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2 locations:

601 E Main Street, Hart
(231) 873-3577

39 S State Street, Hart
(231) 873-3566

One Free Visit or Fitness Class, Includes Open Gym/Swim,
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Coupon Valid Until 08-31-17. Limit 1 Coupon Per Person.

www.lakesiderehab.com

Roasted Asparagus

4 servings

*Compliments of Crystal Riley
Registered Dietitian and
Lakeside Comprehensive
Rehabilitation*

1# Asparagus

½ T Olive Oil

½ t salt or seasoned salt or garlic salt, or salt of choice

Dash pepper

Optional Ingredients:

½ t dried herbs (like Italian Seasoning)

1T Parmesan Cheese

Dash Balsamic Vinegar

1. Soak asparagus in sink with warm water. Preheat oven or grill to 425.

2. Take asparagus out of water into a towel and pat dry. Cut woody stems and discard. Depending on preference, the asparagus can be left in spears or cut into bite-sized pieces. Toss asparagus with oil, salt, pepper, and optional herbs.

3. OVEN: Spray baking pan with cooking spray and spread asparagus in a single layer in pan. Roast for 10 minutes, stir. Roast another 10 minutes*.

GRILL: Completely wrap asparagus in foil and place on hot grill for 10 minutes. Flip foil bag and cook another 10 minutes*.

4. Transfer to serving dish and sprinkle with optional cheese and/or vinegar.

*roasting times will vary depending on thickness of asparagus. If you have thin asparagus, it will likely need less roasting time.

Nutritional Analysis: of above recipe (based on top 4 ingredients, using table salt)

Calories: 38

Fat: 1.8g

Chol: 0mg

Sodium: 5.2mg

Carbs: 4.4g

Fiber: 2.4g

Protein: 2.5g



What asparagus brings to the table:

Asparagus falls into the green, leafy vegetable category, which makes it a good source of iron. It is naturally low in calories. **A cup of cooked asparagus provides over 100% of the daily value of Vitamin K and over half of the daily value of folate.**

Learn how to tweak your diet
to feel better and live better!

Attend Diet and Nutrition Education Class with Registered Dietitian Crystal Riley. **June 15th at 7pm and August 15th at 7pm.** Cost: \$10.00 per person or use the coupon from this postcard. Please call Lakeside Family Fitness at **231-873-3566** to register.