



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

January 1st-New Years Day
January 1st-7th- New Years Resolution Week
January 16th-Martin Luther King Jr. Day
January 26th- CCHC Diabetes Class 5pm
All month- Cervical Health Awareness

COMMUNITY OUTREACH

JANUARY 27TH 10-2PM IN ELLSINORE WE WILL
BE IN PARKING LOT ACROSS FROM
MUNCH N PUMP PROVIDING: COVID AND
FLU SHOTS, HOME COVID TESTS,
CHOLESTEROL SCREENING ETC.

OUR SERVICES

Women's wellness exams
Pregnancy testing/counseling
STD/STI testing and treatment
WIC services
Health education
Covid testing
Immunizations (including covid+flu)
Food Service Inspections
Vital Records

Did You Know?

YOU CAN KEEP UP TO DATE ON
COMMUNICABLE DISEASES IN OUR AREA BY
VISITING OUR WEBSITE

PEAK FLU SEASON IS GENERALLY DEC-FEB
SO THERE IS STILL TIME TO SCHEDULE AN
APPOINTMENT FOR A FLU SHOT



DON'T FORGET TO
SCHEDULE YOUR
ANNUAL HEALTH
SCREENINGS FOR 2023





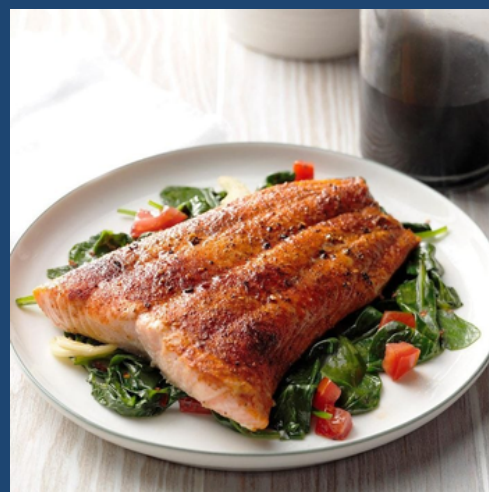
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Healthy Eating Recipe of the Month

AIR-FRYER ROASTED SALMON WITH SAUTEED BALSAMIC SPINACH

3 TEASPOONS OLIVE OIL, DIVIDED
4 SALMON FILLETS (6 OUNCES EACH)
1-1/2 TEASPOONS REDUCED-SODIUM SEAFOOD SEASONING
1/4 TEASPOON PEPPER
1 GARLIC CLOVE, SLICED
DASH CRUSHED RED PEPPER FLAKES
10 CUPS FRESH BABY SPINACH (ABOUT 10 OUNCES)
6 SMALL TOMATOES, SEEDED AND CUT INTO 1/2-IN. PIECES
1/2 CUP BALSAMIC VINEGAR



DIRECTIONS

PREHEAT AIR FRYER TO 450°. RUB 1 TEASPOON OIL OVER BOTH SIDES OF SALMON; SPRINKLE WITH SEAFOOD SEASONING AND PEPPER. IN BATCHES IF NECESSARY, PLACE SALMON ON GREASED TRAY IN AIR-FRYER BASKET. COOK UNTIL FISH JUST BEGINS TO FLAKE EASILY WITH A FORK, 10-12 MINUTES.

MEANWHILE, PLACE REMAINING OIL, GARLIC AND PEPPER FLAKES IN A 6-QT. STOCKPOT; HEAT OVER MEDIUM-LOW HEAT UNTIL GARLIC IS SOFTENED, 3-4 MINUTES. INCREASE HEAT TO MEDIUM-HIGH. ADD SPINACH; COOK AND STIR UNTIL WILTED, 3-4 MINUTES. STIR IN TOMATOES; HEAT THROUGH. DIVIDE AMONG 4 SERVING DISHES. IN A SMALL SAUCEPAN, BRING VINEGAR TO A BOIL. COOK UNTIL VINEGAR IS REDUCED BY HALF, 2-3 MINUTES. IMMEDIATELY REMOVE FROM HEAT. TO SERVE, PLACE SALMON OVER SPINACH MIXTURE. DRIZZLE WITH BALSAMIC GLAZE.

NUTRITION FACTS

1 SERVING: 348 CALORIES, 19G FAT (4G SATURATED FAT), 85MG CHOLESTEROL, 286MG SODIUM, 12G CARBOHYDRATE (9G SUGARS, 2G FIBER), 31G PROTEIN.