



February 2023



American Heart Month



One-Pot Garlicky Shrimp and Spinach



- 3 Tbsp. extra-virgin olive oil
- 6 medium cloves garlic, sliced
- 1 lbs. spinach
- 1/4 tsp. salt
- 1 1/2 tsp. lemon zest
- 1 tsp. lemon juice
- 1 lbs. shrimp, peeled and deveined
- 1/4 tsp. crushed red pepper
- 1 tsp. finely chopped fresh parsley

-Heat 1 Tbsp. oil in a large pot over medium heat. Add half the garlic and cook until beginning to brown, 1-2 minutes. Add spinach and 1/4 tsp. salt and toss to coat. Cook stirring once or twice, until mostly wilted, 3-5 minutes. Remove from heat and stir in lemon juice. Transfer to a bowl and keep warm.

-Increase heat to medium-high and add the remaining 2 Tbsp. oil to the pot. Add the remaining garlic and cook until beginning to brown, 1-2 minutes. Add shrimp, crushed red pepper, and the remaining 1/8 tsp salt; cook, stirring, until the shrimp are just cooked through, 3-5 minutes more. Serve the shrimp over the spinach, sprinkled with lemon zest and parsley.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
	Heart Health Tip: DO NOT SMOKE! 		First Day of Black History Month		National Wear Red Day 	National Cancer Day 
5	6	7	8	9	10	11
	Heart Health Tip: Sleep more! 	Congenital Heart Defect Awareness Week		National Giving Hearts Day 	Heart Health Tip: Look after your mental health!	
12	13	14	15	16	17	18
Heart Failure Awareness Week		Valentine's Day 		Heart Health Tip: Maintain a healthy weight!	Random Acts of Kindness Day	
19	20	21	22	23	24	25
	President's Day		National Heart Valve Disease Awareness Day		Heart Health Tip: Eat nutritious foods! 	
26	27	28				
Heart Health Tip: Limit Junk food intake!			Heart Health Tip: Smile! 			