

Compliments of Jodee Harris

essential living

412

Home Sweet Tranquility



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Let's face it, December can be a whirlwind, leaving you with little time for yourself. Luckily, we have your guide for squeezing in exercise when you have a packed calendar. Even a short burst of exercise squeezed into your hectic schedule can energize you and leave you feeling prepared to conquer the December rush.

Now that you've prioritized your well-being, let's turn your attention to your surroundings. We have all the tips you need to transform your home into a calm and inviting oasis. Picture yourself unwinding in a space that reflects peace and serenity — the perfect retreat after a busy day.

Speaking of unwinding, what better way to do so than with a hot cup of coffee and freshly baked scone? We take you on a journey across America to discover the best roasteries, helping you find the perfect cup. And to complete this delightful experience, we've baked up scrumptious scone recipes to tantalize your taste buds.

Here's to a happy, healthy and delicious December!

— From the Publisher



**What goes best with
coffee?**

Scan the QR code to cast your vote!



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SHOPPING LIST FOR WHITE CHOCOLATE SCONES WITH STRAWBERRIES

- All-purpose flour
- Sugar
- Unsalted butter
- Heavy whipping cream
- Plain Greek yogurt
- Eggs
- White chocolate chips
- Frozen strawberries

DOUBLE-CHECK THAT YOU HAVE:

- Salt
- Vanilla extract
- Baking powder

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the only

Scone Recipes

you'll ever need

Scones make a perfect treat to enjoy with a cup of morning coffee or a weekend brunch. From fruity to spiced, we've got your scone cravings covered! So, preheat your oven and get ready to bake up a batch of these irresistible treats.

Chai Scones

These scones have an explosion of cozy spices in every bite.

INGREDIENTS

for the scones

- 1¾ c. whole wheat flour
- ¼ c. granulated sugar
- 3 tsp. baking powder
- 2 tsp. cinnamon
- 1 tsp. cardamom
- ½ tsp. ginger
- ½ tsp. nutmeg
- ½ tsp. salt
- ¼ tsp. allspice

- ¼ tsp. ground cloves
- 6 tbsp. unsalted butter, grated
- ½ c. heavy whipping cream
- 1½ tsp. vanilla extract
- 1 large egg

for the glaze

- 1 c. powdered sugar
- 1 tbsp. milk
- ½ tsp. vanilla extract



Prep time: 15 minutes | Inactive time: 1 hour | Cook time: 20 minutes | Yield: 8 servings

INSTRUCTIONS

1. In a large bowl, whisk together the flour, sugar, cinnamon, cardamom, ginger, nutmeg, salt, allspice, cloves and baking powder.
2. Grate in the chilled butter, then use your hands to lightly combine.
3. In a small bowl, combine the cream, vanilla and egg. Create a well in the middle of the dry ingredients, then pour in the wet ingredients.
4. Use a spatula to mix the wet and dry ingredients. Then use your hands to form a loose ball. Place on a lightly floured surface and form an eight-inch round disk. Wrap in plastic wrap and refrigerate for at least one hour.
5. Preheat the oven to 400° F and line a large baking sheet with parchment paper.
6. Remove the dough from the fridge and use a pastry cutter to cut into eight even triangles. Then, transfer the scones to the prepared baking sheet.
7. Bake for 20 minutes, then allow to cool for at least 30 minutes before glazing.
8. To make the glaze, add the powdered sugar, milk and vanilla extract to a small bowl and whisk together until smooth. Drizzle over each scone and enjoy!



Eggnog Scones

Indulge in the festive flavors of the season!

Prep time: 20 minutes

Inactive time: 1 hour

Cook time: 20 minutes

Yield: 12-14 scones

INSTRUCTIONS

1. Line a baking sheet with parchment paper and set aside.
2. In a large mixing bowl, whisk together all the dry ingredients.
3. Work in the butter just until the mixture is crumbly.
4. In a separate mixing bowl, whisk together the egg, vanilla or other eggnog flavor and eggnog.
5. Combine the wet and dry ingredients. Stir until no dry flour remains.
6. Transfer the dough to a lightly floured work surface. Divide the dough in half, then shape each half into a 6 ½" disk.
7. Use a 2¼" round cutter to cut each circle into six to eight rounds, gathering, re-rolling and cutting the scraps.
8. Place on the prepared baking sheet and chill for 60 minutes, uncovered.
9. Preheat the oven to 425° F.
10. Bake the scones for 18-20 minutes or until golden brown. Remove from oven and let cool completely.
11. In a small bowl, whisk together the powdered sugar and eggnog until smooth.
12. Drizzle the glaze over the scones and let set before serving.

INGREDIENTS

for the scones

- 2½ c. all-purpose flour
- ¼ c. sugar
- 1 tbsp. baking powder
- ¼ tsp. salt
- ½ tsp. nutmeg
- 10 tbsp. cold unsalted butter, cut into small pieces

- 1 large egg
- 1 tsp. vanilla extract
- ¼ c. eggnog

for the glaze

- 1 tbsp. eggnog
- ⅓ c. powdered sugar
- 1 tsp. rum (optional)

Gingerbread Scones

These golden scones have all the classic flavors of gingerbread cookies that you love!

Prep time: 15 minutes | Inactive time: 1 hour
Cook time: 20 minutes | Yield: 8 servings

INGREDIENTS

for the scones

- 2 c. all-purpose flour
- 1 tbsp. baking powder
- ¼ c. brown sugar
- 1 tsp. cinnamon
- 1 tsp. ground ginger
- ½ tsp. salt
- ¼ tsp. cloves
- 6 tbsp. unsalted butter, small cubes, chilled

- ¼ c. molasses
- ¼ c. milk
- 1 egg

for the glaze

- ¾ c. powdered sugar
- 2 tsp. milk
- 1 tsp. maple syrup
- ½ tsp. vanilla extract

INSTRUCTIONS

1. In a large mixing bowl, combine the flour, baking powder, brown sugar, cinnamon, ginger, salt and cloves.
2. Add the cubed butter to the bowl with the dry ingredients. Work into the mixture with your hands until dough is crumbly.
3. In another bowl, whisk together the molasses, milk and egg.
4. Use a spatula to stir in the wet ingredients with the dry ingredients until lightly combined. Be sure not to overwork.
5. Transfer the dough to a floured work surface and form into a thick disk. Refrigerate for at least one hour, uncovered.
6. Preheat the oven to 400° F and line a large baking sheet with parchment paper.
7. Transfer the dough to the prepared baking sheet and cut into eight even triangles. Then arrange on baking sheet. Bake for 18-20 minutes.
8. To make the glaze, combine all the ingredients in a small mixing bowl and whisk until smooth. Allow scones to cool for 20 minutes before glazing.
9. Finally, drizzle the glaze over each scone and enjoy!






White Chocolate
Strawberry Scones

Prep time: 15 minutes | Inactive time: 90 minutes | Cook time: 18 minutes | Yield: 6 scones

INGREDIENTS

- 1½ c. all-purpose flour
 - 3 tbsp. granulated sugar
 - 2½ tsp. baking powder
 - ½ tsp. salt
 - 5 tbsp. cold unsalted butter, grated
 - 4 tbsp. heavy whipping cream
 - 2 tbsp. Greek yogurt
 - 1 egg, room temperature
 - 1 tsp. vanilla extract
 - ¾ c. white chocolate chips
 - ½ c. frozen strawberries, sliced
-



These scones are a delectable fusion of creamy sweetness and fruity delight.

INSTRUCTIONS

1. In a medium-sized bowl, combine the flour, sugar, baking powder and salt.
2. Then, grate in the cold butter. Use your fingers to combine the dry ingredients with the butter until mixture is crumbly.
3. In another bowl, whisk together the heavy whipping cream, Greek yogurt, vanilla extract and egg.
4. Add the whisked wet ingredients to the bowl with the dry ingredients. Stir until no dry flour remains.
5. Use a spatula to fold in the white chocolate chips and strawberries. If the dough is overly sticky, add a little extra flour. Then, wrap the dough in plastic wrap and chill for 90 minutes.
6. Preheat the oven to 400° F and line a large baking sheet with parchment paper.
7. Divide the dough into six mounds, then place them on the baking sheet to bake for 18-20 minutes until golden brown.
8. Allow to cool for 10 minutes before serving.



5 PREMIUM

Coffee Roasters

FOR YOUR

Next Sip

The magic of a great cup of coffee begins well before you take that first sip. It's a meticulous process, an art form demanding expertise and precision at every step, from sourcing the beans to unlocking their unique flavors through roasting.

While the U.S. coffee scene has witnessed a surge in new roasters, only a select few have distinguished themselves as pioneers. These dedicated and persistent roasters elevate coffee roasting to an art form, crafting exceptional experiences in every cup.

ONYX COFFEE LAB

Arkansas

ONYXCOFFEELAB.COM

Onyx Coffee Lab's reputation for sourcing exceptional single-origin beans and crafting remarkable blends extends far beyond their Arkansas cafes. They prioritize ethical and sustainable practices throughout the supply chain — a commitment reflected in their transparent rating system for each coffee, revealing how much Onyx knows about the origin and journey of the beans. For example, a transparency rating of A+ means they worked directly with the grower and knew all other parties involved in the process like the exporter and importer, whereas a rating of C indicates they purchased the beans from an importer and don't know anything about the grower.

But being exceptional doesn't stop at ethics. Onyx roasts each coffee to its full potential, unlocking unique flavors and aromas. Coffee is roasted to order, ensuring freshness, with online orders shipped within 24 hours.



Founder, Mary Allen

COFFEE BY DESIGN

Maine

COFFEEBYDESIGN.COM

For 30 years, Coffee By Design has been a cornerstone of Portland's coffee scene. Founded in 1994 by Mary Allen Lindemann and Alan Spear, today the company is owned solely by Mary Allen Lindemann. Coffee By Design prioritizes sustainability, community and, of course, exceptional coffee. Their meticulously roasted beans are a staple in cafes and restaurants throughout the region and beyond.

Coffee By Design takes great pride in their small-batch roasting process which starts with sourcing carefully selected, high-quality green coffee from producers practicing sustainable farming. All of their coffee is 100 percent traceable back to the farmer or community of farmers that produced it, with whom they strive to establish long-term partnership.

After sourcing, they use a combination of science and art to bring out the best flavor profiles in each bean. The team of skillfully trained roasters pays attention to the smallest details, customizing each roast to the unique characteristics of the bean, resulting in an exceptional, complex and flavorful cup of coffee.

Coffee By Design recently launched its first subscription box, called The Curated Cup, featuring select single-origin coffees.

Coffee By Design cupping room with Curriculum Development Specialist Alina Lindemann Spear. Alina likes to conduct cuppings using red lights to eliminate visual indicators of coffee roast levels and focus on taste alone. This triangulation exercise trains cuppers to identify unique flavor profiles.





MOSTRA COFFEE California

MOSTRACOFFEE.COM

Mostra Coffee started their journey with a mission to help uplift the lives of farmers. Along the way, their coffee earned them the most respected and coveted award, "Roaster of the Year," a title given to only a handful of the best coffee roasters in the world.

Their vision is to make a positive change and create quality coffee that stands among the best in the world. They champion their mission, upholding it locally through education initiatives in San Diego. Globally, they source high-quality beans from the Philippines, supporting an underserved region. Their journey boasts not only awards like the coveted first-place trophy at the 2022 US Coffee Championships but also helping farmers and crafting a darn good cup of coffee.



CAMBER COFFEE

Washington

CAMBERCOFFEE.COM

Camber Coffee has rapidly risen to success since its founding in 2015 by three longtime friends. Based in Bellingham, Washington, Camber has a mission to source and roast coffees with exceptional sweetness, complexity and balance. The founders' expertise as Q Graders — coffee professionals with a discerning palate for detecting even the most subtle imperfections in fresh beans before roasting — has played a significant role in winning a number of impressive accolades in just a few years. Another key to their accomplishments is the farmers they source from, who are just as committed to producing the finest quality coffee. To ensure their coffee continues to meet the high standards they've set, every single roast is cupped, so that nothing less than perfect leaves their doors.

Coffee connoisseurs can stop by the flagship cafe in Bellingham, to enjoy an espresso or house drink like the Candied Pecan Latte along with one of their delicious menu items from the kitchen. Whole bean and drip grind coffee can also be purchased online.



NOSSA FAMILIA COFFEE

Oregon

NOSSACOFFEE.COM

Nossa Familia Coffee, a Portland-based specialty roaster, brings generations of coffee expertise to every cup. Founded by Augusto Carneiro, whose family has cultivated coffee in the Brazilian highlands since the 1890s, Nossa Familia carries on this tradition with a focus on ethical sourcing and sustainability.

As Oregon's first B Corp Certified roaster, social and environmental responsibility are at the heart of their "Full Cycle" approach. This philosophy means caring for the land, the farmers and the baristas who craft their perfect cup. This commitment is evident in their direct trade relationships with coffee growers worldwide, sourcing high-quality beans from diverse origins like Guatemala, Nicaragua, Peru and Ethiopia.



All of their coffee beans are roasted in Portland on a Loring Kestrel, the most environmentally friendly roaster available. Beyond their own three cafes, Nossa Familia fuels the coffee scene across the Pacific Northwest, supplying cafes, restaurants and hotels.

HOME OASIS



Our homes are sanctuaries from the outside world, a place to unwind, recharge and simply be ourselves. But in the hustle and bustle of daily life, our living spaces can sometimes morph into sources of stress themselves. Maybe it's the overflowing mail on the counter, the ever-growing pile of laundry or the clutter that seems to multiply every day.

The good news? With a few key tweaks, you can transform your living space into a tranquil haven that promotes relaxation and well-being.



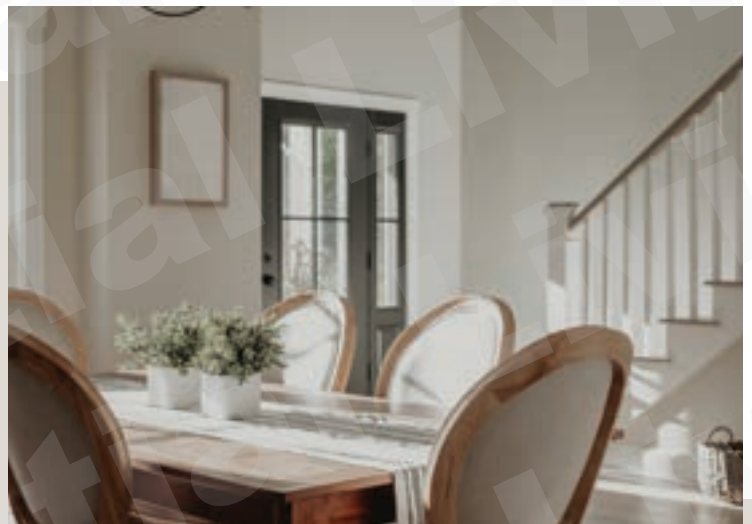
Declutter and De-Stress

Clutter bombards our senses and contributes to feelings of stress and overwhelm. Donate unused items, recycle what you can and be honest with yourself about what truly sparks joy. For the things you keep, find designated storage solutions. Invest in baskets, shelves and organizers to keep belongings tucked away but easily accessible.

Remember — decluttering is about removing items from a space, not just putting them out of sight.

Embrace the Art of “Less Is More”

When decorating, resist the urge to fill every empty space. Create a curated collection of meaningful objects instead of cluttered shelves. This minimalist approach creates a sense of calm and allows your favorite pieces to truly shine.



Natural Elements

Nature has a calming effect on the mind and body. Bring the outdoors in by incorporating houseplants. Choose low-maintenance plants like succulents or snake plants and don't forget the power of fresh flowers to brighten your space.

Craft a Calming Color Palette

Choose calming colors like soft blues, greens and lavenders. These hues promote feelings of serenity and encourage relaxation. If you're hesitant to commit to painting an entire room, consider introducing these colors through rugs, throw pillows or artwork.



Cozy Touches

Layer cozy throws and pillows on sofas and armchairs. Replace scratchy furniture covers with soft, inviting fabrics. Consider adding an area rug with a deep pile for extra comfort underfoot. These elements create a sense of warmth and welcome, inviting you to sink in and de-stress.



Warm Up the Space

Harsh overhead lights can be jarring, so incorporate softer, layered lighting options to create a calmer atmosphere. Dimmer switches allow you to adjust the intensity, creating a warm and inviting atmosphere in the evenings. Strategically placed table and floor lamps create pockets of warmth and ambiance. Consider using warm white bulbs instead of cool white for a more relaxing effect.

Natural light is also key — open curtains and blinds during the day to bathe your space in sunlight.

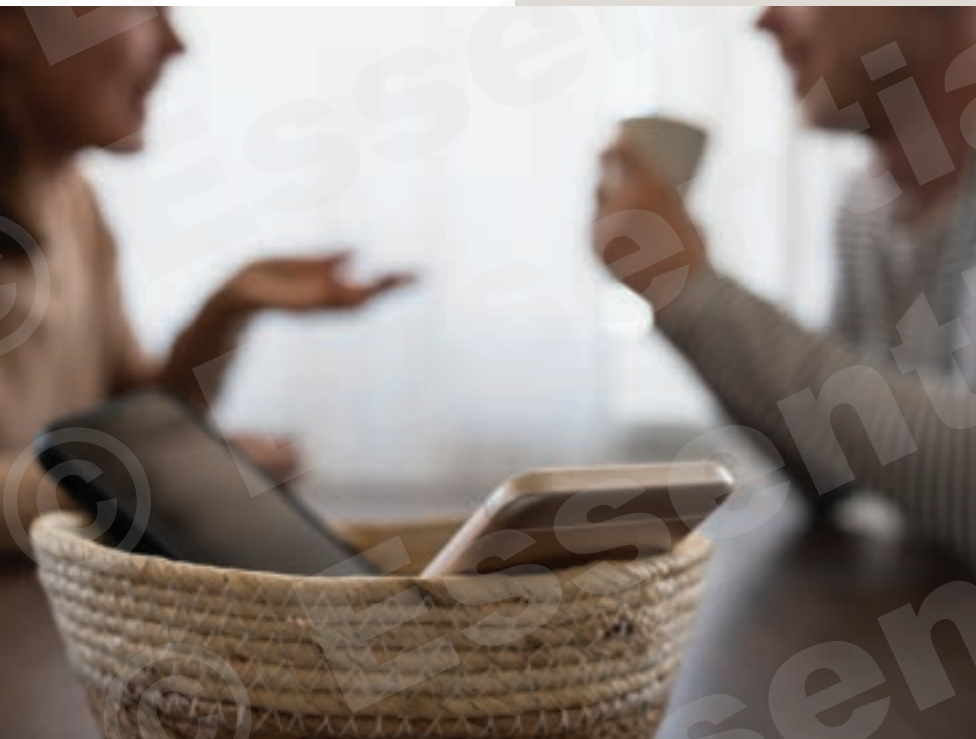
Serene Scents

Certain scents are known for their calming properties. Lavender, chamomile and jasmine essential oils can be sprayed onto linens, or use a reed diffuser for a subtle, long-lasting fragrance.



Personalize Your Sanctuary

Your home oasis should reflect your unique personality and what brings you joy. Display artwork, photographs or objects that inspire you. Create a cozy reading nook with your favorite chair and a well-stocked bookshelf. Fill your space with things that spark happiness and make you feel at peace.



Technology Detox Zones

While technology keeps us connected, it can also be a major source of stress. Designate specific areas in your home, like the bedroom, as technology-free zones. This will help you disconnect and unwind before bed, promoting better sleep.

Transforming your living space into a tranquil haven doesn't require a complete overhaul. With a few mindful changes you can turn your home into a true sanctuary. Just remember to be patient, experiment and, most importantly, have fun!

Throw an ECO-FRIENDLY Bash



Throwing a party doesn't have to wreak havoc on the environment. Here's how to throw an eco-friendly bash that's kind to the planet and even easy on your wallet.



DECORATE SUSTAINABLY

Forget expensive, disposable decorations. Get creative with what you already have! Use picture frames for themed photo displays, string up seasonal garlands or transform mason jars into charming candlelit centerpieces. Borrow any extras you need from friends or family.

If buying something new is necessary, opt for versatile pieces that can be reused for future celebrations.



DITCH THE DISPOSABLE

Skip the plastic plates, cups and cutlery. Use your regular dinnerware instead or finally use up your stockpile of disposable dinnerware odds and ends. Embrace the charmingly mismatched aesthetic — it brings character to your table! Remember to unload your dishwasher beforehand for a smooth post-party cleanup.



FOOD WASTE? NOT TODAY!

Plan your portions wisely! Get a guest count before shopping to estimate how much food you'll need. Encourage guests to bring reusable containers for leftovers.

Alternatively, you can host a potluck! It offers variety and eliminates leftover worries. Guests can take home their dishes, further minimizing waste.

PROVIDE PLANT-POWERED BITES

Embrace a plant-based menu! Seasonal vegetables, hearty grains and satisfying proteins like lentils, beans or tofu create a delicious and environmentally friendly spread. Get creative — the possibilities are endless!



Put Freshness Over Convenience

Pre-cut veggies and fruits might seem convenient, but they come wrapped in excessive plastic. Turn chopping into a social activity! Ask your guests to help you chop, dice and slice for faster prep. Not only will you have fresher ingredients, but you'll also generate less waste.

Recycle Right

Make recycling effortless! Set up clearly labeled bins for paper, plastic and cans. Encourage guests to scrape leftover food scraps into a compost bin (if you have one) before tossing their plates.



Spread the Eco-Love

Let your guests know about your eco-friendly efforts! It might inspire them to incorporate sustainable practices into their own celebrations.



More ways to make your party ECO-FRIENDLY

- Swap paper napkins for cloth ones.
- Encourage guests to consider carpooling with each other.
- Skip paper invites and send digital invitations instead.
- If you choose to offer party favors, opt for something useful and long-lasting, like small potted plants or reusable tote bags.

By following these simple steps, you can throw a fantastic party that's fun for your guests and good for the planet!



FITNESS FITNESS FITNESS FITNESS

FITNESS ON THE GO!

Juggling work, family and social commitments can leave little room for exercise. But fitting in fitness doesn't require hours at the gym. Even short bursts of activity can make a big difference in your overall health and well-being.

Here are some quick and effective workouts you can do anywhere, anytime.

Essential Living does not provide medical advice, diagnosis or treatment. Any information in this publication is not intended as a substitute for medical advice, and you should not take any action before consulting with a healthcare professional.

BODYWEIGHT BLAST

No equipment? No problem! Bodyweight exercises utilize your own bodyweight for resistance, making them perfect for on-the-go workouts. Here's a quick circuit you can do anywhere:

- **Squats** (3 sets of 12 repetitions): Targets your quads, glutes and hamstrings.
- **Push-ups** (3 sets of as many repetitions as possible): Works your chest, shoulders and triceps.
- **Lunges** (3 sets of 10 repetitions per leg): Strengthens your legs and core.
- **Plank** (3 sets of 30-second hold): Fantastic for core strength.



ADD RESISTANCE

Resistance bands are a great way to enhance your workouts and take up almost no space. Here are some exercises to try:



Banded Squats

Place the band just above your knees and stand with your feet shoulder-width apart. Lower into a squat while pushing your knees against the resistance of the band, engaging your glutes and thighs.

Banded Lateral Walks

Loop the band around your ankles and perform lateral steps to engage your hips and outer thighs.

Banded Rows

Fasten the band to a stable object in front of you and pull the handles towards your body, activating your back and arms.

Banded Chest Press

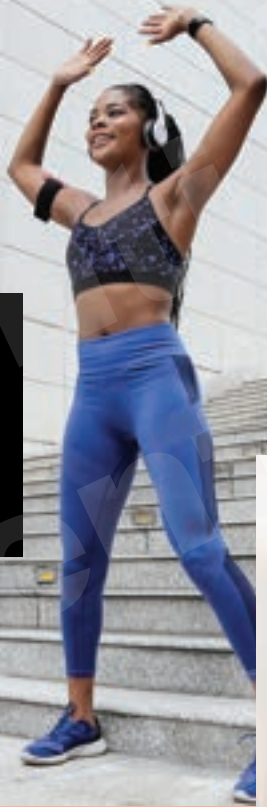
Secure the band behind you and push the handles forward, activating your chest and arms.

HIGH-INTENSITY INTERVAL TRAINING (HIIT)

Short on time? HIIT workouts maximize calorie burn in minimal time by alternating periods of intense exercise with short rest intervals. Here's a sample HIIT routine you can do at home or outdoors:

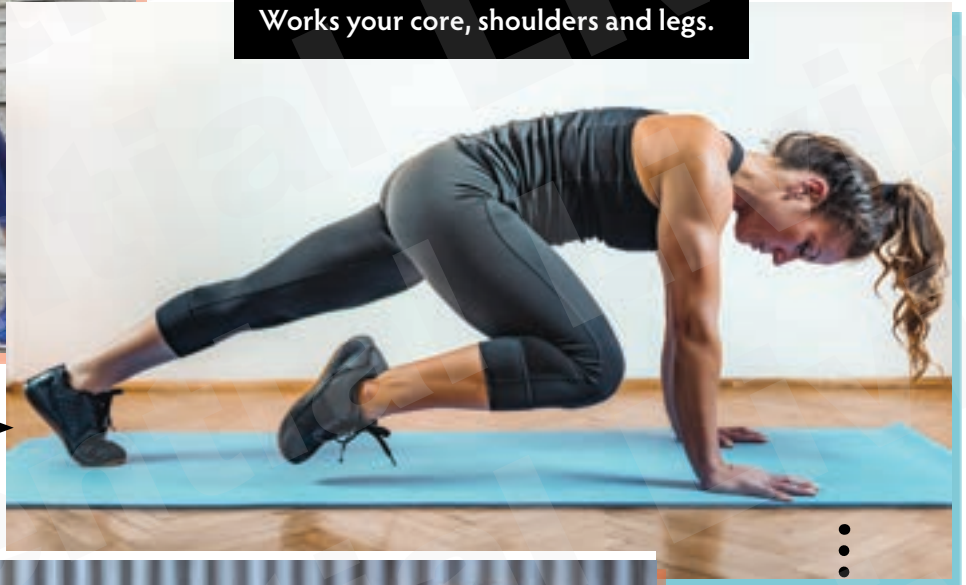
Jumping Jacks (30 seconds)

A great cardio exercise that gets your heart rate up.



Mountain Climbers (30 seconds)

Works your core, shoulders and legs.



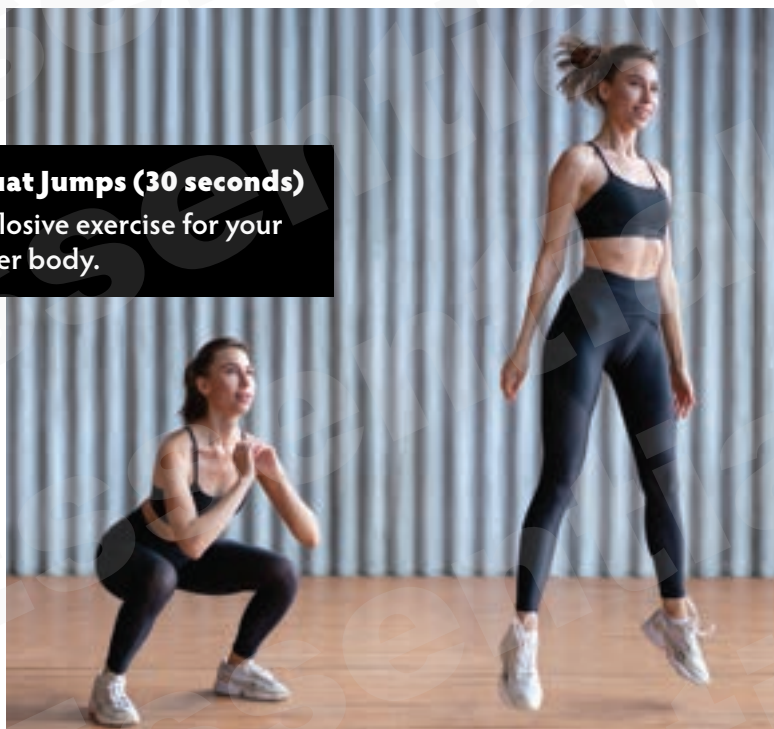
REST (15 seconds)

Catch your breath, but don't stop moving completely.

Squat Jumps (30 seconds)

Explosive exercise for your lower body.

REST (15 seconds)



REST (15 seconds)

FIT IT IN THROUGHOUT YOUR DAY

Busy schedules don't have to mean sacrificing fitness entirely. Here are some ways to sneak exercise into your day:



- **Take the stairs:** Ditch the elevator and climb the stairs whenever possible. Great for building leg strength and burning calories.
- **Park further away:** Add a short walk to your commute by parking further away from your destination.
- **Commercial breaks:** Turn those TV commercial breaks into mini-workouts with jumping jacks, squats or lunges.



- **Deskercise:** Don't let your office chair be a fitness trap. Do calf raises, stretches or arm circles in between meetings.

Remember, consistency is key. Find what works for you and your schedule and get moving!

ADDITIONAL TIPS

Warm up before each workout with light cardio and dynamic stretches to prepare your body for exercise.

Cool down after your workout with static stretches to improve flexibility and reduce muscle soreness.

Listen to your body. If you experience pain, stop the exercise and consult a doctor.

Stay hydrated by drinking plenty of water before, during and after your workout.

With a little creativity and planning, you can stay fit and healthy even with a busy lifestyle. So, lace up your shoes, put on your favorite workout clothes and get ready to feel the energizing effects of exercise!

EASY POTLUCK DINNERS

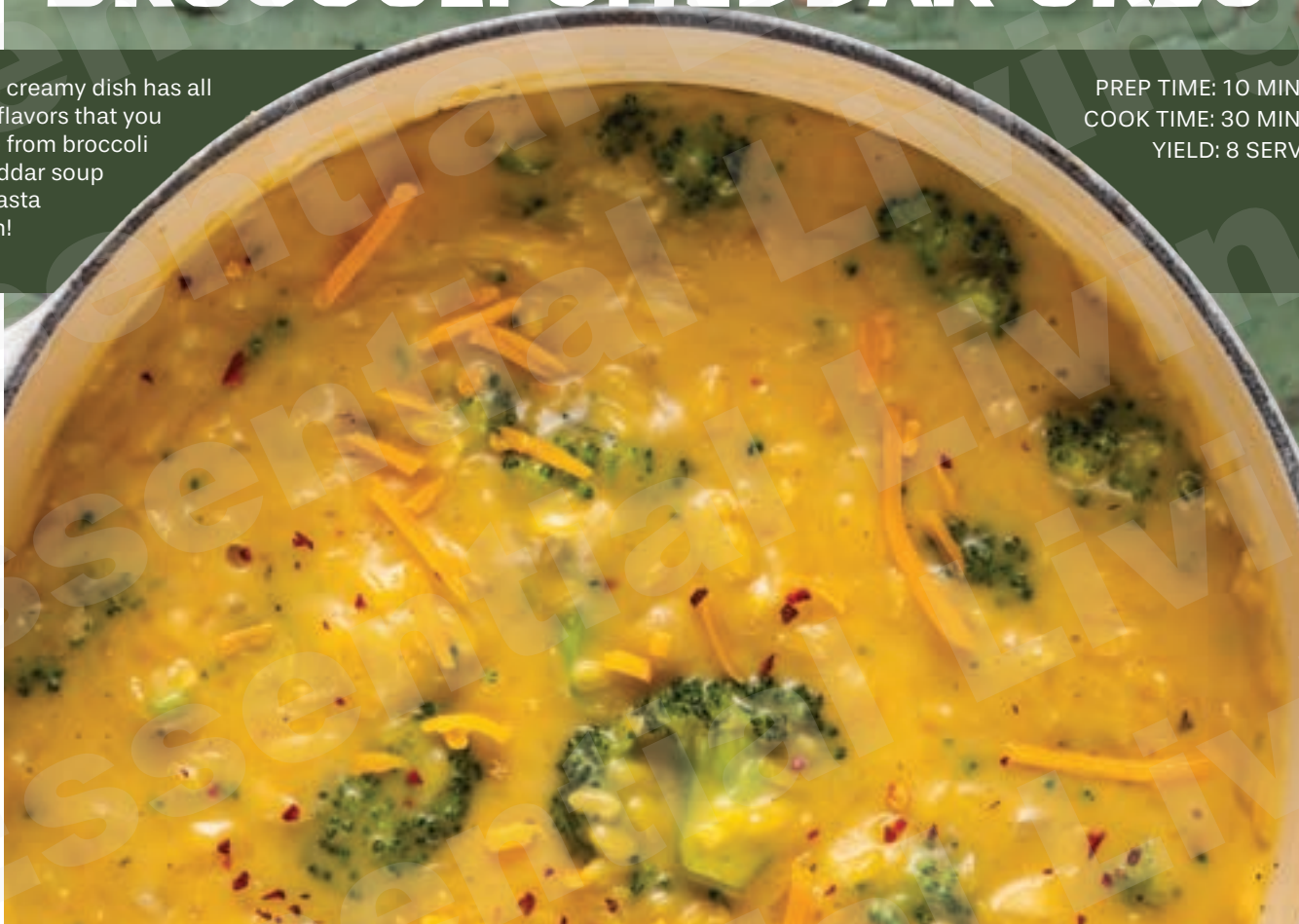
Potlucks are a fantastic way to share a meal with friends and family.

But with busy schedules, who has time for complicated recipes? That's why we've created a collection of easy, delicious dinners to satisfy every appetite. From comforting favorites to a fresh twist on classics, these recipes are sure to impress without breaking a sweat.

BROCCOLI CHEDDAR ORZO

This creamy dish has all the flavors that you love from broccoli cheddar soup in pasta form!

PREP TIME: 10 MINUTES
COOK TIME: 30 MINUTES
YIELD: 8 SERVINGS



INGREDIENTS

2 tbsp. olive oil
½ yellow onion, diced
3 large cloves garlic, minced
1½ c. orzo
2½ c. vegetable broth, warm
1½ c. steamed broccoli, roughly chopped into small florets
1 tbsp. dried thyme
2 tsp. paprika
2 tsp. pepper
1½ tsp. salt
½ tsp. red pepper flakes
1 c. milk, warm
1½ c. sharp cheddar cheese, freshly grated

INSTRUCTIONS

1. In a large skillet, heat the olive oil over medium-high heat. Once hot, add the onion and sauté for five minutes until softened and translucent.
2. Reduce the heat to medium and add the minced garlic. Sauté for two minutes.
3. Next, add the orzo and cook for two minutes to lightly toast, stirring occasionally to ensure it doesn't burn.
4. Reduce the heat to medium-low and add the vegetable broth, half a cup at a time. Stir until all the liquid has been absorbed before adding more. Repeat until all the vegetable broth has been added.
5. Then, add the broccoli, thyme, paprika, pepper, salt and red pepper flakes. Stir to combine.
6. Pour in the milk and stir continuously until it is absorbed.
7. Once most of the liquid is absorbed, fold in the cheese.
8. Stir until all of the cheese has melted. Then, remove from heat.
9. Finally, garnish with red pepper flakes and more shredded cheddar cheese.



ENCHILADA MEATBALLS

Serve alone for an easy grab-and-go bite or serve over cilantro lime rice for a more filling dish.

PREP TIME: 10 MINUTES

| COOK TIME: 30 MINUTES

| YIELD: 12 MEATBALLS

INGREDIENTS

1 lb. ground beef

2 eggs

$\frac{3}{4}$ c. breadcrumbs

3 tsp. fresh cilantro, minced, plus
more for garnish

2 tsp. lime juice

2 tsp. chili powder

$1\frac{1}{2}$ tsp. cumin

1 tsp. garlic powder

1 tsp. smoked paprika

$\frac{1}{2}$ tsp. dried oregano

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. pepper

2 c. red enchilada sauce

$\frac{1}{2}$ c. Monterey Jack cheese,
shredded

1 sliced jalapeno, for garnish

Lime wedges, for garnish

INSTRUCTIONS

1. Preheat the oven to 375° F and line a large baking sheet with parchment paper.
2. Add the ground beef, egg, bread crumbs and cilantro to a large bowl. Use your hands to combine the ingredients.
3. Combine the seasonings in a small dish before sprinkling into the meatball mixture. Use your hands again to work the seasonings into the meat.
4. Shape meat into tablespoon-size balls and place on the prepared baking sheet.
5. Bake the meatballs for 15 minutes on the center rack.
6. While the meatballs are in the oven, pour the red enchilada sauce into a baking dish.
7. Once the meatballs have cooked for the allotted time, carefully transfer each one to the baking dish with the enchilada sauce.
8. Spoon some of the sauce over each meatball before topping with the shredded cheese.
9. Cook for 15 minutes. Then, allow to cool before garnishing with more cilantro, jalapenos and limes.
10. Serve and enjoy!

TUSCAN TORTELLINI BAKE

INGREDIENTS

- 1 12-oz. package of fresh cheese tortellini
- 2 tbsp. olive oil
- 1 shallot, diced
- 2 garlic cloves, minced
- ½ c. sun-dried tomatoes
- ½ tsp. lemon juice
- ½ c. coconut milk, whisked
- 2½ c. fresh spinach
- 3 tsp. dried oregano
- 2 tsp. dried basil
- ½ tsp. pepper
- ¾ c. cherry tomatoes, halved
- ½ c. artichoke hearts
- ½ c. Parmesan cheese, freshly grated
- ¼ c. mozzarella cheese pearls
- Fresh basil, for garnish

Tortellini has never tasted so good! This skillet recipe is a unique way to enjoy pasta and will leave a lasting impression at any party where it's served!

PREP TIME: 10 MINUTES
COOK TIME: 30 MINUTES
YIELD: 4 SERVINGS



INSTRUCTIONS

1. Preheat the oven to 350° F.
2. Bring a large pot of salted water to a boil. Add the tortellini pasta and cook for three minutes, stirring occasionally. Then, drain the water and set the tortellini to the side.
3. Add the olive oil to a large skillet and heat over medium-high heat. Once hot, add the shallot and sauté for 3–5 minutes until soft.
4. Next, add the garlic, sun-dried tomatoes and lemon juice. Sauté for two minutes before reducing the heat to medium.
5. Whisk half a cup of coconut milk, then add it to the skillet with the spinach. Stir until the spinach begins to wilt.
6. Add in the seasonings, cherry tomatoes and artichoke hearts. Stir to combine.
7. Finally, add the tortellini to the skillet and fold in. Top with the Parmesan cheese and mozzarella pearls.
8. Then, place the skillet on the middle rack to cook for 10 minutes or until cheese starts to brown. Remove from the oven and garnish with fresh basil.

PREP TIME: 15 MINUTES
COOK TIME: 40 MINUTES
YIELD: 6 SERVINGS

If you're looking for a new way to serve up Brussels sprouts, this recipe is for you! This creamy, flavorful dish features crispy brussels, crumbled bacon and a cheesy finish!

INGREDIENTS

2 c. Brussels sprouts
2 tsp. olive oil
2 tsp. black pepper
1 tsp. salt
5 slices of thick-cut bacon
1 shallot, minced
2 garlic cloves, grated
1 tbsp. unsalted butter
2 tbsp. all-purpose flour
1 c. milk, warm
1 c. Dijon mustard
2 tsp. fresh thyme, diced
1 tsp. nutmeg
½ c. Parmesan cheese, freshly grated
¼ c. Gruyere cheese, freshly grated
⅔ c. breadcrumbs

BRUSSELS SPROUTS AU GRATIN



INSTRUCTIONS

1. Preheat the oven to 400° F and grease an 8" x 12" baking dish; set aside.
2. Rinse and dry the Brussels sprouts before removing the outer leaves and slicing in half.
3. Add the Brussels sprouts to the prepared baking dish and toss with the olive oil, pepper and salt. Bake for 20 minutes, tossing halfway through.
4. Meanwhile, place the bacon in a large skillet and cook over medium-high heat. Turn occasionally until lightly brown, about five minutes. Then, transfer the bacon to a paper-towel-lined plate to cool before breaking into small pieces.
5. Next, reduce the heat to medium and add the shallot. Sauté for five minutes before adding the garlic. Cook down for two minutes, then add the butter and reduce the heat to medium-low.
6. After the butter has melted, whisk in the flour. Once the mixture begins to thicken, it should coat the back of a spoon. Add the milk, half a cup at a time. Whisk to fully combine.
7. After the mixture has thickened, add the other cup of milk. Then, whisk in the Dijon mustard, fresh thyme and nutmeg. Finally, whisk in the freshly grated cheese.
8. Remove the Brussels sprouts from the oven and add the bacon. Stir to combine.
9. Then, pour the cheese mixture over the Brussels sprouts and bacon. Top with the breadcrumbs and cook for 15 minutes. Broil on high for two minutes, or until the crust is golden brown, then remove.
10. Top with fresh thyme before serving.

THE ART OF UNUSUAL COLLECTIONS:

FROM RUBBER DUCKS TO TOOTHPASTE

The world of collecting often conjures images of coin sets or stamps. But what about the wilder side? The one overflowing with traffic cones, erasers or, perhaps, a meticulously curated collection of... toasters? Gone are the days of solely chasing baseball cards. Today's collectors have embraced the extraordinary.

Unlike traditional collections driven by monetary value, unusual collections are driven by passion. Maybe it's a childhood fascination with dinosaurs that translates into a lifelong hunt for tiny plastic T-Rex figures. Perhaps it's a love for travel, sparking a collection of miniature landmarks from every visited city. These collections become a physical manifestation of a person's interests, sparking joy and igniting conversation.

DUCK DYNASTY

Charlotte Lee of Washington has taken rubber ducks from the bathtub to the Guinness World Record Hall of Fame with her collection of **5,631** rubber ducks (and counting).





NO MISTAKE MADE

Petra Engels from Germany erases the competition with her world-record collection of over **19,571** different erasers from around the world.



TOOTHPASTE TYCOON

Val Kolpakov of Georgia never has to worry about bad breath with his collection of a whopping **2,037** unique tubes of toothpaste from around the globe. That's a lot of minty fresh!

FIND YOUR OBSESSION.

Want a collection of miniature chairs? Does your heart sing for a room full of vacuum cleaners? Go for it! Follow your passions and pick something that makes you do a happy dance. After all, a collection that excites YOU is infinitely cooler than a boring old stamp collection, right?

THE THRILL OF THE HUNT.

Even though eBay's a bottomless pit of the peculiar, part of the fun of collecting lies in the chase! Scour flea markets, antique shops and estate sales with the eyes of a hawk, ready to swoop at any moment.

SNAP INSTA-WORTHY PICS.

Alright, so you've built a collection of conversation starters. It's now time for some humble brags. The internet deserves to know! Make sure to capture every quirky detail (bonus points for documenting the stories behind each item).

MOST IMPORTANTLY, HAVE FUN!

Ditch the rulebooks and the pressure to create some "perfect" display. This is your collection, your chance to celebrate just how unusual and unique it is. So, loosen up a little and have fun. Now go forth and build something that's as extraordinary as you are!





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INGREDIENTS

- ½ c. granulated sugar
- ½ c. brown sugar
- 1 c. creamy peanut butter
- 1 large egg
- 1 tsp. vanilla

INSTRUCTIONS

1. Preheat the oven to 350° F. Line a large baking sheet with parchment paper.
2. In a medium mixing bowl, use an electric mixer to combine all ingredients until smooth.
3. Form dough into 1¼-inch balls with the palms of your hands and place on baking sheet, two inches apart.
4. Use the back of a fork to press down in the middle of each cookie, making a criss-cross pattern.
5. Bake for about 10 minutes or until the tops are lightly brown. Remove from oven and let cool completely.

SUPER SIMPLE PEANUT BUTTER COOKIES



OVERLOADED S'MORES POPCORN



COOK TIME: 10 MINUTES

PREP TIME: 10 MINUTES

YIELD: 10 CUPS

TWO CLASSIC TREATS IN ONE!

INGREDIENTS

- 10 c. caramel popped popcorn, homemade or store-bought
- 2 c. Golden Grahams cereal
- 2 c. mini marshmallows
- 1 c. chocolate chips, melted + ½ cup for add-ins

INSTRUCTIONS

1. In a large bowl, combine the popcorn and Golden Grahams cereal.
2. On a large piece of parchment paper, drizzle the melted chocolate chips. Immediately spread the popcorn mixture over top, making a single layer. Let harden.
3. Break the mixture into pieces and add in mini marshmallows and chocolate chips.
4. Transfer to a bowl and serve!



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3-Ingredient Banana Bread

Prep Time: 8 minutes

Cook Time: 45 minutes

Yield: 8 servings

INGREDIENTS

- 3-4 very ripe bananas
- 1 box yellow cake mix
- 2 large eggs

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Mash the bananas.
3. Mix bananas, cake mix and eggs in a large bowl until combined.
4. Transfer batter to a greased 9x5" loaf pan and bake for 45 minutes.
5. Cool completely before slicing.



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