

Compliments of Jodee Harris

essential living

504

Color Your Home Easy



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April ushers in a breath of fresh air, bringing invigorating experiences and inspirations.

Start by exploring fitness beyond the gym. Discover innovative ways to stay active that go beyond the usual workout routine. From outdoor activities to unique fitness challenges, find new paths to health and well-being.

To further boost your well-being, embark on a scenic journey through the Adirondacks and Catskills. These majestic landscapes offer breathtaking views, perfect for a springtime adventure.

Reconnect with nature's beauty and bring its inspiration into your home with effortless color schemes. Whether you're redecorating or seeking a fresh update, our guide will help you choose a palette to create a space that truly stands out.

Finally, indulge in our collection of delicious and easy orzo recipes. From cooking for a family gathering to a quiet dinner, these dishes offer delightful flavors with minimal effort.

Embrace the new month with enthusiasm and creativity!

— From the Publisher



What's your favorite exercise that's easy to do outside the gym?

Scan the QR code to cast your vote!



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Put your wits to the test with these trivia questions!

1. What is the largest country in South America?
2. Which ocean is the smallest?
3. What is the largest freshwater lake in the world (by surface area)?
4. What is the only mammal that can truly fly?
5. What is the national animal of Scotland?

ANSWERS

1. Brazil
2. Arctic Ocean
3. Lake Superior
4. Bats
5. The Unicorn

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One-Pot **Orzo** **Wonders**

From casual weeknight dinners to elegant gatherings, orzo is a versatile pasta that shines in every occasion. Whether you crave the sunny Mediterranean flavors of a Greek Orzo Pasta Salad or the hearty indulgence of a Corn and Pancetta Orzo, there is a perfect orzo recipe to satisfy every palate!



Prep time: 10 minutes
Cook time: 30 minutes
Yield: 10-12 servings

Enchilada Orzo

All the delicious flavors of enchiladas wrapped up in this one-pot recipe!

INGREDIENTS

- 1 tbsp. olive oil
- ¼ yellow onion, diced
- 1 4-oz. can of green chilis
- 1 c. orzo pasta
- 1 15-oz. can of yellow corn, drained and rinsed
- 1 15-oz. can of black beans, drained and rinsed
- 1 tbsp. lime juice
- 2 c. chicken broth
- 2 c. enchilada sauce
- ½ c. Colby Jack cheese, plus more for serving
- ½ avocado, for serving
- ½ c. cherry tomatoes, for serving
- ¼ c. diced red onion, for serving
- Lime wedges, for serving

INSTRUCTIONS

1. Add the olive oil to a large skillet and heat over medium-high heat, then add the onion. Sauté for three minutes before adding the green chilis.
2. Stir to combine, cooking down for 2-3 minutes. Add the orzo and toast for two minutes, stirring occasionally.
3. Next, add the corn, black beans and lime juice to the pot. Stir to combine before pouring in the chicken broth and enchilada sauce. Mix again to incorporate all of the ingredients, then bring to a boil. Stir occasionally to prevent the orzo from sticking to the bottom of the pan and burning.
4. Once boiling, reduce the heat to medium-low and simmer until the orzo is al dente, about 15-20 minutes. Continue to stir occasionally; do not cover.
5. Add the cheese and mix until the cheese has fully melted. Then, remove from heat.
6. Garnish with your favorite ingredients and enjoy!



Greek Orzo Pasta Salad

This Greek Orzo Pasta Salad is a simple yet refreshing main course that everyone will love!

Prep time: 15 minutes
Cook time: 15 minutes
Yield: 10-12 servings

INGREDIENTS

- 16-oz. orzo pasta, cooked
- ½ c. olive oil
- 3 tbsp. red wine vinegar
- 2 tbsp. lemon juice
- 1 garlic clove, grated
- 2 tsp. dried oregano
- 1 tsp. dried basil
- ½ tsp. salt
- ½ tsp. pepper
- 2 red mini sweet peppers, sliced
- 2 orange mini sweet peppers, sliced
- 2 yellow mini sweet peppers, sliced
- 1 cucumber, diced
- 1 ½ c. cherry tomatoes, quartered
- 1 c. Kalamata olives, halved
- 1 c. feta cheese, crumbled
- ¼ red onion, diced
- Fresh basil, for serving

INSTRUCTIONS

1. Cook the orzo according to package instructions, then set to the side to cool. Add a tablespoon of olive oil to the pasta to prevent it from sticking.
2. Add the olive oil to a large bowl. Next, whisk in the red wine vinegar, lemon juice, grated garlic and seasonings. Whisk to combine.
3. Once cooled to room temperature, add the orzo to a bowl with the sweet peppers, cucumber, tomatoes, olives, feta cheese and red onion.
4. Toss to combine the ingredients with the vinaigrette. Refrigerate until ready to serve.
5. Finally, add the fresh basil and enjoy!

Corn and Pancetta Orzo

Prep time: 10 minutes
Cook time: 30 minutes
Yield: 10-12 servings

Looking for a decadent recipe that's as unique as it is delicious? If so, this Corn and Pancetta Orzo recipe is for you!

INGREDIENTS

- 2 tsp. olive oil
- 2/3 c. pancetta
- 3 c. plus 3 tbsp. chicken stock
- 1 shallot, diced
- 3 garlic cloves, minced
- 2 c. sweet corn, frozen
- 1 tbsp. fresh thyme, minced, plus more for serving
- 2 tsp. sage, minced
- 1 tsp. pepper
- 3 c. orzo pasta
- 1 c. heavy cream
- 3/4 c. Parmesan cheese, freshly grated
- 1/4 c. sharp cheddar cheese, freshly grated



INSTRUCTIONS

1. Add the olive oil to a large, heavy-bottomed pot and heat over medium-high heat. Once hot, add the pancetta.
2. Cook the pancetta for seven minutes, stirring occasionally to prevent burning.
3. Once crispy, use a spatula to remove pancetta from the pot and set on a paper towel-lined plate.
4. Reduce the heat to medium. Deglaze the pot by adding three tablespoons of chicken stock. Use a spatula to scrape the burnt bits from the bottom of the pot but do NOT discard.
5. Next, add the diced shallot, sautéing for three minutes before adding the minced garlic. Cook down for another two minutes, then add the corn.
6. Add the minced thyme, sage and pepper. Stir to combine.
7. Add the orzo and toast for two minutes, stirring occasionally. Then, pour in the three cups of chicken stock and bring to a boil.
8. Once boiling, reduce the heat to low and allow to simmer, uncovered, for eight minutes.
9. Pour in the heavy cream and stir to combine before adding the freshly grated cheeses.
10. Fold the cheese in with a spatula until the orzo is thick and creamy.
11. Finally, remove from heat. Garnish with more fresh thyme and serve immediately.

One-Pot Orzo Primavera

Prep time: 10 minutes
Cook time: 10 minutes
Yield: 8-10 servings

This one-pot recipe features fresh ingredients, light orzo and a delicious flavor profile.

INGREDIENTS

- 1 c. orzo pasta, cooked and drained
- 2 tbsp. olive oil
- 1 shallot, diced
- 2 garlic cloves, minced
- 2 tbsp. dry white wine (can use chicken or vegetable broth instead)
- 3 c. asparagus, sliced into 1-inch pieces
- 1 small yellow squash, quartered
- 1 small zucchini, quartered
- 2 tbsp. lemon juice
- 2 tsp. red pepper flakes
- 1 tsp. pepper
- ½ tsp. salt
- 1 tsp. lemon zest
- ¾ c. peas, frozen
- 1 ½ c. cherry tomatoes, halved
- ½ c. Parmesan cheese, freshly shredded
- Fresh basil, for garnish

INSTRUCTIONS

1. Cook the orzo according to package directions until al dente. Drain the water and set the orzo to the side, tossing with a tablespoon of olive oil to prevent it from sticking together.
2. Add the olive oil to a large pan and heat over medium-high heat. Once hot, add the shallot and sauté for three minutes.
3. Next, add the minced garlic and cook for two minutes. Then, add the white wine or broth to the pot.
4. Reduce the heat to medium and add the asparagus, yellow squash and zucchini. Stir to combine, then add the lemon juice, red pepper flakes, pepper, salt and lemon zest.
5. Continue to cook down for five minutes, then add the peas. Stir occasionally to prevent the vegetables from burning.
6. Once the peas have thawed and the zucchini is soft, add the orzo. Use a spatula to fold in the pasta to combine it with the vegetables.
7. Remove from heat and add the cherry tomatoes and Parmesan cheese. Stir to incorporate all the ingredients, then garnish with basil and serve!



FLOWER POWER



Whether you're aiming to create a stunning centerpiece or simply brighten your living area, *this guide* has everything you need to know to create stunning arrangements and help them last!

Choosing the Right Flowers

When selecting flowers, consider factors like color, scent and vase shape. Consider the occasion or the room where you'll display them. Popular choices include roses, lilies, tulips and sunflowers, but there's a world of options to explore.

PREPARING YOUR FLOWERS

Once you've selected your blooms, prepare them for your vase:

- **TRIM THE STEMS:** Using sharp garden shears, cut the stems at an angle. This increases the surface area for water absorption.
- **REMOVE FOLIAGE:** Strip away any leaves that will be submerged in water. Leaves in the water can cause bacteria growth.

PREPARING YOUR VASE

Before arranging your flowers, ensure your vase is clean. Residue from previous floral arrangements can harbor bacteria harmful to your fresh blooms. Fill the vase with lukewarm water, as cold water can shock the stems.



Basic Arrangement Techniques



- **SYMMETRICAL ARRANGEMENT:** This classic style involves creating a balanced look with flowers of similar height and shape.
- **ASYMMETRICAL ARRANGEMENT:** For a more modern and dynamic look, vary the height, color and type of flowers.
- **LINEAR ARRANGEMENT:** Create a sense of height and drama by using long-stemmed flowers as focal points.

Pro Tip: Don't limit yourself to just flowers! Experiment with other foliage like twigs to find the perfect complement to your blooms.

Caring for Your Flowers

Proper care will extend the life of your bouquet:

- **PLACEMENT:** Avoid placing your flowers in direct sunlight or near heat sources.
- **WATER CHANGES:** Change the water every two to three days and re-trim the stems.
- **MAINTENANCE:** Remove any wilted or dying flowers to prevent them from affecting the rest of the bouquet.

Remember, the most important aspect of creating beautiful flower arrangements is to have fun and experiment. Don't be afraid to try new things and let your creativity bloom.





foolproof color PALETTES

Selecting the right color palette can be a daunting task, but with foolproof combinations, achieving a stunning look for any home becomes effortless. Whether you're refreshing a single room or revamping your entire home, these tried-and-true color palettes provide a reliable foundation for creating a space that feels beautifully balanced and uniquely yours.



REFINED SIMPLICITY

This palette is the epitome of timeless elegance. Crisp white provides a clean canvas, while soft gray adds subtle depth. Jet black introduces a touch of sophistication and creamy beige brings warmth.

CRISP
WHITE

SOFT
GRAY

JET
BLACK

CREAMY
BEIGE

MOODY ELEGANCE

This earthy palette feels both inviting and grounded. Golden ochre adds a rich, warm hue, while blanch almond offers a soothing natural balance, creating a cozy and welcoming environment.

MUTED
BLACK

GOLDEN
OCHRE

BLANCHED
ALMOND



BOLD AND BALANCED

The stark contrast of black and ivory provides a striking impression, while the addition of muted gray and warm tan introduces a layer of softness and balance. This combination perfectly blends boldness with subtlety for a refined, contemporary aesthetic.

STARK
BLACK

IVORY

MUTED
GRAY

WARM
TAN



COASTAL CALM

Embrace the serene essence of the coast with this soothing palette. Sky blue harmonizes beautifully with cloud white, while sandy beige introduces a warm, earthy touch that completes the tranquil vibe.

SKY
BLUE

CLOUD
WHITE

SANDY
BEIGE



NATURAL HARMONY

Ivory serves as a grounding base, offering a clean and neutral foundation that anchors the palette. Earthy brown introduces a rich, warm tone that adds depth and sophistication, creating a sense of comfort. Forest green brings a touch of light and balance, infusing the palette with a natural freshness and a hint of vibrant energy.

FOREST
GREEN

EARTHY
BROWN

IVORY

DESERT SERENITY

This monochromatic palette captures the essence of desert elegance with its harmonious blend of warm, earthy tones. Warm sand and soft clay provide a rich foundation, while desert taupe and sunlit beige add subtle variations and depth, creating a refined, sun-soaked atmosphere.

WARM
SAND

SOFT
CLAY

DESERT
TAUPE

SUNLIT
BEIGE





SERENE FOREST

This palette creates a fresh and earthy atmosphere with a soothing combination of neutrals. Misty beige brings a fresh, calming quality, while deep sage introduces a gentle, complementary tone.

MISTY
BEIGE

DEEP
SAGE

GILDED NOIR

This sophisticated palette combines midnight black with rich gold and deep emerald green to create a striking, elegant look. Deep emerald green provides a lush, vibrant backdrop, while rich gold adds a luxurious touch and midnight black introduces a dramatic accent.

MIDNIGHT
BLACK

RICH
GOLD

DEEP
EMERALD
GREEN



MOUNTAIN

State of Mind

The Adirondack and Catskill Mountains in New York State offer a diverse tapestry of natural beauty and outdoor adventure. These two majestic mountain ranges provide countless opportunities for exploration, relaxation and connection with nature. Whether you are a dedicated hiker, an outdoor enthusiast or simply someone looking for a peaceful retreat, both the Adirondacks and Catskills promise unforgettable experiences.





ADIRONDACK MOUNTAINS

Rugged Majesty and
Expansive Wilderness

The Adirondack Mountains span over 6 million acres, making them one of the largest protected areas in the United States. This vast region is celebrated for its rugged terrain, expansive forests and crystal-clear lakes. The Adirondacks are home to over 3,000 lakes and ponds, 30,000 miles of rivers and streams and 46 high peaks, offering diverse opportunities for outdoor activities.



LAKE PLACID

Lake Placid is a popular destination within the Adirondacks. Known for its Olympic history, Lake Placid combines scenic beauty with a rich array of activities. Hiking enthusiasts can tackle the challenging trails of Mount Jo, which offers panoramic views of the surrounding peaks. For a more leisurely experience, paddle along Mirror Lake, surrounded by charming views of the village and the mountains.

For those seeking tranquility and natural beauty, Saranac Lake in the Adirondacks is a perfect destination. Surrounded by lush forests and pristine waterways, this charming town offers outdoor enthusiasts a wealth of activities. Paddle through the interconnected lakes for a peaceful day on the water or explore the network of hiking trails that wind through the nearby mountains. For a more challenging adventure, hike up Mount Baker for sweeping views of the area. Wildlife lovers may also spot loons, otters and other native species in the serene wilderness.



Lake George, in New York's Adirondack Park, offers a serene escape. Known for its crystal-clear waters and stunning mountain backdrop, Lake George provides endless opportunities for outdoor adventure. Hike the scenic trails around Prospect Mountain for panoramic views of the lake and surrounding peaks. Kayaking or canoeing along the quiet coves is a peaceful way to explore the shoreline, while wildlife enthusiasts might spot bald eagles, deer and other native species in this tranquil setting.

LAKE GEORGE





CATSKILL MOUNTAINS

Scenic Beauty and Tranquil Escapes

The Catskill Mountains, while smaller in scale compared to the Adirondacks, offer their own unique charm and natural beauty. Spanning over 700,000 acres, the Catskills are renowned for their lush forests, cascading waterfalls and picturesque small towns.



NORTH-SOUTH LAKE

North-South Lake, nestled in the Catskill Mountains, is a popular spot for outdoor adventurers seeking a blend of natural beauty and history. The serene lakes are ideal for kayaking, fishing and swimming, while the surrounding trails offer breathtaking views of the Hudson River Valley. Hike to popular overlooks like Sunset Rock or the famous Kaaterskill Falls for stunning vistas. This area was once a favorite of 19th-century artists, and its picturesque landscapes continue to captivate visitors today.



KAATERSKILL FALLS

One of the Catskills' most famous natural attractions is Kaaterskill Falls. This iconic waterfall, one of the highest in New York State, is accessible via a relatively short hike. The view from the top is spectacular, and the surrounding area is ideal for a picnic or a peaceful retreat.

Hunter Mountain is another must-visit destination in the Catskills. Known for its ski slopes in winter, Hunter Mountain also offers a range of summer activities, including mountain biking and zip-lining. The Hunter Mountain Skyride provides panoramic views of the Catskills and the Hudson Valley, making it a popular attraction year-round.



HUNTER MOUNTAIN

A WEALTH OF OUTDOOR ACTIVITIES



HIKING

Both the Adirondack and Catskill Mountains are rich in outdoor activities, catering to all interests and skill levels.

Hiking is a central feature, with trails ranging from easy walks to challenging climbs. The Adirondacks' high peaks are a major draw for serious hikers, while the Catskills offer varied terrain suitable for all levels of experience.



CAMPING

Camping is a beloved way to experience the natural beauty of these mountains. Both the Adirondacks and Catskills offer a range of camping options, from rustic backcountry sites to well-equipped campgrounds.

Fishing enthusiasts will find ample opportunities in both regions. The Adirondacks' lakes and rivers are teeming with trout, while the Catskills are renowned for their excellent fly-fishing spots. Kayaking and canoeing are also popular, with the Adirondacks' expansive waterways providing a peaceful escape and the Catskills' rivers offering thrilling rapids.

With their diverse landscapes, scenic beauty and rich outdoor opportunities, these regions are perfect for anyone looking to connect with nature and enjoy the best of New York's wilderness.



FISHING AND WATER ACTIVITIES



FRESH AIR

FITNESS

Tired of the gym's monotonous routine? It's time to embrace the great outdoors and transform your fitness journey. Nature offers a dynamic and refreshing backdrop for workouts that challenge your body and invigorate your mind.

PARK CIRCUIT BLAST



SLALOM JUMP

Targets: glutes, hamstrings, quads

1. Place six to eight small rocks in a zigzag pattern, about 1½ feet between each rock (adjust distance as needed).
2. Keep feet together and hop to the outside of each rock.
3. Turn around when you reach the end and repeat.

Repeat for 3 minutes.

PARK-BENCH INCLINE PUSH-UP

Targets: chest, biceps, triceps, shoulders, core

1. Stand facing a park bench and place hands on the seat. Walk feet out behind you until legs are fully extended.
2. Bend arms and lower chest toward bench and do a push-up.

Repeat for 8 reps.

CURB WALK

Targets: calves, quads, core

1. Find a curb that is at least six feet long and in a low traffic area.
2. Raise arms out to sides and walk across the "tightrope" for at least six feet or until the end.
3. Turn on the balls of feet; walk in the opposite direction.

Repeat for 5 minutes.

PULL-UPS

Targets: back, biceps, core

1. Grip a sturdy branch or bar with an overhand grip.
2. Pull yourself up until your chin clears the bar.
3. Lower yourself back down.

Do as many as possible without losing proper form.



FITNESS SCAVENGER HUNT

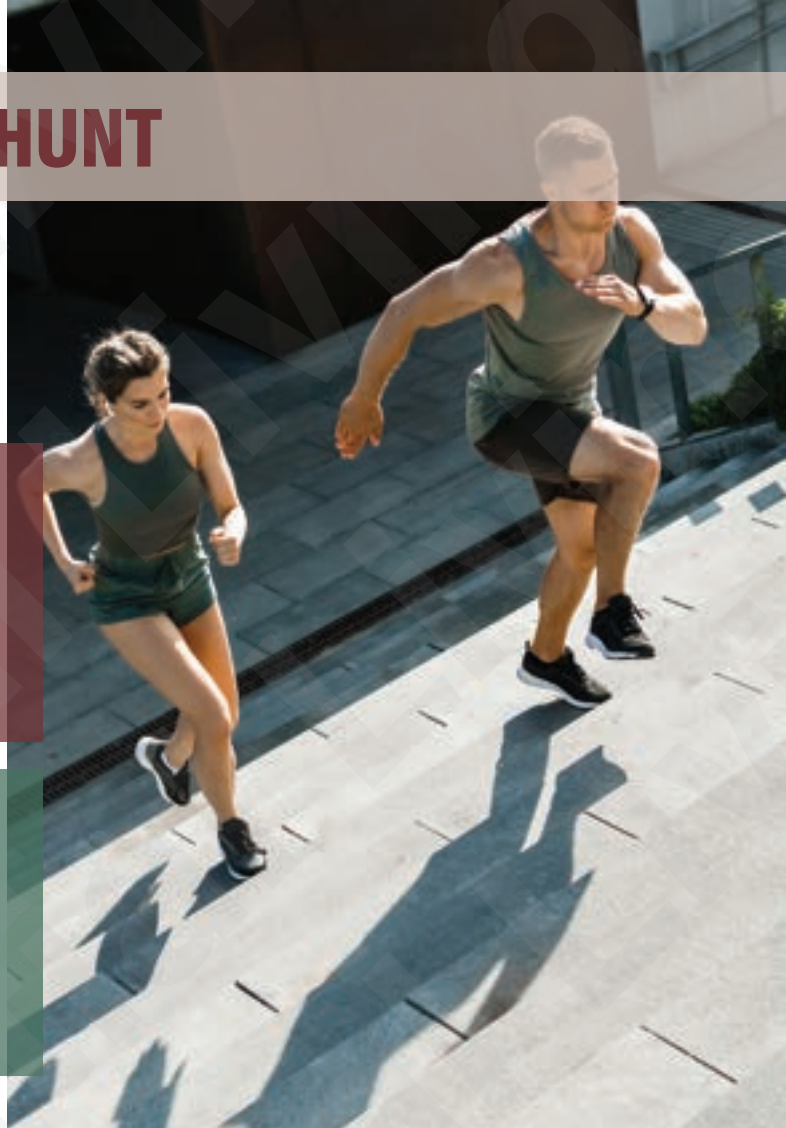
Designed to get you moving, exploring and having fun, this hunt combines cardio, strength and flexibility exercises with a bit of creativity. Whether you're in a park, your neighborhood or a city, this scavenger hunt can be adapted to any environment.

HOW IT WORKS

1. Create Your Hunt List: Below is a sample list of items to find and corresponding exercises. Feel free to customize it based on your location and fitness goals.
2. Set a Time Limit: Give yourself a set amount of time, like 45 minutes, to complete the hunt.

SAMPLE SCAVENGER HUNT LIST

1. Find a Set of Stairs or Steps: Run up and down the stairs three times.
2. Spot a White Sports Car: Complete 30 jumping jacks.
3. Find an Empty Park Bench: Do 15 tricep dips and 15 incline push-ups.



COURTSIDE CARDIO

Turn any basketball court into a high-intensity workout zone.

LATERAL LUNGES (3 REPS)

1. Perform lateral lunges, moving from one sideline to the other.
2. Rest for 15 seconds between reps.

JUMP SQUATS (3 REPS)

1. Perform jump squats at the half-court line for 30 seconds.
2. Rest for 15 seconds between reps.

SPRINT LADDERS (4 ROUNDS)

1. Start at the baseline, sprint to the free-throw line, touch it, sprint back.
2. Sprint to half-court, touch it, sprint back.
3. Sprint to the far free-throw line, touch it, sprint back.
4. Sprint to the opposite baseline, touch it, sprint back.
5. Rest for 30 seconds between rounds.

Ditch the gym and take your workout outside where nature's playground turns exercise into an adventure filled with fresh air, fun and fitness gains!



5-ingredient salads

Who says you need a long list of ingredients to create a delicious salad? These five-ingredient recipes are proof that less is truly more. With bold flavor combinations, these salads are a must-try for anyone looking to simplify their mealtime without sacrificing taste.

rotisserie chicken salad

Bursting with the juicy goodness of rotisserie chicken and your favorite mix-ins, this salad is perfect for sandwiches, wraps or a light lunch on its own.

INGREDIENTS

- 2 c. shredded rotisserie chicken
- ½ c. celery, chopped
- ½ c. mayo
- ½ tbsp. Dijon mustard
- ¼ c. dried cranberries

INSTRUCTIONS

1. In a large bowl, add the chicken, celery, mayo, mustard and dried cranberries. Stir well to combine.
2. Chill before serving with crackers or enjoying as a sandwich.

PREP TIME: 10 minutes

YIELD: 4 servings



beet and kale salad

A vibrant and delicious blend of earthy kale, sweet beets and crunchy walnuts.

INGREDIENTS

- 4 c. kale, stemmed and chopped
- 2 medium beets
- 1 medium apple, diced
- ¼ c. walnuts, toasted
- ¼ c. dried cranberries



PREP TIME: 35 minutes
YIELD: 4 servings



INSTRUCTIONS

FOR THE STEAMED BEETS

1. Wash the beets thoroughly.
2. Fill a large pot with a few inches of water. Insert a steamer basket, making sure the water level is below the bottom of the steamer.
3. Place the beets in the steamer basket and cover.
4. Steam on high until beets are fork tender, about 25 minutes.
5. Let the beets cool slightly before peeling under running water.
6. Dice and set aside.

FOR THE WALNUTS

1. Toast the walnuts in a dry skillet over medium heat until golden brown, stirring frequently to prevent burning. Set aside to cool.

FOR THE SALAD

1. In a large bowl, combine kale, apple slices and dried cranberries.
2. Next add in the steamed beets and toss to combine.
3. Top with toasted walnuts before serving.

spinach citrus salad

This light and flavorful salad is a burst of citrusy goodness in every bite.

INGREDIENTS

- 3 c. fresh spinach, washed and dried
- 1 orange, peeled and segmented
- ¼ c. crumbled feta cheese
- ¼ c. red onion, thinly sliced
- 3 tbsp. pine nuts, toasted

INSTRUCTIONS

1. In a dry skillet over medium heat, toast the pine nuts until golden brown, stirring frequently to prevent burning. Let cool.
2. In a large bowl, combine the spinach, orange segments, feta cheese and red onion. Toss to combine.
3. Top with the roasted pine nuts and enjoy!

PREP TIME: 10 minutes

YIELD: 2 servings



shrimp and avocado salad

INGREDIENTS

- 1 grapefruit
- 1 large avocado, cut into long wedges
- ¾ lb. shelled and deveined large shrimp
- 1 red cabbage, chopped
- 1 large cucumber, sliced thinly and rolled

FOR THE VINAIGRETTE

- ¼ c. plus 1 tbsp. extra-virgin olive oil
- 2 tbsp. fresh lime juice

INSTRUCTIONS

1. In a large bowl, combine three tablespoons of olive oil with the lime juice.
2. Next, peel the skin off the grapefruit and remove the bitter white pith. Working over the bowl, cut in between the membranes to release the grapefruit sections into the bowl. Then, squeeze the remaining juice from the membranes into the bowl.
3. Heat the remaining two tablespoons of olive oil in a medium skillet, until shimmering. Add the shrimp and cook over medium heat, tossing the shrimp until they are curled and pink, about four minutes. Set aside.
4. Next, divide the chopped lettuce into four bowls and add the sliced cucumbers.
5. Using a slotted spoon, scoop the grapefruit and avocado from the citrus vinaigrette and place over the lettuce and cucumbers.
6. Add the shrimp to the remaining vinaigrette and toss to coat. Then, add the shrimp to the bowls and drizzle the remaining vinaigrette on top. Serve immediately.



PREP TIME: 15 minutes
COOK TIME: 5 minutes
YIELD: 4 servings

WATER YOU DOO-ING?

You don't need your own boat to hit the waves and have a little fun in the sun. Personal watercraft have gotten faster, sleeker and more fuel-efficient as a way to enjoy some high-speed action on the water.



PERSONAL WATERCRAFT HAVE NEVER BEEN MORE FUN



SPLISH OR SPLASH?

When it comes to personal watercraft, there are two primary styles — one is a Sea-Doo runabout-style machine that sits 2-3 people and is ridden like you're steering a Harley. The other is a stand-up craft, a Jet Ski, that's a bit more like riding a scooter. Both styles have high horsepower, quick maneuverability and are a ton of fun.

Currently, more than 1 million personal watercraft are in use in the U.S. Three brands account for the vast majority of PWC sales in the U.S.: Sea-Doo, Yamaha and Kawasaki.

PWCs are especially popular among the boating crowd because they have reasonable entry-level pricing, they're easier to transport and store than a full-sized boat and they're generally good for beginners.

WHAT'S NEW IN THE WATER

Makes, models and capabilities of personal watercraft continue to improve every year. Typically, innovations focus on greater power and better sustainability. A new ride from Sea-Doo (the RXP-X 325) has the most powerful personal watercraft engine yet, with the ability to reach speeds up to 70 mph.


Sustainability has also become more of a buzzword among PWC enthusiasts. Riders tout the relatively small footprint of a personal watercraft versus a boat — speeds are usually slower, there's less wake and less erosion. In the green space, niche personal watercraft manufacturer Taiga has even put out the Orca, an electric-powered personal watercraft.

GET IN ON IT

Some of the more popular models of personal watercraft from recent years include the Sea-Doo RXP-X-325, Yamaha's FX Cruiser HO (an all-around WaveRunner) and Kawasaki's powerfully built SX-R 160. Each of the three major players has a range of models that includes an entry offering, an all-around PWC and, usually, a performance watercraft that can really lay down some speed.

In addition to these big players, there are a few smaller personal watercraft manufacturers, which include Krash Industries, Belassi (who specialize in luxury rides) and the previously mentioned Taiga.

Expect to pay somewhere between \$7k and \$21k, with speed and features ramping up as fast as you can pay for them.



VISUAL GUIDE TO

SUPERFOODS

Superfoods are nutrient-dense foods packed with vitamins, minerals, antioxidants and other beneficial compounds. While no food is truly magical, these foods offer exceptional nutritional value.

UNLEASHING THE BENEFITS

BOOSTED IMMUNITY

Many superfoods are rich in antioxidants, which help protect cells from damage and strengthen your immune system.

IMPROVED HEART HEALTH

Superfoods often contain heart-healthy fats, fiber and antioxidants that contribute to a healthy cardiovascular system.

ENHANCED ENERGY LEVELS

The vitamins and minerals in superfoods provide sustained energy and reduce fatigue.



A SUPERFOOD SHOWCASE



QUINOA: PROMOTES GUT HEALTH

As a complete protein source, quinoa offers a unique nutritional profile. Rich in fiber, magnesium and iron, it provides sustained energy.



BLUEBERRIES: BOOSTS BRAIN FUNCTION

These tiny powerhouses are packed with antioxidants, vitamin C and vitamin K. Beyond their delicious taste, blueberries are great for reducing inflammation.



KALE: SUPPORTS BONE HEALTH

This leafy green superfood is packed with vitamins A, C and K, calcium, iron and fiber. They can help protect against heart disease.

CHIA SEEDS: IMPROVES DIGESTION

These tiny seeds are packed with fiber, omega-3 fatty acids and protein. They excel at supporting heart health and helping to regulate blood sugar levels.



SALMON: REDUCES INFLAMMATION

Renowned for its omega-3 fatty acids and protein content, salmon is a cornerstone of heart-healthy diets. It also supports brain function.



AVOCADO: AIDS DIGESTION

This creamy fruit is a rich source of healthy fats, fiber and potassium. It supports heart health, aids digestion and provides essential nutrients for skin and hair.



DARK CHOCOLATE: SUPPORTS HEART HEALTH

With a high cocoa content, dark chocolate offers an indulgent way to consume antioxidants. It improves mood, supports heart health and may lower blood pressure.

WALNUTS: AIDS BRAIN FUNCTION

These nuts are rich in omega-3 fatty acids, antioxidants and fiber. They support heart health and brain function and may help reduce inflammation.



SPINACH: HELPS IMMUNE FUNCTION

Another leafy green superstar, spinach is packed with vitamins A, C and K, iron and folate. Spinach promotes eye health, strengthens bones and supports immune function.



GOJI BERRIES: SUPPORTS LIVER FUNCTION

Known for their high antioxidant content, goji berries are rich in vitamins C and A. They boost immunity, support liver function and promote healthy skin.





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SPRING FRUIT SMOOTHIE

The perfect smoothie for
a quick, healthy start
to your day!

INGREDIENTS

- | | |
|--|---------------------------------|
| 1 c. fresh strawberries,
hulled | ½ c. unsweetened
almond milk |
| ½ c. pineapple chunks
(fresh or frozen) | ½ c. kale, chopped |
| ½ banana, sliced | 1 tbsp. honey
(optional) |
| ½ c. Greek yogurt | Ice cubes (optional) |

INSTRUCTIONS

Blend all ingredients until smooth.



DUTCH OVEN BREAD

PREP TIME: 15 MINUTES

| COOK TIME: 40 MINUTES

| YIELD: 1 LOAF

INGREDIENTS

3¼ c. all-purpose flour
1 tsp. active dry yeast
1 tsp. salt
1½ c. warm water (approx. 100° F)

INSTRUCTIONS

1. In a large bowl, whisk together warm water, yeast and table salt until they are almost dissolved.
2. Add flour to the bowl and stir until a sticky dough forms.
3. Cover the bowl with a towel and leave in a warm place for two to three hours and allow to rise.
4. Preheat oven to 450° F, place Dutch oven with lid onto the center rack and heat for 30 minutes.
5. Place the dough onto parchment paper dusted with flour. Use the parchment paper to shape the dough into a round loaf.
6. Using a sharp knife, make ¼-inch deep slashes across the top of the loaf. Gently lower the bread into the heated Dutch oven, cover and bake for 30 minutes. Remove the lid and bake for an additional 5-10 minutes until golden brown.
7. Allow to cool for 20 minutes before slicing.



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Homemade Crêpes



- 3 tbsp. unsalted butter, melted
- 1 c. all-purpose flour
- 1 tbsp. granulated sugar
- $\frac{1}{8}$ tsp. salt
- $\frac{3}{4}$ c. whole milk, room temperature
- $\frac{1}{2}$ c. water, room temperature
- 2 large eggs, room temperature
- $\frac{1}{2}$ tsp. pure vanilla extract

1. Melt three tablespoons of butter in the microwave or on the stove. Set aside and let cool for five minutes.
2. Combine the cooled melted butter, flour, sugar, salt, milk, water, eggs and vanilla in a blender. Blend on medium-high speed until batter is smooth. Refrigerate in an airtight container for at least 30 minutes.
3. Heat an 8-inch skillet over medium heat and generously grease with butter. Once the skillet is hot, pour $\frac{1}{4}$ cup of batter into the center of the pan. Tilt the pan from side to side, forming an even circle. Cook until lightly browned, approximately one to two minutes, then flip. Cook the other side for 30 seconds until set. Repeat with the remaining batter, making sure to grease the pan between each crepe.



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