

RD NETWORK

Online community with Professional Resources for Dietitians, Business Education, Networking, Job Boards, and more.

THIS WEEK'S FAVS



- We covered [Instagram Story Tips](#) over on our instagram
- The Academy has posted [Coronavirus resources](#)
- ♥ The Academy released [78 Free Webinars](#) (free learning, yay!)

QUARANTINE GUIDE

Melissa Smith

Clean & Disinfect

The CDC recommends cleaning & disinfecting all of your high touch surfaces of your home (whether you're sick or not). High Touch Surfaces are: Doorknobs, Counters, Light Switches, Faucets, Toilets, Remotes, Game Controllers. [More CDC Cleaning Tips Here](#)

Mindful Movement

Get moving with activity that you enjoy!

Free Virtual Home Workouts:

Company Sites: Core Power Yoga, Class Pass, Lululemon.

IG: @liabarth, @jabsbygina, @ashwilking, @kory.flores, @kirastokesfit

Youtube: PopSugarFitness, Heather Robertson, MadFit, FitnessBlender, HASfit, Blogilates, Orange Theory

Learn A New Skill

Learning new skills boosts our confidence & happiness. Check out [450 Free Ivy League Courses](#), [Free Language courses](#) from Duolingo, [Learn to Code for Free](#) with Codecademy

Virtual Socializing

[Social Quilting Community](#) (quilt & chat online), Host a Zoom Happy Hour (professional or friends), Virtual Book Club, Virtual Game & Movie Night with loved ones.

INGREDIENT CORNER



Katie Nunemaker

Rainbow Chard Feature

Brighten up your dishes with a vibrant mix of white Swiss chard, golden chard, and red chard.

How to shop: Go for big, bright, and vibrant rainbow chard with green leaves and fresh stems.

How to store: Wrap loosely in plastic wrap or a plastic baggie and store in the refrigerator for up to two days. To store for longer, separate out the chard on a roll of paper towels. Roll them up and then store in a plastic bag or wrapped in plastic wrap for about five days.

How to cook: Rinse thoroughly and don't toss those stems! Chop them up and add them to the pot before you add the leaves. To balance out the flavor of the chard, try cooking it with creamy things like gruyere cheese, a dash of balsamic vinegar, or a bit of citrus.



Recipe: Sautéed Rainbow Chard

Ingredients:

1 bunch of rainbow chard, with leaves separated and stems chopped into bite-sized pieces

1 tbsp olive oil

1/2 lemon, juiced

1 tsp paprika Salt and pepper to taste

Instructions:

Heat the oil on medium heat in a skillet and add the stems, cooking for 3-4 minutes. Then, add the leaves and cook until they begin to wilt. Add the lemon juice, paprika, salt, and pepper. Cook until the stems are crisp-tender, approximately 8 minutes.

