

JUNE 2022

PROFESSIONAL WELLNESS MONTH





Cauliflower Fried "Rice"

Ingredients

- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 tbsp ginger, minced
- 1 large carrot, diced
- 1 cup peas, fresh or frozen
- 2 tbsp toasted sesame oil
- 4 eggs, large
- 16 oz bag of cauliflower rice, fresh or frozen
- 1 tbsp honey or maple syrup
- 3 tbsp soy sauce
- 3 onion sprigs, finely chopped

Preheat large ceramic non-stick skillet on medium-high heat and swirl oil to coat. Add onion, garlic, ginger, carrot, peas and cook for 4-5 minutes, stirring occasionally. Push vegetables to the side and add eggs. Cook until scrambled, stirring constantly. Add cauliflower rice (don't thaw frozen one), stir and cook until warmed through. Push cauliflower rice to the side and add honey and soy sauce, stir well. Sprinkle with green onion and serve.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Live at the Plaza is a free outdoor concert series every Friday afternoon in June and July at Government Plaza			1	2 Leave the Office Early Day	3 National Donut Day 	4
5 Cancer Survivors Day 	6 Wellness Tip: Practice gratitude	7	8 Wellness Tip: Start your day with a glass of water	9	10 Wellness Tip: Begin with something positive	11 Making Life Beautiful Day
12 Family Health and Fitness Day 	13	14 World Blood Donor Day 	15 Wellness Tip: Take care of your skin	16	17 National Eat Your Veggies Day 	18
19 HAPPY FATHER'S DAY 	20 City of Tuscaloosa will be closed in observance of Juneteenth (June 19 th)	21 First Day of Summer 	22	23 Wellness Tip: Try something new	24 Wellness Tip: Track your steps	25
26 Wellness Tip: Get plenty of fresh air	27	28 Wellness Tip: Get plenty of sleep	29	30 Wellness Tip: Snack smart		Wellness Tip: Try utilizing alone time