

HEALTH MATTERS

No Smoking Day Wed 9 March

Be Proud to be a Quitter



The Health Benefits of Stopping Smoking (Adapted from NHS Choices)

Stopping smoking lets you breathe more easily



Stopping smoking improves fertility



Stopping smoking gives you more energy



Stopping smoking improves your sense of smell and taste



Ditch the cigarettes and feel less stressed



Stop smoking for younger-looking skin



Quitting leads to a better sexual drive



Quit smoking to live longer



Ex-smokers have whiter teeth and sweeter breath

A smoke-free home protects your loved ones

For more information visit <http://www.nhs.uk/Livewell/smoking/Pages/Betterlives.aspx>

Recipe of the Month (supplied by Mike Harper)

Tuna with an Avocado Salsa & Oven Baked Wedges (Serves 4)

Ingredients

For the Tuna

- 3/4 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chili powder
- 1/8 teaspoon freshly ground black pepper
- 4 x 6-ounce tuna steaks (about 1 inch thick)
- Cooking spray



For the Salsa

- 1 avocado
- 1 green pepper (finely diced)
- 2 medium red onions (finely diced)
- 1tsp finely chopped parsley
- 1tsp chopped coriander
- 1tsp lemon juice

Method

To make the Salsa, chop the avocado into small chunks and add the lemon juice, the finely diced onion, pepper, parsley and season with the black pepper and gently combine.

For the Tuna, combine the coriander, salt, cumin, garlic powder, chilli powder and black pepper in a bowl. Sprinkle this evenly onto the tuna steaks. Heat a frying pan and use some oil spray to cook (instead of liquid oil). Cook the tuna to your liking and serve with the salsa.

Serve this with oven baked potato wedges (see recipe below), or oven baked sweet potato.

Oven baked Potato Wedges

Ingredients

- 4 medium sized potatoes
- 2 tbsp olive oil
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp mixed herbs

Method

Wash the potatoes thoroughly and cut them lengthwise, dividing into 2 equal parts. Take one half and cut into 2 equal parts. Again take one piece and dice it into a further 2 equal parts. Likewise cut all potatoes. Toss the wedges in the rest of the ingredients and bake for 20 to 30 minutes (or until golden and soft.)