



## What are the symptoms of Skin Cancer?

A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Not all skin cancers look the same.

For melanoma specifically, a simple way to remember the warning signs is to remember the A-B-C-D-Es.

- **Asymmetrical:** Does the mole or spot have an irregular shape with two parts that look very different?
- **Border:** Is the border irregular or jagged?
- **Color:** Is the color uneven?
- **Diameter:** Is the mole or spot larger than the size of a pea?
- **Evolving:** Has the mole or spot changed during the past few weeks or months?

Talk to your doctor if you notice changes in your skin such as a new growth, a sore that doesn't heal, a change in an old growth, or any of the A-B-C-D-Es.

\*\*CDC.gov



## TOPICS

- What are the symptoms of Skin Cancer?
- Break out the grill!
- Chipotle - Lime Cauliflower Tacos



### Embrace Joy:

Seek out activities that bring you joy. Dance, sing, paint, or play an instrument. Embrace creativity and playfulness.



## Warmer weather means it's time to break out the grill

Here are some tips and ideas for a healthier cookout:

### Go Fishing!

Fish, especially oily fish like tuna and salmon have great nutritional benefits including omega-3 fatty acids. Rub a fillet with lemon juice and parsley or rosemary for enhanced flavor.

### Make a Better Burger!

If you're grilling burgers, be sure to buy lean or extra lean beef, drain off the excess fat after cooking and avoid making huge patties. Remember that a serving of meat is about the size of a deck of cards (3 oz). Add finely chopped green pepper to your beef to get in some veggies.

### Baked Fries!

Slice white or sweet potatoes into sticks, lightly spray with olive oil cooking spray, pepper and paprika and bake on a cookie sheet for 40 minutes at 375 degrees.

### Veggie Kabobs!

Load up skewers with mushrooms, peppers, cherry tomatoes, zucchini, yellow squash, or other veggies. Spray lightly with olive oil cooking spray and grill until slightly blackened.

### Try Grilled Corn on the Cob!

Leave the husks on, and grill for about 30 minutes over medium flame, rotating occasionally. Remove from grill, let cool for about 5 minutes, remove husks, and enjoy!



## CHIPOTLE - LIME CAULIFLOWER TACOS

### INGREDIENTS:

- ¼ cup lime juice (from about 2 limes)
- 1-2 tablespoons chopped chipotles in adobo sauce
- 1 tablespoon honey
- 2 cloves garlic
- ½ teaspoon salt
- 1 small head cauliflower cut into bite-size pieces
- 1 small red onion halved and thinly sliced
- 1 can black beans, warmed
- 8 corn tortillas warmed
- ½ cup crumbled queso fresco or feta cheese

Sliced red cabbage, fresh cilantro, guacamole, jalapeño slices and/or lime wedges for serving

### DIRECTIONS:

- Preheat oven 450 degrees. Line a large, rimmed baking sheet with foil.
- Combine lime juice, chipotles to taste, honey, garlic and salt in a blender. Process until smooth. Place cauliflower in a large bowl, add the sauce and stir to coat. Transfer to the prepared baking sheet. Sprinkle onion on top.
- Roast, stirring once until the cauliflower is tender and browned in spots (18-20 minutes)
- Serve vegetables and beans in tortillas topped with cheese and garnish with cabbage, cilantro, guacamole, jalapenos and/or lime wedges