



June 2020  
6th Edition

WEB: [WWW.ASK4CARE.COM](http://WWW.ASK4CARE.COM)

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

## ASK4CARE Employee of the Month for June is "Zichen Zhang"

Zichen Zhang – Registered Practical Nurse at Ask4care Support Services Inc has incredible work ethic and an amazing attitude, never complaining and always smiling. She is a fabulous employee, a huge asset to Ask4Care Support Services Inc and is so deserving of this award and recognition.

Zichen is very flexible and always willing to do whatever is needed to get the done work. She has managed situations well in pressure conditions and client have appreciated her skills in managing the things in a Professional way. She is playing an important role in the continued relationship between Ask4Care Support Services and the Client.



We wish you all the best & keep up the good work!

# Healthy Food

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## Shakshouka

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Perfect for breakfast or any meal of the day, this dish is made with simple ingredients and is a fun twist on eggs.

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Servings:** 4

**Ingredients:**

- 1 yellow onion, diced

- 1 bell pepper, diced
- 4 cloves of garlic, minced
- 796 mL (28 oz) can of no salt added diced tomatoes
- 5 mL (1 tsp) cumin
- 10 mL (2 tsp) paprika
- 2.5 mL (½ tsp) ground coriander
- 1.25 mL (¼ tsp) red pepper flakes
- 4 eggs

### Directions:

1. Preheat the oven to 190°C (375°F).
2. Lightly coat a large oven-safe skillet with cooking spray or oil and heat over medium-high heat. Add diced onions and cook for 3 minutes, stirring frequently. Add bell pepper and garlic and continue to cook for 2 minutes.
3. Add canned tomatoes and all of the spices to the skillet and bring to a boil. Reduce the heat to medium-low and simmer for 10 minutes.
4. In a small bowl, crack one egg. Using a small spoon, move the simmering tomato mixture to create a small hole for the egg. Pour the egg into the hole. Repeat until all eggs are in the skillet.
5. Turn off the heat and move the skillet from the stovetop to the preheated oven. Cook for 10-15 minutes until eggs are set but still jiggle in the centre when you move the skillet. They will continue to cook once removed from the oven.
6. Remove the skillet from the oven. Add a handful of chopped parsley, if desired, and serve.

### Tips:

- Want more protein? Add a 540mL can of chickpeas, drained and rinsed, to the simmering sauce.
- In a hurry? Instead of cooking the shakshouka in the oven, simply cover the skillet and cook it on the stove over medium-low heat for 10 minutes. Just keep an eye on the eggs, so they don't overcook.
- If you don't have bell peppers, experiment with other vegetables that you like. Try chopped broccoli or spinach.
- Serve this dish with a slice of whole grain toast to soak up the extra sauce.

<https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes/shakshouka.html>

# HOW TO SAFELY USE A FACE COVERING

4/6/2020

For the safety of yourself and those around you, cover your nose and mouth when in public using a bandana or homemade cotton face covering.

## APPLICATION



## USE



## REMOVAL



You can make a simple cloth face covering without having to go out to get new supplies. Visit [bit.ly/FaceCoveringInstructions](https://bit.ly/FaceCoveringInstructions) for more information. Please remember that even while wearing a face covering, you should still follow all other social distancing practices.

\*Adapted from San Juan Basin Public Health and CDC

For more information:  
[www.jeffco.us/coronavirus](https://www.jeffco.us/coronavirus)

JEFFERSON COUNTY COLORADO | Public Health

<https://www.guidinggolden.com/covid-19/widgets/16921/photos/5842>

<https://www.ask4care.com/things-to-do-during-self-isolation/>