



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Babysitting 101

By Christine Reynolds, RN, MSN, CPNP



Your pre-teen or teenage son or daughter is looking to make some extra money this summer and has asked to babysit neighbors, cousins, friends, etc. How does a child and his or her parents know when they are ready to babysit? Christine Reynolds provides some simple guidelines parents should follow before allowing their teen to babysit other children.

[Click here](#) to read the article.

[Click here](#) to learn more about Christine Reynolds, RN, MSN, CPNP

## High Protein Pasta Salad Recipe

Summer is in full swing, and so are picnics, barbeques and pool parties. Below is a summer-friendly recipe for a filling dish that goes great with grilled shrimp or chicken. Try it with a variety of different vegetables such as cauliflower, asparagus, green beans or grape tomatoes. Leftovers are great for lunch!

Ingredients:

- 1 box whole wheat rotini or shell pasta, cooked according to directions and cooled
- 1 cup chopped broccoli

- 1 cup chopped bell pepper (any color)
- $\frac{3}{4}$  cup chopped carrots
- 4 ounces mozzarella cheese, diced
- 1  $\frac{1}{2}$  cups frozen shelled edamame, thawed (find it in the frozen vegetables section)
- $\frac{1}{2}$  cup light Italian dressing, such as Newman's Own or Kraft

Directions:

1. After pasta has cooled, combine vegetables, pasta and edamame. Mix in Italian dressing; stir to coat vegetables and pasta.
2. Mix in mozzarella cheese before serving. Season with salt and pepper if wanted. Makes about 8 servings (1  $\frac{1}{2}$  cups per serving)

Approximate nutrition information per serving: 289 calories; 7 grams fat; 266 mg sodium; 43 grams carbohydrate; 9 grams fiber; 15 grams protein.

This recipe is brought to you by [Mindy Musselman, RD, LD](#)

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Esse Health | 12655 Olive Blvd | Saint Louis, Missouri 63141 | 314-851-1000