

Resolution Reset

Leasa Sieve, Reference Librarian

Did you make a resolution to eat healthier in 2023? Maybe your dedication to your new plan is waning a bit? Here are some new cookbooks that will inspire you to cook and enjoy healthy meals.

Let's start with a meal prep book. I'm a fan of prepping meals ahead of time and Lisa Bryan writes about prepping individual ingredients so you have a buffet in the fridge waiting to be mixed and matched to make quick easy meals throughout the week. I will be taking a closer look at "Downshiftology Healthy Meal Prep: 100+ Make-Ahead Recipes and Quick-Assembly Meals!"

Have you heard of Blue Zones? Blue zones are areas of the world where people live up to a decade longer than average. Areas like Okinawa, Japan; Sardinia, Italy; Ikaria, Greece; Nicoya, Costa Rica; and the Seventh Day Adventist community in Loma Linda, California. What do they do to achieve this? First of all, if they are going somewhere, they walk. They also have similar diets. Simply put, they eat a high-carbohydrate diet made up of healthy complex carbs, small amounts of meat, very low sugar and they drink water, tea, black coffee and wine. If you want to learn more and try out some recipes, check out "The Blue Zones American Kitchen: 100 Recipes to Live to 100" by Dan Buettner.

A Mediterranean diet is a heart-healthy eating plan that is plant-based and incorporates the foods, flavors, and cooking methods of the Mediterranean region. "The Mediterranean Dish: 120 Bold and Healthy Recipes You'll Make on Repeat" by Suzy Karadsheh is a great cookbook to get started eating the Mediterranean way. Beautiful photography makes this a "must check out."

"Whole Food for Your Family: 100+ Simple, Budget-Friendly Meals" by Autumn Michaelis is stuffed full of family-friendly recipes made with ingredients that can be found at any grocery store. Autumn has a family of seven, so you know the recipes are easy, delicious and kid-tested. Her recipes are Whole30 endorsed if you are interested in following the Whole30 eating plan.

America's Test Kitchen has a new cookbook featuring recipes for your favorite drinks. Not only will you save money by making your own beverages, but you are also in control of the ingredients that go into them. "The Complete Guide to Healthy Drinks : Powerhouse Ingredients, Endless Combinations: Smoothies, Juices, Teas, Kombucha,

Infused Waters, Broths and More” also contains lots of tips, techniques and product recommendations for making your own good-for-you drinks.

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