Physical Activity Tip:
To find time in your schedule for physical activity, jot down your daily activities for one week. Then look for at least three 10-minute time slots you could use each day for physical activity.

Motivational Tip:
“The greatest good we can do for others is not to share our riches with them, but to reveal their own.”
-Benjamin Disraeli

Wild Mushroom, Spinach, and Tortellini Soup

Ingredients:
- 8 oz. frozen cheese tortellini
- 2 Tbsp. minced garlic
- 2 cups coarsely chopped fresh baby spinach
- 8 oz. chopped onions
- 4 oz. portabella mushrooms, sliced
- 4 oz. shiitake mushrooms, sliced
- 4 oz. oyster mushrooms, sliced
- 1½ quart boiling water
- 2 Tbsp. low-sodium chicken soup base
- ½ tsp. each of fresh minced thyme, basil, and oregano

Preparation
1. Wash all produce. Mince garlic, coarsely chop spinach, finely chop onion, and slice all mushrooms.
2. In a Dutch oven, sauté garlic, onions, and mushrooms. Add boiling water and chicken soup base and cook over medium-high heat until boiling again. Stir in tortellini.
3. Reduce heat to medium and cook 10 minutes. Add spinach and cook for 1 minute or until wilted. Season with thyme, basil, oregano, and black pepper.

Serving suggestion: Garnish with diced fresh tomatoes and a sprig of thyme. Sprinkle with Parmesan cheese.

Yields 6 (1 cup) servings. Nutritional Information Per Serving: 123 calories, 5.8g protein, 13.7g carbohydrate, 2.3g fat, 6mg cholesterol, 320mg sodium

Nutritional Tip:
Adding mushrooms to soups and casseroles lets you boost the vitamin, mineral, and antioxidant content — yet adds few calories and no fat. Mushrooms are a great source of potassium, too.

Health Coach:
Health coaches are available to support you in your healthy living goals, whether you’re trying to manage your weight or quit using tobacco. Call the Health Coach line at 1-800-807-0751.

Janine Jones
UPMC Health Plan Health Coach
Advice from Janine: For a few days, write down everything you eat and drink, and make a note of the times. Look for habits you would like to change. Keeping track can help you make better food choices!

UPMC Health Plan is proud to sponsor America On the Move in Pittsburgh — part of a national initiative to promote active living and healthy eating across the country. Visit the America On the Move website at www.americaonthemove.org and click on “Get Involved Today” to access free tools for tracking and modifying physical activity, eating, and body weight.