Sunday
8:00am - 4:00pm**

Hours subject to change at any given moment. For more info contact 505.771.6370.