

# ***Better Bodies, Better Bonds***

*(The 4Bs)*

*UCG Lansing working toward  
Physical and Spiritual health.*

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## ***Psalm 31:24***

Be of good courage, and He shall strengthen your heart, all you who hope in the Lord.

## ***90-Second Health Boosts***

Tip 1 of 16 taken from Prevention Magazine:

**E**at the peel: Why: Fight cancer

The bulk of an apple's benefit lies in its skin. In one lab experiment, more than a dozen chemicals in the peels of Red Delicious apples inhibited the growth of breast, liver and colon cancer cells. Investigator Rui Hai Liu, MD, PhD and associate professor of food science at Cornell University, suspects that the peels of other apple varieties are also extra potent.

But experts recommend only eating the skin of organic apples: the conventionally grown kind, are among the most pesticide-doused produce.

## ***Healthy Recipe***

### ***Spicy Beef Tacos***

#### ***Ingredients***

3 sprays cooking spray  
2 medium garlic cloves minced  
¾ lb uncooked lean ground beef  
1 ½ tsp ground cumin  
1 ½ tsp ground coriander  
¾ tsp table salt, or to taste  
1 ½ cups canned diced tomatoes, w/  
jalapenos or green chilies  
8 small corn tortillas, lightly toasted  
before serving  
2 c lettuce, shredded  
½ c low-fat shredded cheddar cheese  
1/3 c salsa

#### ***Instructions***

Coat skillet with cooking spray; heat over a medium-high heat. Add garlic; cook stirring, until fragrant, about 30 sec to 1 min. Add beef; cook until browned, breaking up meat as it cooks, 5 to 6 min. Add cumin, coriander, salt and diced tomatoes; cook stirring occasionally, until liquid is almost absorbed, 5-6 min. Place tortillas on a flat surface. Top ea with about ¼ c beef, ¼ c lettuce, 1 tbsp cheese and 2 tsp salsa. Fold tortilla in half, repeat with remaining ingredients and serve. 2 tacos per serving.