



## Resources

### What's Cooking

Today, we continue with Matt Garvin's Food Sculpture Contest and we're also bringing you a Salsa Verde recipe from Naval Base Ventura County.

To participate in the Create a Food Sculpture contest, take a photo of your food art or sculpture and email it to Matt at [nbk.commrec@navylifepnw.com](mailto:nbk.commrec@navylifepnw.com).

Matt will pick out his favorites and we will post them on our Facebook page for all to appreciate.

## Resources (continued)

### What's Cooking - continued

NBVC MWR's Stay at Home YouTube video will take you step-by-step on how to make a delicious and hot Salsa Verde, <https://youtu.be/YLd9mbNVRSk>.

#### Preparation

Remove the husks of the tomatillos.  
Remove the stems of the jalapeno peppers and cut in half. Leaving the seeds if you want it hot or remove the seeds for mild heat.  
Peel the onion and cut into quarters.

Chop an onion quarter and mix with half the Cilantro, set aside for garnish.

Boil the tomatillos, jalapeno peppers and one of the quarters of onion in a pot of water. Simmer until tomatillos change color and softens, about 10 minutes.

Drain tomatillos, onion, jalapeno peppers and place in a food processor or blender, add cilantro, garlic salt and bouillon. Blend to desired consistency. Garnish with onion and cilantro.

#### Ingredients:

8 green tomatillos  
2 jalapeno peppers  
¼ cup chopped cilantro  
1 white onion  
1 tbs garlic salt  
1 tbs chicken flavored bouillon

## Resources (continued)

### TODAY'S WORKOUT

Start your day off right with a lower body towel workout from Dani Morris at NBK-Bangor Fitness Center. All you need for this workout is two small towels and a smooth floor!

Complete 3-5 rounds:

- Rear Alternating Lunge (stand with one foot on a towel, the other on the floor, extend the foot on the towel to the rear and then return to starting position, 12x each leg).
- Single Leg Hamstring Curls (lying on the floor, place one foot on a towel, the other on the floor, lift hips up, slide foot out that's on the towel then return to starting position, 12x each leg).
- Mountain Climbers (both feet on towels, 30x).
- Lateral Alternating Lunge (stand with one foot on a towel, the other on the floor, push the foot out that's on the towel to your side then return to standing position, 12x each leg).

## Resources (continued)

### FAMILY FUN

May is National Photography Month and while photographers of all skill abilities have a variety of subjects to snap, there's always room for inspiration. Rachel Cornette, NBK-Bangor Community Recreation, recommends trying out these five suggestions by Carson Blackwelder to gain new creativity!

1. Make a scrap book or photo album using old and new photos.
2. Take photos of everyday things in new and different perspectives.
3. Take wildlife photos – use your pets as subjects.
4. Visit a local gallery or museum – tour museums on Google Arts & Culture.
5. Look through photo history – search how history is seen through the lens.

## Resources (continued)

### FLEET AND FAMILY SUPPORT RECOMMENDED PODCAST

#### Conflict Resolution Skills

This audio podcast will help you build skills that you can use turn conflicts into opportunities. The podcast is available on our website at [navylifepnw.com/podcasts](http://navylifepnw.com/podcasts).