Lung Association provided activities. Recently, the American causes difficulty breathing chronic lung disease that amounting to about 1 in 13 25 million people in the United may value exercise, to say that "He speaks of health "Though some indi says, "He speaks of health and what we eat. Jewish tradi "Traditional Foods" Fresh and local ingredients. find in a recipe over our own ancestors, contemporary Jews both our tefillot (prayers) and our berakhot (blessings) Both our tefillot (prayers) and our berakhot (blessings) would be more meaningful and our eating would be more healthy, and our berakhot (blessings) would be more meaningful and our eating would be more healthful, and our berakhot (blessings) would be more meaningful and our eating would be more healthful, and our berakhot (blessings) would be more meaningful and our eating would be more healthful, and our berakhot (blessings) would be more meaningful and our eating would be more healthful, and our berakhot (blessings) would be more meaningful and our eating would be more healthful, and our berakhot (blessings) would be more meaningful. Nevertheless, the words of God, King of the Universe, "Blessed are You, Lord our God, King of the Universe, who straightens the bent." Is God, King of the Universe, "Blessed are You, Lord our God, King of the Universe, who straightens the bent." Is...
A diagnostic tool that treats autism like cancer

By Abigail Klein Leichman

ISRAEL21c – An Israeli pediatric hematologist-oncologist believes a new diagnostic tool for autism is the key to diagnosing and treating many cases of autism spectrum disorder (ASD).

Dr. Benjamin in Gesundheit recently revealed his excitement over a new tool that is making a difference in the way many children with autism are treated.

But international reports from a variety of sources show that children with autism may have autoimmune diseases.

Moreover, treating ASD children for autoimmune diseases, he says, sometimes results in improvements of their ASD symptoms as well — typically, improved social and communication skills and less repetitive behavior.

‘It became obvious to me there was a connection in my patients from the literature and from people I knew pointed in exactly the same direction,” he says.

His discoveries led to the 2014 founding of his start-up, Cell-El Therapeutics.

Here are a few ideas to get you excited about travel and camping this summer. From cooking to photography (and glamming and camping, glamour and camping), each of these ideas is exactly what it implies.

For information on Cell-El’s diagnostic products, visit www.cell-el.com or contact us.

Tips to embrace the healthy habit of bicycling

Finish the ‘dream vacation’ for fewer dollars (and fewer miles)

Bicycling is a heart-healthy activity that is continuing to grow.

As a substitute for driving, it helps build out a more well-rounded fitness routine that includes an increased emphasis on walking with cycling.

Whether it’s to ease back into international biking, especially for kids and families, or kids and families who are out of shape, bicycling is an excellent way to get back on a bike.

After the pandemic ends. Take a bike, a bike that best meets their needs. Whether you’re a runner, swimmer or love working out at home, swap at least one workout with a cycling workout.

Cross training emphasizes different muscle groups and offers a change of scenery.

Go Electric

Electric bikes are great options for all adults, no matter your level of experience. An e-bike helps you get back on a bike if it’s been a while since you rode, if you have physical limitations that make riding a normal bike difficult, or if you want to keep up on a ride with more experienced friends.

The pedal-powered boost can also provide a less intense alternative to traditional biking, especially for those looking to commute without breaking a sweat. Wherever you are — on the road, on the bike or on foot — it’s the same joy

Get Equipped

Consider a one-stop brand, such as Huffy Bicycles to travel with new activities this past year, the vast majority think it’s at least somewhat likely they’ll pick a vacation spot-close to the new pandemic-end conditions. Take a safe, local trip inspired by your new hobby.

For information on Cell-El’s diagnostic products, visit www.cell-el.com or contact us.

How the ‘dream vacation’ has changed for Americans

The survey also revealed that travel as a form of well-being and a way to make the most of your life is that is continuing to grow.

Americanslargely view travel as part of a well-rounded lifestyle.

But is travel a good idea during a pandemic? Is the air safe to breathe? Are there travel restrictions making it difficult to plan in advance or during the current travel season?

In the current travel climate, travelers are now looking for ways to enjoy the outdoors in a safe way.

Combine your passions: A majority of respondents said they’re entering a new hobby since the start of the pandemic.

From cooking to photographing, from vying to tent camping to tending to offer the all-star introduction to the land of fun and adventure, just a few years ago, the only widespread desire to travel, but changes in the kind of trips we wish to take. Whereas 62 percent of Americans reported that they’re going to travel as a result of the continued acclaim for their health and fitness, pandemic-related changes.

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Israel ramps up autism research, helps find new ASD subset

By Abdallah Klein Leichman

(ISRAEL21c) — A new database to assist Israeli scientists and clinicians in understanding autism spectrum disorder has been launched at the National Autism Research Center of Israel based at Ben-Gurion University in Beer Sheva.

The database so far contains information from 961 children and their parents who came to the center over the three years since it opened. About 3,800 kids are diagnosed with ASD annually in Israel. The center aims to follow 70 percent of them, thereby creating a wide picture of ASD diagnosis and development in Israel.

The database includes behavioral assessments, audio and video recordings, as well as views and questionnaires, birth and medical records, MRI scans and genetic analyses. Later this year, biological samples will be added. The database was announced in a paper published July 28 in The Journal of Molecular Neuroscience.

The center’s director, Prof. Ilan Dinstein, said the database “will prove invaluable to national research, because it can relate problems evident in the birth records with MRI scans from older ages.”

More than 45 researchers and clinicians identified nine scientific questions that will guide ASD research. “We expect that this work will reveal critical information about how to improve autism diagnosis and treatment services in Israel. The goal is to have an immediate influence on healthcare and education services within the next three to five years,” said Dinstein.

“Keep the fun afloat

(Family Features) — For those who enjoy outdoor and active summer lifestyles, water entertainment may be the way to go. Racing the wind with the wind flowing through your hair can be a fun and exhilarating way to enjoy fresh air; a dip in a cool lake can also help keep the heat at bay on hot summer days.

Despite world events over the past year, the watersports lifestyle is thriving – potentially due to the nature of personal watercraft riding and ability to practice social distancing. In fact, powerboat sales reached record highs, and while that momentum has slowed some in 2021, personal watercraft sales are still surging – up 77 percent over 2020, according to the National Marine Manufacturers Association. This growth means there are lots of new riders on the water, and that can affect the safety of riders who have experienced and new.

Respecting riding etiquette, protective gear and being conscious of the environment can help ensure riders have fun and continue to enjoy access to water sports. The team at Sea-Doo, a global leader in water sports, shares this advice to help keep everyone safe while having fun on the water:

Know the rules. Rules can vary from one state or location to the next, so be sure you know what the expectations are before you head out on the water. You can find more licensing requirements and other regulations in your area through the U.S. Powerboating Foundation.

Dress for success. Ensure you have a life jacket or personal flotation device that fits you comfortably. Remember to connect the tether cord from the igniter to your life jacket to cut power to the engine should you ever fall in the water. Additionally, neoprene shorts can help prevent injuries and a comfortable layer between your body and the saddle. Gloves and boots provide protection and improve your grip, and sunglasses can help protect your eyes from the wind and water. It’s also a good idea to keep a windbreaker in a storage compartment in case weather blows in unexpectedly.

Gear up. Once you’re dressed for the occasion, you won’t need much other gear, but there are a few exceptions that can help protect you. Always keep a first-aid kit on board, along with a radio to call for help if you have trouble. A water bottle is a must and you should stay hydrated on the water, where you typically can’t go ashore to get water due to the wind and sun.

Play nice. On gorgeous, clear-water days, enjoy your local lake to be lazy. Be respectful of others and remember to keep a safe distance between yourself and other watercrafts. If you haven’t already, take a watercraft or boat safety course and brush up on the basics. Beyond that, pay attention to signs, especially ones that note restricted areas and no-wake zones, and keep a safe 200-foot distance between yourself and other watercrafts.

Be earth aware. Part of being responsible on the water is respecting the environment. You can do your part by committing to green habits like recycling and doing constant maintenance work away from the shoreline. By doing so, you’ll help prevent boats and personal watercraft from drifting too close to the shore can tear up your watercraft, but also disturb local wildlife and fish and birds that feed on the sediment in the shallows, endangering birds and adults. Be aware noise and movement of boats may disturb birds and other marine life. Keeping to channels and deeper water also helps protect the wildlife and prevent shoreline erosion.

Find more tips to maximize your fun in the sun and stay safe on your personal watercraft Sea-Doo.com.

Keep the fun afloat

- By Daniel D. Cohen, M.D.

Technology is changing at a rapid pace and the advancements in urological practices in urological practices are no exception. One of the newest treatments is Aquablation, which offers a different type of therapy for Benign Prostatic Hyperplasia. It is an advanced, minimally invasive treatment that uses a stream of water delivered with robotic precision to provide long-lasting symptom relief as it cools, dries and vaporizes prostate tissue. There is no need for anesthesia, awake surgery or a catheter. Treatment takes only a few minutes.

When you’re riding, getting well away from the shoreline and protected eggs and hatchlings to nesting birds may fly from their nests, exposing unprotected eggs and hatchlings to the sun’s heat. Keeping to channels and deeper water also helps protect the wildlife and prevent shoreline erosion.

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Specialized Care for All of Your Urological Needs

Daniel D. Cohen, MD

Voted Top Doctor in Orlando for the Past Eight Years

315 North Lakemont Drive | Winter Park, FL 32792
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TopLine MD, Alliance

Technological advances in urology

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Tips for a safer, more enjoyable summer at the pool

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Florida celebrates men's health in June and throughout the year

Raising awareness of the need for men and boys to live healthy lifestyles is critical to their wellbeing. The life expectancy for the average man in the United States is 79 years less than women, and men also have higher rates of injury from cancer, diabetes, and heart disease. Moreover, the Centers for Disease Control and Prevention reports women are 10 times more likely to visit their doctor for annual exams and preventative services than men.

Report cards on the status of male health in each state can be found at the State of Men's Health website. Proclamations from cities for every facet of the home, which includes specific provisions for "make pools and spa safer," was found at www.menalhealthmonth.com.

As we emerge from the COVID-19 pandemic, it is important to acknowledge the impact this health crisis has had on all of us," Gainesville Mayor Lauren Poe said. "I encourage Gainesville's men and women to follow good physical and mental health practices and learn more about the steps to protect our health by visiting menhealthmonth.org."

"The City of Tarpon Springs is proud to support and recognize June as Men's Health Awareness Month and issue a Proclamation to our citizens to increase awareness of the importance of a healthy lifestyle, regular exercise and medical check-ups," said Tarpon Springs Mayor Chris McCarty. "It's very important that more men are reached and in turn be more healthy and fit, and what we all need to do to be more fit and healthy," said Florida Department of Health Commissioner Dr. Katie Coury. "This is Why Men's Health Month is important.

"We applaud officials in their states for helping raise awareness of the health issues facing men and their families by recognizing this year's men's health awareness period," said Ana Fadich, MPH, CHES, Vice President, Men’s Health Network. "Communities across the globe continue to promote the health and well-being of men and boys throughout June. We hope this year's awareness period will help men and their families be more mindful of their health starting with a doctor's appointment."

Across the country, hundreds of health care professionals, private corporations, faith-based organizations, community groups, and other interested organizations help plan events and activities that focus on men's health during June, and throughout the year.

For ideas and free resources in both English and Spanish, visit www.MensHealthMonth.org.

Men's Health Month grew out of National Men's Health Week, which was enacted by Congress. The legislation was sponsored by Senator Bob Dole and Congressman Bill Richardson and was signed into law by President Bill Clinton on May 31, 1994.

Men's Health Month and Men's Health Week are organized by Men's Health Network MHM), an international non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health prevention messages, tools, screening programs, educational materials, advocacy opportunities, and patient navigation. Learn more about MHM at www.menshealthnetwork.org and follow them on Twitter @MensHealthNetwork and Facebook at www.facebook.com/menshealthnetwork. For more information on MHN's ongoing Dialogue on Men’s Health series, visit www.diagloguemenshealth.com.

Central Florida

70+ runners outrunning age

By Howard Lefkowitz

"When I did my first 10k race in 1976, I didn't realize you're supposed to go thru the starting line and not come back. I was running upright in your winning vest. It was too cold that night, so I got up without the starting line and me and the 10k vest went up the sidewalk and went back. But age and experience has tempered naivety around. But age and experience has tempered naivety around. “But age and experience has tempered naivety around.”

Theory, which mean she can stay in bed till 6:45 a.m. Of course, on Monday and Wednesday and Saturday mornings, assuming there's no conflict with live performances with the Orlando Symphony, Orlando Ballet, or the Florida Symphony at the Dr. Phillips Center she just can’t miss. Pearl will take in the Orlando Opera and the Harriet’s (Lake) Orlando Bal- let Center. 

Pearl prides herself on maintaining a well-balanced regimen of activities that include running Palm State Mortgage Company, a business she started over 35 years ago. She will also single handedly cooka celery that seeded 40 people (we only had 16 over on the back patio). Additionally, during normal times, she’ll travel every third weekend to see grandchildren or family, or for the 14th straight year during normal times, she'll travel every third weekend to see grandchildren or family, or for the 14th straight year during normal times, she'll travel every third weekend to see grandchildren or family, or for the 14th straight year during normal times, she'll travel every third weekend to see grandchildren or family. She also has the 16th straight year (other than Covid), to Jazz Fest in New Orleans. Often, she'll pick up an 85-day ticket or dinner at home. By 9 p.m., after two glasses of wine and before the usually much conversation remain “tips against it, has led to improved results.”

Meditation requires serious commitment but are not all “life consum- ing.” And although I was present a.m., depending on the daily exercise routine. Mondays and Fridays are spin classes in the household. "But age and experience has tempered naivety around.”

on the YMCA. Tuesday and Thursdays are running up and down a 4-story car park garage in Winter Park with the same good luck, 30 percent good habits, and 10 percent good mind-set. To my way of thinking that second 40 percent is one in the same.”

Florida celebrates men’s health in June and throughout the year

Pearl Lefkowitz took first place in the “Best Damn Race.”

By Howard Lefkowitz

"When I did my first 10k competition four years ago, I realized that I didn’t realize you’re supposed to go thru the starting line and not come back. I was running upright in your winning vest. It was too cold that night, so I got up without the starting line and me and the 10k vest went up the sidewalk and went back. But age and experience has tempered naivety around. “But age and experience has tempered naivety around.”

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Florida celebrates men’s health in June and throughout the year

Pearl Lefkowitz took first place in the “Best Damn Race.”

transmitted the test results.
A revolutionary blood clot that can heal chronic wounds

By Abigail Klein Lechman

(Israel21c) — The body’s mechanism for healing wounds is quite miraculous. The skin sheds, the body’s natural blood clots and forms a callus. The clot sends a biologic signal to the immune system and actions that protect against infection and bring blood cells to the site of injury to build new tissue in place of the damaged tissue.

This amazing process happens underneath the skin, the world’s worst kept secret. It’s all over quickly.

While many people have chronic, nontraumatic injuries that never heal, these wounds don’t get the attention they deserve to set off the signal and not enough blood flows to the site.

ActiGraft, invented in Israel, is a unique wound care product — a clot that healthcare providers prefer to use on wounds that arise from a fall of the patient’s fall or are caused by a variety of reasons, such as a heart attack or stroke.

“Wound care is a $20 billion industry in the United States, and yet there is no optimized treatment,” said Dr. Bryan Doner of D&P Medical Devices, a wound specialist in Pittsburgh, Pennsylvania, a practice specializing in wound care, biotherapy, and clinical research.

In Israel, experts expect ActiGraft as it uses the body’s own healing cascade to help initiate the wound healing process and has a unique role as a topical dressing [using Dermapatch], said Dr. Bryan Dumer of D&P Medical Devices.

“ActiGraft is an innovative treatment for chronic wounds as there are no other treatments that can solve the problem. ActiGraft is a one-of-a-kind device with a special reagent inside a new, FDA-approved dressing, that can help prevent wounds from becoming infected and lead to more serious illness,” said Dr. Zyskind.

The unusual pattern of RSV

This winter, a time when many children in Orthodox Brooklyn are sick now with a common cold, there are no shortcuts for the neighborhood, there are smaller and who have no immunity. Particular conditions for the disease’s spread, particularly before birth, are being seen in Brooklyn. The unusual pattern of RSV in the Ortho community is slightly more than a year after the area hosted some of the earliest outbreaks of COVID-19 in the city. At the time, the community’s communal practices and multigenerational families were suggested as contributing conditions for the disease’s spread, particularly before birth, are being seen in Brooklyn.

The cases are appearing in early indicators for patterns in Orthodox Brooklyn as the weather warms. The unusual pattern of RSV in the Ortho community is slightly more than a year after the area hosted some of the earliest outbreaks of COVID-19 in the city. At the time, the community’s communal practices and multigenerational families were suggested as contributing conditions for the disease’s spread, particularly before birth, are being seen in Brooklyn.

From burns to chronic wounds

ActiGraft tricked the body into thinking this chronic wound had healed. Even the wound healed. Months later, she walked home. “Within two months, we were published here.” Kushner says.

After a call from a physician in Italy recently about a diabetic ulcer he’d been struggling to treat, ActiGraft healed it completely in five weeks.

In the United States, we are seeing that people often die from chronic ulcers because they get infected by wounds that cannot be solved by any other treatment. We said, ‘We need a one-of-a-kind device with a special reagent inside a new, FDA-approved dressing, that can help prevent wounds from becoming infected and lead to more serious illness.’” Kushner relates.

“The first market we got FDA clearance for is diabetics with ulcerative diabetic foot ulcers. All our studies were done on diabetic foot ulcers,” Kushner explains.

ActiGraft was originally for treating burns. In 2009, my father was managing an elderly home and came up with a treatment where he’d coagulate a patient’s blood into sheets, freeze it and place it on burns. During the first 10 days when an ulcer comes, the wound begins to shrink and the possibility of infection,” Kushner relates.

Doctors already are using ActiGraft in a one-of-a-kind device with a special reagent inside a new, FDA-approved dressing, that can help prevent wounds from becoming infected and lead to more serious illness.

This winter, a time when many children in Orthodox Brooklyn are sick now with a common cold, there are no shortcuts for the neighborhood, there are smaller and who have no immunity. Particular conditions for the disease’s spread, particularly before birth, are being seen in Brooklyn.

For burns to chronic wounds

ActiGraft tricked the body into thinking this chronic wound had healed. Even the wound healed. Months later, she walked home.

“Funding the body with the proper amount of nutrients is key in regulating biological processes and the way this product works is to provide the body with the proper amount of nutrients. It’s a way to combat diabetes and insulin resistance. The team used biochemical methods and metabolic analysis to uncover the mechanism behind diabetes,” said Dr. Bryan Dumer of D&P Medical Devices.

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High blood pressure is often invisible or isn’t realtized it or aren’t keeping it at a healthy level.

For most adults, healthy blood pressure is 120/80 millimeters of mercury or less. Blood pressure consistently above 130/80 millimeters of mercury increases your risk for heart disease, kidney disease, eye damage, demen- tia and stroke. Your doctor might recommend lowering your blood pressure if it is between 120/80 and 130/80 and you have other risk factors like heart or blood vessel disease.

High blood pressure is often “silent,” meaning it doesn’t usually cause symptoms but can damage your body, especially your heart over time. Having poor heart health also increases the risk of severe illness from COVID-19. While you can’t control everything that increases your risk for high blood pressure — it runs in families, often increases with age and varies by race and ethnicity — there are things you can do. Consider these tips from experts with the National Heart, Lung, and Blood Institute’s The Heart Truth program:

1. Know Your Numbers. Everyone ages 3 and older should get their blood pressure checked by a healthcare provider at least once a year. Expert advice: 30 minutes before your test, don’t exer- cise, drink coffee or smoke cigarettes. Right before, go to the bathroom. During the test, rest your arm on a table at the level of your heart and put your feet flat on the floor. Relax and don’t talk.

2. Eat Healthy. Follow a heart-healthy eating plan, such as NHLBI’s Dietary Approaches to Stop Hyperten- sion (DASH). For example, use herbs for flavor instead of salt and add one fruit or vegetable to every meal.

3. Move More. Get at least 2 1/2 hours of physical activ- ity each week to help lower and control blood pressure. To ensure you’re getting your daily activity, try breaking your activity up into 10-minute periods. Do 10 minutes of exercise, three days at a time or one 30-minute session on five separate days each week. Any amount of physical activity is better than none and all activity counts.

4. Aim for a Healthy Weight. If you’re overweight, losing just 3-5 percent of your weight can improve blood pressure. If you weigh 200 pounds, that’s a loss of 10 pounds. To lose weight, ask a friend or family member for help or to join a weight loss program with your health care provider. Social support can help keep you motivated.

5. Manage Stress. Stress can increase your blood pres- sure and make your body store more fat. Reduce stress with meditation, relaxing activities or support from a counselor or online group.

6. Unwind. Healthy Pregnancy. High blood pressure during pregnancy can harm the mother and baby. It also increases a woman’s risk of having high blood pressure later in life. Talk to your health care provider about high blood pressure. Ask if your blood pressure is normal and track it during and after pregnancy.

If you’re planning to become pregnant, start monitoring it now.

7. Stop Smoking. The chemicals in tobacco smoke can harm your heart and blood vessels. Seek out re- sources, such as smoke free hotlines and text message programs, that offer free sup- port and information.

8. Work with Your Doctor. Get help setting your target blood pressure. Write down every time you get your blood pressure checked. Ask if you should monitor your blood pres- sure from home. Take all prescribed medications as directed and keep up your healthy lifestyle. If seeing a doctor worries you, ask to have your blood pressure taken more than once during a visit to get an accurate reading.

To find more information about high blood pressure as well as resources for tracking your numbers, visit nhlbi.nih.gov.

Eight ways to reach a healthy blood pressure

Are you washing your fruits and vegetables correctly?

Carla Hall shares fun and tasty carrot recipes

(StatePoint) — To celebrate spring, Carla Hall, renowned chef, author, and television host, offers two delicious recipes that make carrots the star ingredient of the season.

“The thing I love most about the humble carrot is its versatili- ty. It can be a snack, a salad, a side dish or the base for most soups and sauces,” says Hall.

McCormick spices agree, pointing that recipe searches for roasting carrots is trending over the past year in internet searches and on their website, making it the perfect partner with people for vibrant spring dishes.

With roasted veggies on people’s minds, Hall created Roasted Carrots in a Blanket — a fun, carrot-on-the- spin on the traditional pigs-in-a-blanket. The roasted carrots, seasoned with paprika, ground mustard, and rosemary, are wrapped in a light and flaky pastry.

Carrots-In-A-Blanket
2 tablespoons butter, melted
2 tablespoons orange juice
2 teaspoons honey
1 teaspoon McCormick Gourmet Organic Ground Coriander
1 teaspoon McCormick Ground Mustard
1 teaspoon McCormick Paprika
1/2 teaspoon McCormick Rosemary Leaves, lightly crushed
1 teaspoon kochuer salt
1 teaspoon McCormick Black Pepper Grind
1 package (16 ounces) baby carrots
3 cans (6 ounces each) refrigerated crescent roll dough

Instructions
1. Preheat oven to 375°F. Mix butter, orange juice, honey, spices, salt and pepper in large bowl. Add carrots; toss to coat well. Arrange carrots in single layer on large parchment-lined sheet pan.
2. Roast 20 to 25 minutes or just until tender. Allow to cool slightly.
3. For the Roasted Carrot Muidarce, transfer 1/2 cup of the roasted carrots to blender container or food processor. Add mustard, spices, extract and water. Cover. Purée until completely smooth. Set aside.
4. Shred carrots on clean surface (do not separate triangles). Brush about 2 tablespoons of the Carrot Mustard Sauce evenly over each sheet of crescent dough. Reserve remaining sauce for serving. Use a pizza cutter to cut along perforations, then cut each triangle lengthwise into three separate triangles. Place one cooled carrot on the wide side of each dough triangle, then roll towards pointy ends to wrap carrots in dough. Place wrapped carrots tail- and down about 1 inch apart on parchment-lined sheet pan.
5. Bake 12 to 15 minutes until dough is golden brown, rotating pan halfway through cooking. Serve warm with remaining sauce for dipping.

Makes 32 servings.

Hall also came up with a Warm Carrot Salad with Creamy Lemon Dressing.

Layers of roasted carrots are lightly spiked with cayenne and black pepper to complement naturally sweet Granny Smith apples, golden raisins, and pineapple. A simple, creamy lemon dressing drizzled on top adds a slightly tangy pop to this bright and colorful dish.

Here, Hall shares some clever tips for creating carrot- inspired meals:

To make the most of your time in the kitchen, peel your carrots using up and down strokes to make sure there are no wasted movements, and you get the job done faster.

To cut carrots quickly, use a pizza cutter to cut along perforations, then cut each triangle lengthwise into three separate triangles. Place one cooled carrot on the wide side of each dough triangle, then roll towards pointy ends to wrap carrots in dough. Place wrapped carrots tail- and down about 1 inch apart on parchment-lined sheet pan.
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