

Easy Dinners with 5 Ingredients

By Cara Rosenbloom, RD

After a busy day, you probably don't want to spend time preparing a complicated dinner. Luckily, many recipe magazines and culinary websites offer a time-saving solution: the 5-ingredient recipe (refers to 5 or fewer ingredients).

Assuming you already have some basic staples, such as seasonings and olive oil, the other 5 ingredients are common products you can easily purchase. With fewer ingredients, you save time at the wash, chop and preparation stage, and the recipes are pretty simple.

Most recipes have 3 components: usually vegetables, grain and protein.

For example:

- Lemon chicken with quinoa (keen-wah) grain and asparagus.
- Grilled salmon with roasted potatoes and carrots.
- Fish with sweet potato and Brussels sprouts.
- Teriyaki shrimp with rice noodles and green beans.
- Low-fat cheese omelet with toast and salad.



One-dish options: Some recipes combine 5 ingredients into a single gastronomic delight, such as:

- Tuna noodle casserole.
- Spaghetti with tomato sauce, lentils, broccoli and fresh basil.
- Asian noodle bowls of tofu and snow peas in a sesame-soy drizzle.
- Chickpea, sweet potato and cauliflower curry.
- Flatbread pizza with mozzarella, tomato sauce and peppers.
- Chicken chili.



More ideas?

Search online for **5-ingredient recipes**. They're always ready to go as long as you have a good variety of oil, vinegar, herbs and spices in your kitchen to amp up the flavor.

“Never let the **fear** of **striking out** keep you from **playing the game**.” — Babe Ruth

Breast Density: A Risk Factor for Breast Cancer

By Elizabeth Smoots, MD, FAAFP

Half of all U.S. women have a risk for breast cancer known as dense breasts. High-density tissue can make detecting cancer on a mammogram harder and might increase a woman's risk of developing breast cancer. It's an X-ray finding seen on a mammogram but not felt on a breast exam. Dense breasts are linked to an increased risk for breast cancer. The density also makes it more difficult to detect breast cancer on a mammogram.

What defines dense breasts? Breast glands, ducts and connective tissue appear white on a mammogram. Breast fat appears black. Breast density is defined as the ratio of white elements to black elements. More breast glands and ducts and less fat cause a breast to appear whiter, or denser, on a mammogram.

Younger women tend to have denser breasts and the density may decline with age. Other factors linked to dense breasts include genetics, slender build, no or few pregnancies and use of estrogen.

Just how risky? The relative risk for breast cancer is 2.1 times higher in women with extremely dense breasts, and 1.2 times higher in women with moderately dense breasts, compared to the general population. But dense breasts are not linked to an increased risk of death from breast cancer or other causes.

Breast cancer screening:

Digital mammograms are more accurate in women with dense breasts. Talk to your health care provider about all of your risks to decide the best screening approach for you.



October is National Breast Cancer Awareness Month.



Reach your personal best with Smart Moves at www.personalbest.com/extras/18V10tools.

10.2018