This email was sent to...

Did you get this eNewsletter as a forward? Would you like to continue to receive it?

Thanks for your business!

We hope you found this newsletter to be informative. It's our way of keeping you posted on the happenings here. If, however, you'd prefer not to receive these bulletins, please see the links at the bottom of this email to manage your preferences.

Best regards

The Nexicom Team

Contents

Featured Apps

FREE Featured Apps – These Three Are Well Worth A Look

Lists To Love

50 Life Hacks

2016 the International Year of Pulses

Blogs

Short Tutorial/FAQ – How Can I Increase The Size Of Text On A Website?

Sites of the Month – Great Sites To Check Out In July

Nexicom

To send us an email adding your address to our list.

©2016 Cornerstone Publishing Group Inc.
705-775-6394 / 888-639-4266
Millbrook, ON L0A 1G0
5 King Street E.
Nexicom

Stay Healthy

Scandinavian Classics

Vegetable Lasagna

Simple and Easy

Some classic Scandinavian dishes will simply melt in your mouth. If you're a fan of lasagna, you'll love this meatless variation, packed with fresh, flavorful vegetables.

The secret lies in the cheese sauce, which is made with sour cream! If you're watching your waistline, you can use a lighter cheese sauce. In this recipe, you can use an assortment of vegetables, such as zucchini, bell peppers, and mushrooms, or add roast chicken or fresh meats for a heartier dish.

You can serve this dish accompanied by a tossed green salad, or enjoy it for an easy weeknight dinner, accompanied by a glass of red wine or a sparkling cocktail.

SERVES 6

INGREDIENTS

1 box lasagna noodles

4 cups chopped zucchini

4 cups chopped bell peppers

1 cup sliced mushrooms

1 large onion, chopped

2 cloves garlic, minced

2 tablespoons olive oil

1 14-ounce can crushed tomatoes

1 14-ounce can diced tomatoes

1 1/2 cups sour cream

1 8-ounce pkg cream cheese

1/2 cup grated Parmesan cheese

1/2 cup grated mozzarella cheese

Salt and pepper

2 tablespoons chopped fresh basil

1/4 cup chopped fresh parsley

1/4 cup grated Parmesan cheese

1/4 cup chopped fresh parsley

1/4 cup grated Parmesan cheese

PREP: 20 minutes
COOK: 20 minutes

1. Preheat the oven to 375°F.

2. Cook the lasagna noodles according to package directions. Drain.

3. In a large skillet, cook the zucchini, bell peppers, mushrooms, onion, and garlic in the oil over medium heat until tender. Stir in the tomatoes.

4. In a small bowl, beat the sour cream and cream cheese until smooth. Gradually beat in the Parmesan cheese.

5. In a greased 13 x 9 x 2-inch baking pan, alternately layer half of the noodles, half of the vegetables, half of the sauce, half of the cheese mixture, and half of the Parmesan cheese. Repeat layers, ending with cheese mixture. Sprinkle with fresh basil and parsley.

6. Bake at 375°F for 20 minutes or until heated through.

7. Let the lasagna stand for 15 minutes before cutting. Serve with remaining Parmesan cheese and parsley.

To see it online – Rates of melanoma, the deadliest type of skin cancer, continue to rise in Canada even though it's one of the most preventable cancers. This site outlines key prevention steps. You'll find sound advice that's easy to follow – from knowing your risk, to protecting yourself from the burning sun. You can also find resources that can help you make wise choices about skin cancer.

To share – Sharing is caring! If you enjoyed this post, you might enjoy sharing it with others, like descriptions of notable landmarks wherever you happen to roam.

The Sworkit app, which provides guided audio workouts, offers a whole new way to stay fit – whether you're looking to increase your fitness level, or are just now starting. With Sworkit, you can select a type of workout and trainer in your pocket. Just choose a program, and Sworkit provides the audio training to help you get started.

Sworkit is like a personal trainer in your pocket. Just choose a program, and Sworkit provides the audio training to help you get started.

To share – Share this:

Dental Health

Beverages

Delicious & Healthy Berry Kiwi Smoothie

2 cups of frozen mixed berries

1 cup plain kefir

1 cup soy milk

1 kiwi, peeled and sliced

1 tablespoon honey

2 tablespoons toasted almond slivers

1/2 teaspoon ground cinnamon

You can serve this smoothie chilled or frozen. You can add a little banana for added sweetness, or a little orange juice, if you like. The honey can be replaced by agave nectar or maple syrup.

SERVES 4

PREP: 10 minutes

1. Blend ingredients until smooth.

2. To serve chilled, freeze 30 minutes. To serve frozen, serve immediately.

3. Garnish with the almond slivers and cinnamon.

To share – You can definitely hand out this smoothie! And who doesn't want to enjoy a smoothie once in a while!?

Field Trip

Look, Don't Touch

Everyone knows not to touch museum displays. Well ... almost everyone. Watch the disastrous results when a man examines a hanging clock a little too closely.

“Disastrous results when a man examines a hanging clock a little too closely.”

Enjoy more:

Delicious & Healthy Berry Kiwi Smoothie

2 cups of frozen mixed berries

1 cup plain kefir

1 cup soy milk

1 kiwi, peeled and sliced

1 tablespoon honey

2 tablespoons toasted almond slivers

1/2 teaspoon ground cinnamon

You can serve this smoothie chilled or frozen. You can add a little banana for added sweetness, or a little orange juice, if you like. The honey can be replaced by agave nectar or maple syrup.

SERVES 4

PREP: 10 minutes

1. Blend ingredients until smooth.

2. To serve chilled, freeze 30 minutes. To serve frozen, serve immediately.

3. Garnish with the almond slivers and cinnamon.

To share – You can definitely hand out this smoothie! And who doesn't want to enjoy a smoothie once in a while!?

Field Trip

Look, Don't Touch

Everyone knows not to touch museum displays. Well ... almost everyone. Watch the disastrous results when a man examines a hanging clock a little too closely.

“Disastrous results when a man examines a hanging clock a little too closely.”

Enjoy more:

Delicious & Healthy Berry Kiwi Smoothie

2 cups of frozen mixed berries

1 cup plain kefir

1 cup soy milk

1 kiwi, peeled and sliced

1 tablespoon honey

2 tablespoons toasted almond slivers

1/2 teaspoon ground cinnamon

You can serve this smoothie chilled or frozen. You can add a little banana for added sweetness, or a little orange juice, if you like. The honey can be replaced by agave nectar or maple syrup.

SERVES 4

PREP: 10 minutes

1. Blend ingredients until smooth.

2. To serve chilled, freeze 30 minutes. To serve frozen, serve immediately.

3. Garnish with the almond slivers and cinnamon.

To share – You can definitely hand out this smoothie! And who doesn't want to enjoy a smoothie once in a while!?