

Parisian Raspberry and Blue Cheese Salad

All we can say is “Yum!” Inspired by a trip to Paris, this dish is easy to pull together and fabulous enough to serve for a girlfriends’ lunch. If you’re not a blue cheese fan, swap out for feta. The dressing also includes olive oil and lemon juice.

Serves 4 • Prep Time: 10 minutes

- 4 cups baby **spinach**
- 4 cooked boneless, skinless **chicken breasts, Gardein**, or firm **tofu**, thinly sliced
- 2 cups fresh **raspberries**
- 1 cup **Raspberry Vinaigrette** (recipe follows)
- ¼ cup crumbled blue cheese or feta cheese, or toasted **walnuts**

- 1 Arrange the spinach on four large plates. Top with chicken and scatter with raspberries. Drizzle with the vinaigrette, then top with cheese and serve.

Calories 212 • Total Fat 6g • Saturated Fat 2.5g • Carbohydrates 9g
Protein 29.5g • Dietary Fiber 4.5g • Sodium 195mg

PROFESSOR POSITIVE

Hug It Out for Health!

“Science shows that kissing, hugging, snuggling, and holding hands can actually boost overall health, helping you lose weight, lower blood pressure, fight off sickness, and more . . . even snuggling up with pets has shown similar results.”

That’s according to a post from the University of Pennsylvania’s blog, PennMedicine.org, in January 2018, titled, “Can You Kiss and Hug Your Way to Better Health? Research Says Yes.” Hug health comes from the production of oxytocin, the “love hormone,” which can reduce damaging stress hormones. The Penn Medicine blog also points to a study of fifty-nine women showing that “those who hugged their partners more often had a lower resting blood pressure than the women who rarely engaged in physical touch.”