



## Red Lentil Soup with Lemon

Enjoy the delicate flavor of red lentils in this warming, highly nutritious, and perfectly delicious winter soup

### Ingredients

3 tbs olive oil, more for drizzling  
 1 large onion, chopped  
 2 garlic cloves, minced  
 1 tbs tomato paste  
 1 tsp ground cumin  
 1/4 tsp kosher salt, more to taste  
 1/4 tsp ground black pepper  
 Dash of ground chili powder or cayenne pepper, more to taste  
 1 qt broth, chicken or vegetable  
 2 c water  
 1 c red lentils  
 1 large carrot, peeled and diced  
 Juice of 1/2 lemon, more to taste  
 3 tbs chopped fresh cilantro

### Preparation

In a large pot, heat 3 tablespoons oil over high heat until hot and shimmering. Add onion and garlic, and sauté until golden, about 4 minutes.

Stir in tomato paste, cumin, salt, black pepper, and chili powder or cayenne. Sauté for 2 minutes.

Add broth, water, lentils, and carrot. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt as desired.

Remove half of the soup from the pot. Puree it using immersion blender, regular blender, or a food processor. Return the purée to the other half of the soup remaining in pot. The combination makes the soup chunky. Reheat soup. Stir in the lemon juice and cilantro.

To serve soup, drizzle with olive oil and dust lightly with chili powder to taste.

### EPICURED

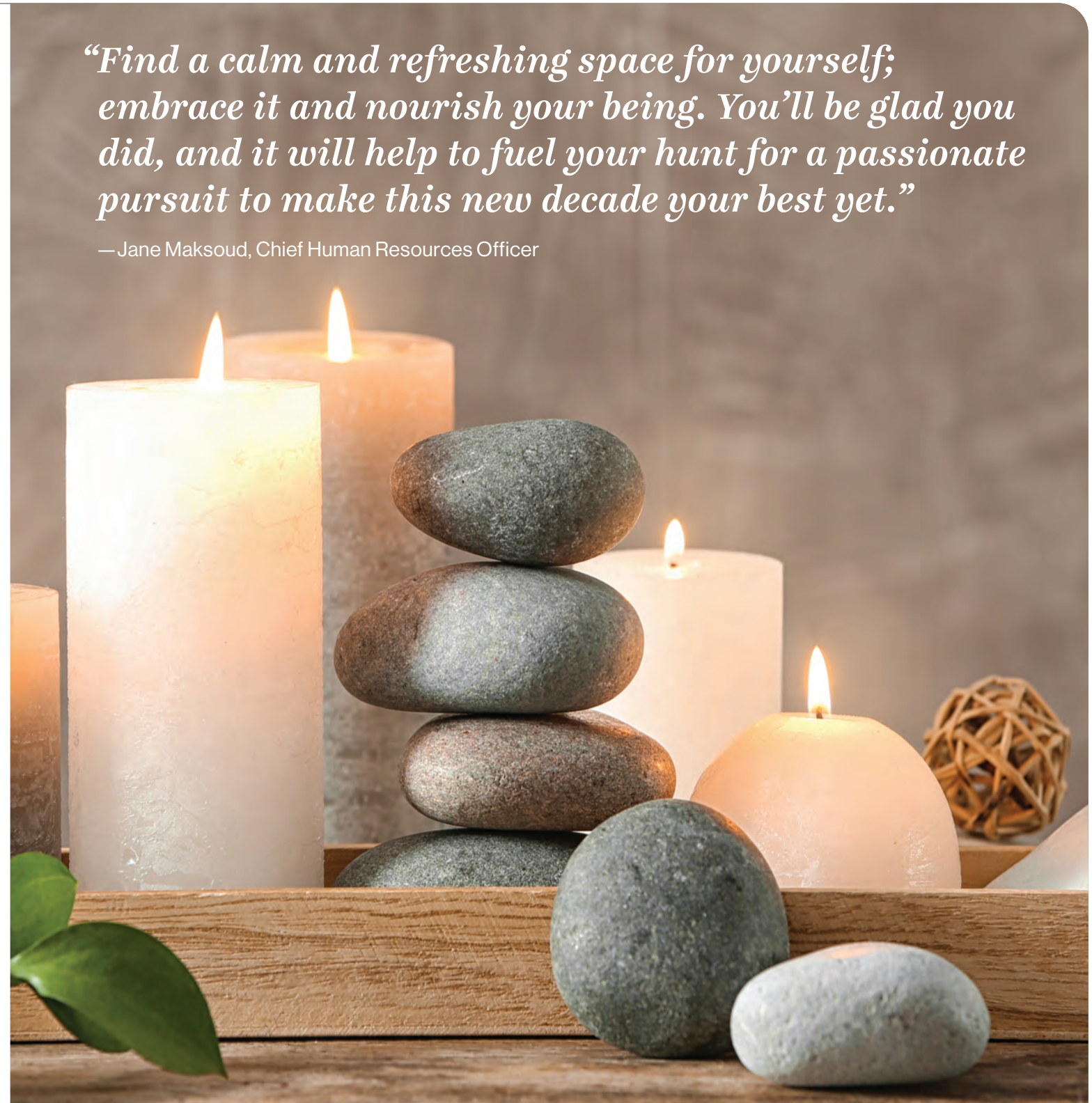
#### Tips from Epicured

Feeling comfortable after you eat is as important as enjoying what you eat. Epicured, a healthcare company that helps people make food choices to avoid the uncomfortable symptoms of irritable bowel syndrome (IBS) may help you avoid discomfort, too.

Epicured suggests avoiding the following:

- **carbonated beverages** – even sparkling water
- **big meals** – don't eat too much at one sitting
- **high fat foods** – skip greasy and fried foods
- **caffeine and alcohol** – drink options like decaf and red wine
- **artificial sweeteners** – sugar-free can be misleading

A Mount Sinai health partner, Epicured offers faculty and staff a 20 percent discount on prepared meals that follow a FODMAP regime developed to reduce and help eliminate symptoms such as bloating from IBS. Learn more about FODMAP, and place Epicured meal-delivery orders at <http://get.epicured.com/mountsinaiwellness/>.



*“Find a calm and refreshing space for yourself; embrace it and nourish your being. You’ll be glad you did, and it will help to fuel your hunt for a passionate pursuit to make this new decade your best yet.”*

— Jane Maksoud, Chief Human Resources Officer

Servings per recipe:

4

Calories per serving:

185

Cost per serving:

\$3.00

› A Message from the Chief Human Resources Officer



**JANE MAKSOD  
RN, MPA**  
Senior Vice President and  
Chief Human Resources  
Officer, Mount Sinai Health  
System

What does it take to successfully separate oneself from the warm cocoon of bed in the chill darkness of winter mornings? Set an intention to start the day on a positive note and map out your plan the night before. Place your alarm across the room so you cannot (repeatedly) tap the snooze button. As the wake-up siren shrills, swing your feet onto the floor and propel your brain into gear. Plan an early morning reward, like a hot cup of delicious tea or fresh brewed coffee. Cup in hand, find a comfortable chair for a few minutes of deep breathing and meditation before racing through the inventory of “what-have-I-got-to-get-done-today,” smart phone in hand.

And speaking of the to-do list, are “you” even on it? Have you scheduled time for self-care and a bit of fun in between the long list of priority tasks? It’s amazing how often we willingly tend to the needs of others, as we push our own goals and desires further and further from view. Try to carve out space each day that belongs only to you—take some time to write in your journal or grab five minutes alone after you drop the kids at school. Find five minutes to check in with yourself. Download an app that guides you through a brief meditation, or create an upbeat playlist that kicks your walk to work up a notch. Take a class; learn a new skill; explore an alternative route home, and get a fresh perspective. Tap into your creative side and arrive at your destination energized and refreshed.

Nourish your being. You’ll be glad you did, and it will help to fuel your hunt for a passionate pursuit to make this decade your best yet.

Wishing you a happy new YOU year and all the best,

Jane



**Andrew Randall, MPH, Clinical  
Manager, Mount Sinai Morning-  
side (formerly St. Luke’s)**

## Wake Up and Exercise, Anywhere

As health care professionals—faculty, physicians, researchers, and support staff—we too often skip exercising to prioritize the needs of others.

And, you do not have to join a gym to get started. To energize yourself during the winter, into spring, and beyond, all you need is an arm’s length of space and a few minutes.

### General Guidance

As a general guideline for your workouts, repeat each movement three times, holding for 20-30 seconds each. That is one set, and as you feel stronger, you can increase the number of sets you do.

### Simple Morning Movements

Getting started is as easy as 1-2-3, and our free videos show you how:

1. Stand and lift one knee at a time while swinging your arms back and forth
2. Squat 12 times while raising your arms out to the side
3. Lunge forward while gently flexing your biceps

These simple movements help with overall blood flow and prepare you for your day.

■ By **Andrew Randall** MPH, Clinical Manager

Email [wellness@mountsinai.org](mailto:wellness@mountsinai.org) to learn about our Fit nutrition, diabetes and exercise offerings.

### Easy Stretches

As your day goes on, in private moments, you can also do these stretches:

- Gently rotate your neck. Turn right, then left, and repeat.
- Lift your shoulders up toward your ears and repeat.
- Extend your arm, palm facing away from your body, and gently pull your fingertips towards your body. Repeat on the opposite arm.

These movements specifically help with your posture and avoiding injury.

### Free Time | Free Videos

After work or during extended free time, try a variety of movements. Count them as deposits in your personal wellness bank.

For motivation and demonstrations, watch how your colleagues do squats, lunges, standing bicycles, trunk twists, and much more in several three-minute videos. Adapt what you see to your ability, and remember to start by doing just a few sets at a time. Visit the Reach Your Peak webpage at [mountsinai.org/about/ms-fit/wellness](http://mountsinai.org/about/ms-fit/wellness), and get ready to be inspired.

*“The main thing with us is that we are what might be considered past our prime, but we are not stopped by that.”*



Push-Ups at 50+

## Colleagues Inspiring Colleagues

Each season, we will share stories that acknowledge how Mount Sinai Health System employees are staying active and healthy. It is our hope that you will be inspired by what your colleagues are doing to maintain calm and fit practices during the winter months and beyond.



Pushup Winner, Daphne and Her Supportive Team, l to r: Richard Scott, Israel Duran, MD; Daphne Semet; Gerardo Fernandez, MD; Kristian Cruz; Pavneet Tak, BDS; Rejanur Chowdhury; Roxanne Tan; Elisabet Pujadas, MD, PhD

**Daphne Semet**, MBA, Vice Chair, Administration, Pathology, Icahn School of Medicine at Mount Sinai, has won the annual Push-Up for Prostate Cancer Challenge for five years in a row. The 57-year-old achieved a personal best during the 2019 competition when she safely completed 70 “real” pushups. Ms. Semet accomplished this feat after healing from a rotator cuff injury.

Also a winner, at 58 years old, **Marlon Mendez**, Billing Coordinator, Pathology, Mount Sinai Doctors, won the men’s portion of the push-up contest for the second year in a row by doing 140 pushups in 2019, beating his previous high by 30 pushups.

Ms. Semet and Mr. Mendez joked that their primary goal was to avoid injury. Neither plans to quit pushing themselves by doing pushups, in fact, the competition energizes them to inspire others.

Get down on the floor and do pushups! It is one great way to stay strong this winter, whatever your age.

## Taking Care to Beat Winter Blues

Like many Mount Sinai Health System faculty, staff, and students who partake in Mount Sinai Calm offerings from yoga to meditation, **Priscilla Agyeman** practices self-care all winter long.

An MPH, Clinical Research Coordinator, Graduate Student of Biomedical Sciences, Priscilla is more intentional about practicing wellness during the winter months than any other time of year. “I make sure to take extra care of myself, especially when there is inclement weather. Otherwise, it can be really hard to find the motivation to stick to a wellness routine.” Ms. Agyeman does yoga and daily guided meditation to maintain a sense of balance and to transform her mindset.

You, too, can enjoy the energy and peace of Mount Sinai Calm offerings by emailing [4calm@mountsinai.org](mailto:4calm@mountsinai.org).

