

# NOVEMBER 2021 Healthy Living

*Did you know that November 18 is the Great American Smokeout?*



Join millions of other smokers in saying “no thanks” to cigarettes on November 18, 2021.

## History

The Great American Smokeout started in 1970, when people were asked to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund.

Today, about **36.5 million** Americans still smoke cigarettes, and tobacco use still remains the single largest preventable cause of disease and premature death in the world.

## It's Sad... But True

- Lung cancer is the leading cause of cancer deaths for both men and women
- Smoking is responsible for nearly 1 in 3 cancer deaths, and 1 in 5 deaths from all causes

It's never too late to quit. The positive health effects of quitting begin shortly after you stop using tobacco. Once you quit, you'll lower your risk of death from lung cancer and other diseases.

## Vaping: What You Should Know

Vaping has grown in popularity through the use of e-cigarettes. Although vaping may help some smokers quit, the long-term health effects are unknown. The aerosol inhaled contains potentially harmful substances including ultrafine particles, flavorings, and chemicals linked to serious lung disease and even cancer. It's still unclear whether the chemical makeup of these products is causing the rise in severe lung injuries.

## Quitting smoking is not easy, but it can be done.

Research shows that smokers are most successful in kicking the habit when they have support.

Call The American Cancer Society at **800.227.2345** to get more information on quitting tobacco and to find telephone counseling or other support in your area.



## FEATURED RECIPE

# Roasted Cauliflower & Potato Curry Soup

## Ingredients

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1½ teaspoons ground cinnamon
- 1½ teaspoons ground turmeric
- 1¼ teaspoons salt
- ¾ teaspoon ground pepper
- ⅛ teaspoon cayenne pepper
- 1 small head cauliflower, cut into small florets (about 6 cups)
- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, chopped
- 1 cup diced carrot
- 3 large cloves garlic, minced
- 1½ teaspoons grated fresh ginger
- 1 fresh red chile pepper, such as serrano or jalapeño, minced, plus more for garnish
- 1 (14 ounce) can no-salt-added tomato sauce
- 4 cups low-sodium vegetable broth
- 3 cups diced peeled russet potatoes (1/2-inch)
- 3 cups diced peeled sweet potatoes (1/2-inch)
- 2 teaspoons lime zest
- 2 tablespoons lime juice
- 1 (14 ounce) can coconut milk
- Chopped fresh cilantro for garnish



## Directions

1. Preheat oven to 450 degrees F.
2. Combine coriander, cumin, cinnamon, turmeric, salt, pepper and cayenne in a small bowl. Toss cauliflower with 1 tablespoon oil in a large bowl, sprinkle with 1 tablespoon of the spice mixture and toss again. Spread in a single layer on a rimmed baking sheet. Roast the cauliflower until the edges are browned, 15 to 20 minutes. Set aside.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large pot over medium-high heat. Add onion and carrot and cook, stirring often, until starting to brown, 3 to 4 minutes. Reduce heat to medium and continue cooking, stirring often, until the onion is soft, 3 to 4 minutes. Add garlic, ginger, chile and the remaining spice mixture. Cook, stirring, for 1 minute more.
4. Stir in tomato sauce, scraping up any browned bits, and simmer for 1 minute. Add broth, potatoes, sweet potatoes, lime zest and juice. Cover and bring to a boil over high heat. Reduce heat to maintain a gentle simmer and cook, partially covered and stirring occasionally, until the vegetables are tender, 35 to 40 minutes.
5. Stir in coconut milk and the roasted cauliflower. Return to a simmer to heat through. Serve garnished with cilantro and chiles, if desired.

**Serving size is about 1 ½ cups, with 272 calories/serving.**