

**CRCPHP
Spring
NEWSLETTER
2018**



THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH

**Canyon Ranch Center
for Prevention & Health
Promotion**

Step into Spring!

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UA Superhero Fun Day

University of Arizona Mall, 1303 E. University Blvd. Tucson, AZ

The first 500 registered participants will receive a free UA superhero cape on the day of the event!

- 8:00am Health Expo and warm up yoga
- 9:00am Fun stations begin
- 10:00am Fun Run around the UA Mall

Join us for family fun, music, and physical activity!

Saturday, April 28
8:00am – 11:30am

Go to collaboratory.arizona.edu/content/2018-superhero-fun-day to register online

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COLLEGE OF AGRICULTURE & LIFE SCIENCES
Cooperative Extension

THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES
Nutritional Sciences



Healthy Eating:

Roasted Carrot Tart with Carrot-Green Pesto

Ingredients

10 medium carrots with multicolored greens
 6 tablespoons extra-virgin olive oil
 ½ teaspoon salt
 ¼ cup chopped fresh dill
 ¼ cup chopped fresh tarragon
 ¼ cup grated parmesan cheese
 2 tablespoons slivered almonds
 1 clove garlic
 1 sheet frozen puff pastry (thawed)
 6 tablespoons whole-milk ricotta
 1 tablespoon minced shallot



Recipe adapted from www.eatingwell.com

Preparation

1. Preheat oven to 400°F. Coat baking sheet with cooking spray. Line another baking sheet with parchment.
2. Cut greens off carrots if still attached; reserve. Halve the carrots lengthwise and toss with 1 tablespoon oil and ¼ teaspoon each salt and pepper. Place on the sprayed baking sheet. Roast, stirring occasionally, until tender, 20 to 25 minutes.
3. Place 1 cup of the reserved carrot greens, dill, tarragon, Parmesan, almonds, garlic and the remaining ¼ teaspoon salt and pepper in a food processor, coarsely chopping. Continue adding the remaining 5 tablespoons oil and continue to process until well combined. Set aside.
4. Roll puff pastry on a lightly floured surface and transfer to a parchment-lined baking sheet. Using a knife, lightly score a ½-inch border all around the edge of the pastry. Prick with a fork everywhere but the border. Bake until puffy and lightly browned, 10 to 12 minutes.
5. Combine ricotta and shallot in a small bowl. Evenly spread the mixture on the pastry, then spread 5 tablespoons of the carrot-green pesto over it. Arrange the roasted carrots in a single layer on the pesto.
6. Bake until the crust is golden brown, 15 to 20 minutes. While still warm, brush the carrots with 1 tablespoon of the pesto (reserve the remaining pesto for another use). Garnish with more carrot greens, dill and tarragon, if desired.

Nutritional Information

Calories: 374 | Fat: 27g | Protein: 6g | Carbohydrates: 27g | Dietary Fiber: 3g

Food As Medicine Spotlight: Carrots

Carrots are a good source of beta-carotene, fiber, Vitamin K and potassium. These root vegetables are typically orange in color, but come in a variety of colors. Results of a study conducted in 2012 suggested that daily intake of fresh carrot juice is a simple and effective approach to increasing plasma total carotenoids and in turn reduces oxidative stress. (1)



1. Butalla AC et al. Effects of a carrot juice intervention on plasma carotenoids, oxidative stress, and inflammation in overweight breast cancer survivors. *Nutr Cancer*. 64(2): 331-41, 2012. PMID: 22292424.



Congratulations to MEZCOPH Faculty; Dr.'s Cynthia Thomson, John Ehiri and Robin Harris on their newly funded NIH-NCI training grant! STEP-UP is a summer research program designed to train undergraduate and Master's level students in cancer prevention and control research, with an emphasis on clinical trials, mechanisms and biomarkers, and community based research. This unique training experience will utilize UA resources campus wide and will include real life experiences within our community. Students will be matched with University of Arizona Cancer Center faculty that will serve as mentors during this 12 week program. Sixteen students have been accepted into this summer program from a pool of nearly 80 applicants.

Upcoming Community Events:

Healthy South Tucson Resource Fair

Saturday April 14, 2018 from 9 a.m.—1p.m.

House of Neighborly Services: 243 W. 33rd St. Tucson, AZ 85713

Food, fun, physical activity, music and raffles



Summer Camp for Kids

The University of Arizona Mel & Enid Zuckerman College of Public Health will offer a series of weeklong summer camps for children ages 7-10, designed to share public health messaging with fun, interactive activities! Lessons are taught by experts at the University of Arizona, the Canyon Ranch Center for Prevention & Health Promotion and by members of the Tucson community.

For more information or to register contact Nicole Bergier (nbergier@email.arizona.edu) or 520-626-5470

"Creating a Healthier Tucson"

**3950 S. Country Club
Suite 330**

Tucson, AZ 85714

520-626-5470

crephp.arizona.edu

To be added to our email list
please contact
Nicole Bergier
(nbergier@email.arizona.edu)

