



In This Issue...

- Take Cover from Sun Damage
- Don't Let These Hazards Spoil Your Beach Day
- Find a Podiatrist Near You
- Recipe of the Month: Quinoa, Avocado & Chickpea Salad over Mixed Greens

Take Cover from Sun Damage



The sun takes center stage as we head into the summer months, and it's a good time for some reminders about protecting the skin on your feet and the rest of your body from the harmful effects of UV rays. Nearly all skin cancers, even melanomas, have a very high survival rate if they are detected and treated in their early stages.

[Click Here to Read More](#)

Don't Let These Hazards Spoil Your Beach Day

Sun, sand, and waves! Nothing says summer fun like a day at the beach. Below are some potential podiatric problems and how to prevent them from ruining your seaside outing.

[Click Here to Read More](#)



Find a Podiatrist

Your feet work very hard for you and taking care of them is essential for your overall health. At NY Foot Health, we put together a list of highly recommended podiatrists committed to helping you with your foot or ankle issues. Click on the button below to find a podiatrist near you!

[Find A Podiatrist Near You](#)



Recipe of the Month

Quinoa, Avocado & Chickpea Salad over Mixed Greens

Protein-rich quinoa and chickpeas add staying power to this zesty and healthy salad recipe.



Ingredients:

- ¾ cup water
- ½ cup quinoa
- ¼ teaspoon kosher salt or other coarse salt
- 1 clove garlic, crushed and peeled
- 2 teaspoons grated lemon zest
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- ¼ teaspoon ground pepper
- 1 cup rinsed no-salt-added canned chickpeas
- 1 medium carrot, shredded (1/2 cup)
- ½ avocado, diced
- 1 (5 ounce) package prewashed mixed greens, such as spring mix or baby kale-spinach blend (8 cups packed)

Directions:

1. Bring water to a boil in a small saucepan. Stir in quinoa. Reduce heat to low, cover, and simmer until all the liquid is absorbed, about 15 minutes. Use a fork to fluff and separate the grains; let cool for 5 minutes.
2. Meanwhile, sprinkle salt over garlic on a cutting board. Mash the garlic with the side of a spoon until a paste forms. Scrape into a medium bowl. Whisk in lemon zest, lemon juice, oil, and pepper. Transfer 3 Tbsp. of the dressing to a small bowl and set aside.
3. Add chickpeas, carrot, and avocado to the bowl with the remaining dressing; gently toss to combine. Let stand for 5 minutes to allow flavors to blend. Add the quinoa and gently toss to coat.
4. Place greens in a large bowl and toss with the reserved 3 Tbsp. dressing. Divide the greens between 2 plates and top with the quinoa mixture.

Recipe Courtesy of [EatingWell.com](#)

Need More info?

[CONTACT US →](#)



Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.