



FREE

Find Your Love Language

Discover how to strengthen bonds with your friends and loved ones

Gender Norms in 2025

Eliminate the outdated idea of specific household roles

Benefits of Chocolate

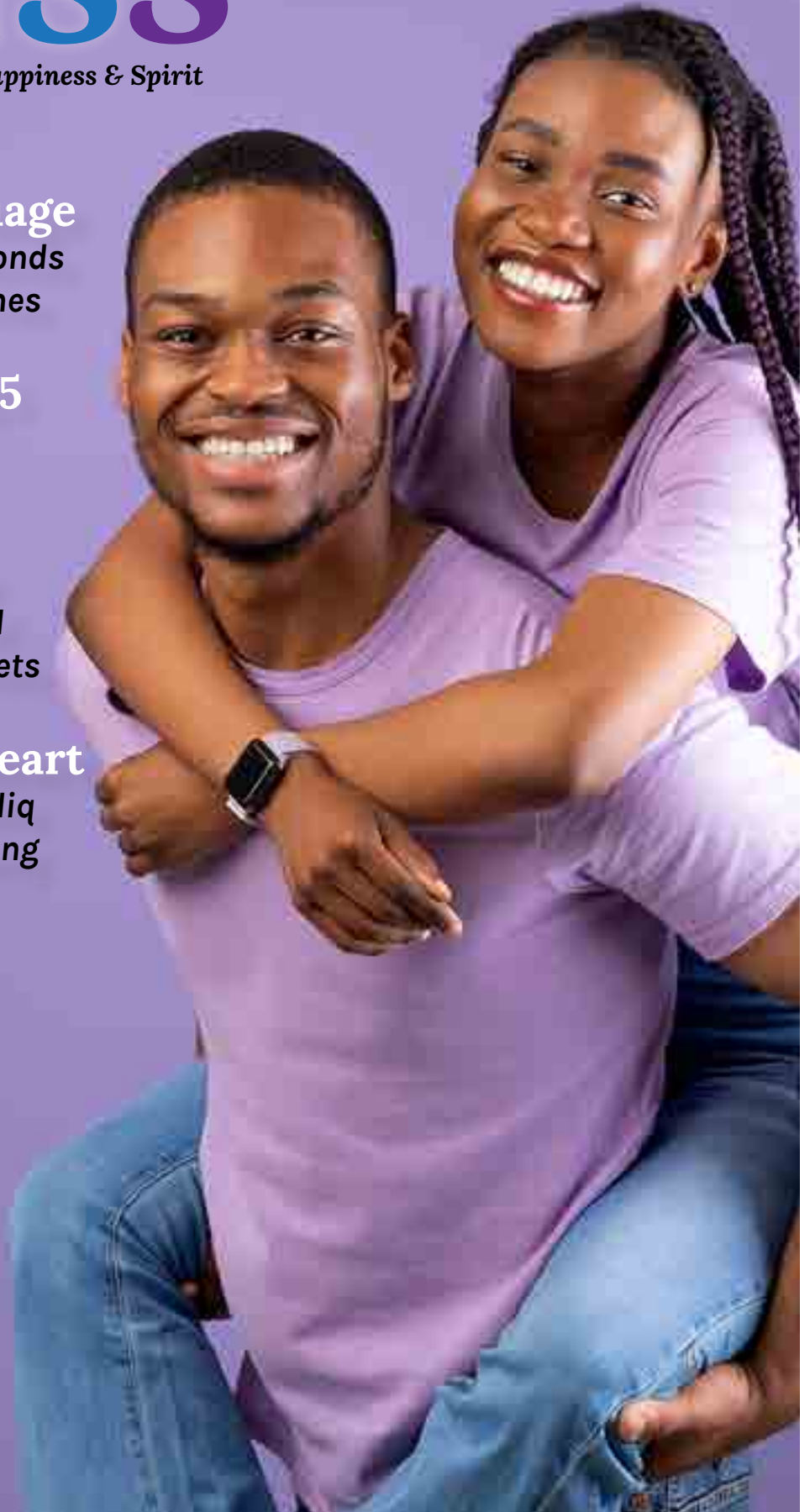
An overview of the history and advantages of chocolate in diets

Maintain a Healthy Heart

Review tips with Dr. Riffat Sadiq on how to keep your heart young



February 2025





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Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore aspects of mental, financial and spiritual health. Our goal is to bring you information that you can use to live a happy, healthy and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding nature of technology, knowledge and evolution of the healthcare field, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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Discover Your Language of Love

By: Victoria H



Love is in the air! Throughout the entire month of February, the stores and media are filled with red heart decor and advertisements revolving around love. There are many ways to express this emotion to those around you, but the best way to do so is to speak their love language. Not only is it beneficial to your special someone, but also to your children, family, friends, and those you care about.

Everyone has a language for giving and receiving love. They may not always be the same and an individual can have more than one primary love language. Gary Chapman captured this idea in his critically acclaimed book "The 5 Love Languages." He defines the 5 most common languages as Gifting, Acts of Service, Words of Affirmation, Quality Time, and Physical Touch. These simple categories provide a framework for understanding how we can connect with our children and others.

One major benefit to discovering your love language is opening up a new realm of communication. This ability will help you to better understand your relationships and help to express your own needs more clearly. You will also be able to recognize the different types of ways people express affection. Learning these love languages can help you build stronger, more meaningful connections.

You might be wondering how one identifies their love language. You can ask yourself or others, "How do I know that this person loves me?" Do you feel loved with a thoughtful souvenir after someone returns from a trip, with a warm embrace, or having your chore completed before you get home? Maybe hearing that

**What is your love language?
Scan me to find out!**

someone loves you is more meaningful than spending the day together. Some people can look at these categories and know instantly where their preferences lie. You can take the free quiz online at Gary Chapman's official website, seen in the QR code provided. This quiz is a very quick and straightforward way to discover your love language and possibly recognize it in others.

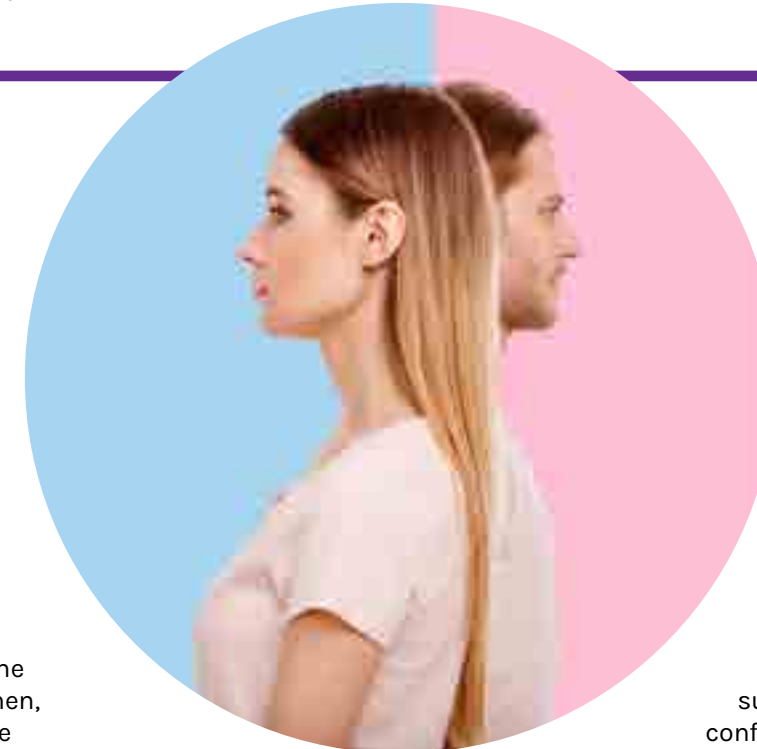
Once you've identified the love language, there are so many ways of expression. For Physical Touch, a simple hug or playful arm nudge can mean a lot. Gift Giving is often viewed as a high-maintenance love language, but it's more about providing proof that you are thinking about someone when they're not around. You could text them a picture of their favorite flower while on a walk or grab an extra piece of their favorite penny-candy while shopping. For Words of Affirmation, telling someone what you admire most about them can carry a lot of weight. Quality Time can be simple because even if you aren't doing something special, the effort of being together is love in and of itself. Acts of Service requires one to anticipate the needs of the other person and fulfill that task to help them out. Getting someone's car detailed for them or taking over dish duty after a long day can mean so much.

“This ability will help you to better understand your relationships and help to express your own needs more clearly.”

We all need to be loved in the way that matters most to us, not just for Valentine's Day, but for every day. During this holiday, turn some of that love in on yourself and honor your own love language. Give yourself a hug, buy yourself a treat, say a daily affirmation, complete that nagging task, and spend some quality time reconnecting with who you are as a person. Don't forget to love yourself first because you deserve it!

Happy Spouse, Happy House: Gender Norms

By: Megan Plevniak



How many times in society have you heard statements like "That's the wife's job," or "Get a man to do it?" Have you encountered remarks like "Boys aren't supposed to play with dolls," "Stop crying like a girl," "Toughen up," "Boys don't cry," "That isn't a woman's job" or "Pink is just for girls"? Another superfluous remark that has been made is "You aren't masculine enough," or "You aren't feminine enough." Society has shaped the expectations for men and women, dictating what toys are suitable for girls and boys, which careers are deemed appropriate for each gender, and the roles they should take on in their lives.

Gender roles are social constructs that have developed over time and are influenced by society and culture. Many cultures continue to uphold specific gender roles and beliefs even in today's world. Gender roles and stereotypes are typically centered around conceptions of masculinity and femininity. Historically, men were expected to be the breadwinners, engaging actively in politics and business, whereas women were expected to stay at home, attending to their responsibilities of taking care of children, cooking, and cleaning.

Gender roles began to shift in the late 19th century—primarily due to the Industrial Revolution which led to more women entering the workforce. As factories emerged, the demand for female laborers increased, resulting in a transformation of societal dynamics. A significant element that contributed to the change in gender roles is the impact of Karl Marx's socialist ideas. Karl Marx advocated for equality among genders and motivated many women to challenge traditional gender roles.

In contemporary society social norms and ideals have evolved significantly. People's views and attitudes towards gender norms have improved. Society is becoming more open

and embracing diversity as we challenge the stigma surrounding it—this includes the LGBTQ+ community. Numerous individuals within the LGBTQ+ community encounter challenges related to gender roles and stereotypes, frequently facing judgment from others.

As a member of this community, I wrestled with my sense of identity for numerous years—often surrendering to the internal conflict of whether to present myself as more masculine or feminine. I have been in a wonderful relationship with my girlfriend for a little over 10 years. I have received remarks from others including comments such as, "Who wears the pants in the relationship?" and "You are too feminine or too attractive to be a lesbian." Once again society has let us down. Some perspectives from the 19th century continue to be evident today.

Regardless of whether you are in a same-sex or opposite-sex relationship, individuals encounter comparable challenges, including determining the primary breadwinner, the responsibilities for cooking and cleaning, and the roles of stay-at-home parents. In my present relationship, we view each other as equals. It is our job in society to break the stigma of gender norms.

“We have progressed in society by learning to be less judgmental, keeping an open mind, and embracing others for who they are.”

Throughout history, an examination of society reveals that significant advancements have been made when we compare society from the past to today's generation. We have progressed in society by learning to be less judgmental, keeping an open mind, and embracing others for who they are. The best approach to tackling the stigma is to be yourself. It is essential not to allow societal pressures or the opinions of others to dictate who you are. Embrace your life by living it with your intentions and desires with confidence, pride, and bravery. This is your life.

History and Benefits of Chocolate for Valentine's Day

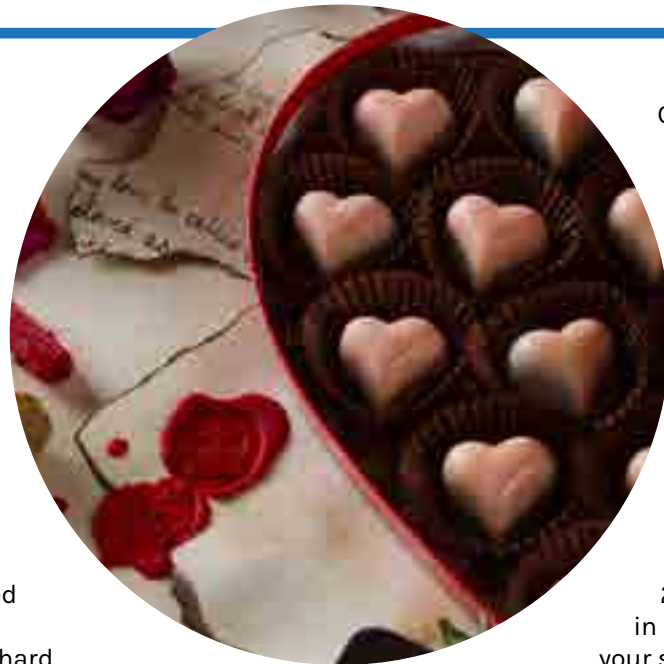
By: Muqadas Jabeen Ikram

Valentine's Day is approaching. You might be planning something for your loved ones, which probably involves chocolates. It is a day associated with love and a cute reminder to express our feelings and emotions to those who matter the most. Flowers, cards, and romantic dinners are ways to celebrate this day, but chocolates hold a significant place.

We have a long history associated with chocolates. When was chocolate first associated with Valentine's Day? For the first time, it was English chocolatier Richard Cadbury in the Victorian era who created a heart-shaped chocolate box for his beloved on Valentine's Day. From that day, chocolates have become an iconic expression of love, which was used by different industrialists who invented their unique versions of chocolates to make money.

The primary ingredient of chocolate is cacao, or cocoa, extracted from the cacao plant. It is the main source of caffeine and antioxidants. Chocolates are mainly categorized into three types: dark chocolate, milk chocolate, and white chocolate. The most nutritious among them is dark chocolate, having a large number of polyphenols. Milk chocolates, on the other hand, are heavily processed and contain other additives and sweeteners that take away healthy compounds such as polyphenols & flavanols. The last one, the white chocolate, is just cocoa butter. It does not contain any cocoa solids. Therefore, it lacks important nutritious content.

Chocolates have become a sentiment for this day. They are the best treat for a sweet tooth. But when we talk about chocolates, the next thing that comes to mind is calories. It would be too general to say that chocolates make you gain weight. Today, we have discovered the profound benefits of eating chocolates regularly.



Chocolates are often associated with love. In addition to being a symbol of love, chocolates can give numerous health benefits to you.

1. Chocolate increases the production of feel-good hormones, which are serotonin and endorphin. It suppresses the production of the stress hormone, which is cortisol, and hence enhances the overall mood.
2. To your wonder, eating chocolate in a moderate quantity can make your skin more resilient and healthier. Chocolate contains flavanol, which is responsible for improving skin texture and preventing skin diseases.
3. Chocolate maintains your blood flow and normalizes high blood pressure. Flavanols in cocoa produce nitrous oxide, which widens the blood vessels.
4. As it lowers the blood pressure and opens up the vessels, your heart health improves and fends off all types of heart diseases.
5. Cocoa contains polyphenols. The polyphenol helps maintain your cholesterol level to normal because of the presence of stearic acid and oleic acid, which are good for maintaining cholesterol levels.

It is no longer confined to love and indulgence. Today, chocolates have evolved into a symbol of care and affection. Chocolates are the most luxurious and timeless gift that never goes out of style. Whether it is a classic box of truffles or a long bar of dark chocolate, it has the power to connect two hearts. It is for the people who make our lives beautiful.

So, this Valentine's Day, don't forget to share the magic of chocolates and spread love in the sweetest way possible!



Black Business Highlight

Vonn Page

Owner, Armada CrossTraining and the Armada Trifecta



Who are you and what is your business? How long have you been in business?

My name is Vonn Page, I'm a Master Elevation Coach. I'm the proud owner of Armada CrossTraining & The Armada Trifecta, an Elevation coaching organization. We specialize in helping people become their best selves. Physically fit, mentally fit, and financially fit is the mission of Self Mastery. I've been in business as a fitness coach and Elevation entrepreneur since 2016. So, I'm walking into year 9 ready to rock, yet again!

Explain your business mission and goals. What products and/or services do you offer?

Our mission is to Elevate, Educate & Empower! Sharing and spreading our message of self mastery and becoming the most optimal version of self. Becoming the best version of YOU, that YOU can be and BUILDING ABSOLUTE WARRIORS OF LIFE!

The goal is to ensure your successes in your life, to be better prepared for any hardships, or lessons that may come your way on this journey of life, and to show up as the most confident individual that you can be to better support the growth of self and those connected to you. Master yourself, master your health, master your wealth. Because if you don't play about you, you will not play about anything else, and if you want to change the world, we must FIRST change ourselves!

We offer a wide array of Elevation Coaching and Growth Education Services ranging from Fitness & Nutrition Coaching, Credit & Finance Coaching, to Bulletproof Mindset & Lifestyle Coaching that are purposed to aid in the growth, support and accountability of the clients/athletes/students that we impact.

I also have multiple active investments, that I am involved in, ranging from finance, business, to asset ownership & management to name a few. We've got a lot going on this way, but we're built for it!

What made you want to pursue this business?

Fitness has always been a huge part of my life. My uncles were heavy into it in the 90s, and I grew up around it. It was kind of law in my house as a young man to take care of yourself physically, and my uncles would always reach out throughout my teen years and assure I was on top of it.

Fitness taught me a lot of life lessons and character traits that correlated to everyday life and really helped create a standard and perspective for how to live my life and approach certain tasks. It taught me character traits of discipline, consistency, persistence, and it helped me to cleanse my soul, correct my energy, stabilize my mind and my mood.

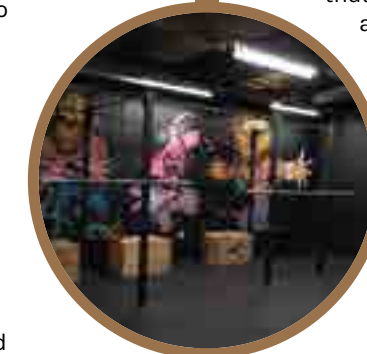
Life was very difficult and tragic throughout my younger years, and it really helped me through it, so I just wanted to share the same things that helped me to grow and become successful. and then I cultivated the best and most optimal version of myself and shared that with the world on a forever mission of growth. It's how I live, it's a lifestyle for me, so I'm just sharing who I am, and it became a business.

What makes you unique from your competition?

I think what makes me stand out from my competition is my tenacity, my bold action, my knowledge base, my wisdom and willingness to act. Also, when it comes to what we've built with The Armada, what really stands out about it is the culture. The community! The vibes! It's a true melting pot of all walks of life and we are all learning, elevating and growing with one another and it's just a special vibe that can't be duplicated because it takes the people that are involved with it, that brings it that one of one type of energy!

I truly love what I do and what we've built at The Armada and I really hope to continue to spread this message of self-optimization and self-mastery as I feel it's truly the way we all can give more to the betterment of one another, by being the best we can be for one another.

It's truly something special and words can't even begin to describe how grateful I am for everyone involved, from my family, my team, to the community and everyone that's supported us this far, and so much more to come! It's truly a blessed feeling.



How to Maintain a Healthy Heart

By: Dr. Riffat Sadiq, CEO of WNY Medical PC, Channel Creator



How can we make and keep our heart as healthy as possible?

Being the hardest working muscle in our body, a healthy heart is the most important aspect of our life. Our heart pumps blood to our entire body, allowing oxygen to reach everywhere we need it to go. How can we make and keep our heart as healthy as possible?

A positive attitude has a lot to do with keeping our heart healthy. If we think positively and do good things, we are keeping our heart young. Various holistic approaches to mindfulness and happiness will help maintain an overall positive lifestyle. Healthy relationships, a stable career, and general fitness will bring serotonin to the body, keeping our heart healthy and happy.

Stress is a killer, and it can affect your heart right away. Unfortunately, there are a lot of problematic factors in life around us; we cannot avoid stress. We must take inventory of ourselves and manage stress levels to save our hearts. Stress makes our hearts very weak, and our body will not retain a good blood supply. We must learn how to put things into perspective and eliminate stress factors from our lives. We should pay attention to these elements and balance them however

possible. Alcohol consumption and smoking will not reduce your stress and will increase your chances of developing heart disease. There are many good programs that can help you quit.

Food is medicine. Whatever we eat is going to affect our heart. We should choose wisely the foods we consume, because eating greasy, salty, oily, and sugary foods will not allow our body to stay in proper balance. We should eat fruits and vegetables and be mindful of what we consume. A balanced diet, along with moderate exercise, will keep our hearts healthy and young.

We all know that exercise is important to keep our body healthy. A general active lifestyle will do just the trick. Stretch daily. Pick up and clean your laundry. Do little things like walking and overall light movements. You don't need to move at a fast pace, but a general production of activity in our everyday life will keep us young and healthy.

After a long day of movement and activity, a good way to stay at peace with your body and mind is meditation. Meditation, prayers, yoga, spirituality, and general relaxation are several ways to unwind after a long day, and it is up to you to find what is right for you. Overall, it is crucial to keep our body feeling young and healthy. Use these tips and advice to maintain a healthy heart, a healthy mind, and an overall healthy body and lifestyle.



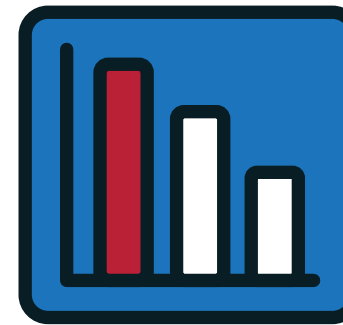
Dr. Riffat Sadiq: Restoring Self

Want more tips on improving your wellness and restoring yourself? Watch videos on YouTube, DrRSMD.

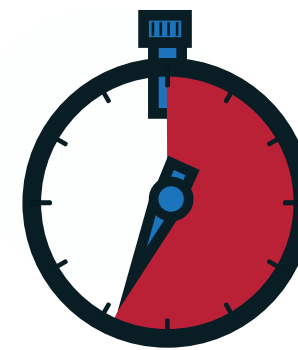


Heart Disease

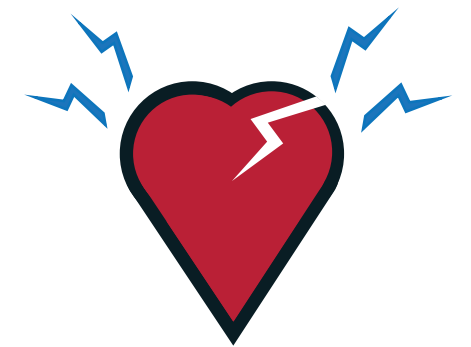
Facts and Statistics



Heart disease is the number 1 cause of death in the U.S.



Approximately every 34 seconds, an American has a Myocardial Infarction.



About 941,000 people in the U.S. had Cardiovascular Disease in 2022.



Between 2012 and 2022, Stroke deaths in the U.S. increased by 28.7%.



Heart Disease and Stroke claimed more U.S. lives in 2022 than all forms of Cancer and Lower Respiratory disease combined.



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First Things First, Part 3: Your Relationships

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine
President & CEO, Manage Your Business LLC



Many people think that business is about buying and selling. A single transaction in their mind calculates what they can buy low and sell high. The aim is always to increase the margin and add to the net profit. Nothing could be farther from the truth. Yes, the business is always about the transactions that calculate margins, seeking to minimize costs and maximize productivity. I am trying to bring your attention to something more foundational, and more fundamental. And that is your relationships.

The intensity of transactions and the business model that allows the exchange of value and goods for monetary units survives on the groundwork of relationships. The big corporation's all invest in creating fertile grounds of relationships so they can reap profitable crops season after season and year after year. You might be thinking that, of course, customer relations are a very important part of the business and entrepreneurship. However, I want to take you to an even deeper layer than the relationships with clients, customers, vendors, and co-workers.

The deeper layer than "your relationships" with others is "your relationships with yourself." It is not a typo that I have used your relationships, a plural term, with yourself. We must understand or at least look into ourselves to see how we feel about our own selves (plural). I am not suggesting that we have Multiple Personality Disorder. I am merely pointing out that we have many roles of ourselves that are at work and at any given point those roles are constantly defining our communications, qualifying our decisions, and managing our work habits.

It is not an easy task- it requires mental discipline, trained emotional intelligence, and most of all owning your history, embracing your identity and celebrating your shortcomings. The first step in this venture is to start having an honest dialogue with your own self. Nothing is more effective than taking on the habit of reviewing your actions and analyzing the intentions behind them at the end of the day. If possible, write down your analyses and review them the next morning before starting your day.

Every day will start with a new beginning as you will avoid the mistakes of yesterday and reinforce the positive thinking for tomorrow. We shall continue this journey for our betterment in the next episode of *First Things First* next month.



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Media Corner: Review of *Laid* (a Peacock original series)

By: Alex Tilton

This one is a bit of a mixed bag. Spoilers ahead.

For the most part I was pleasantly surprised. *Laid* is a new species in my experience. It's a dark romantic comedy. Our main character is a Seattle event planner named Ruby, who discovers that everyone she's ever slept with is dying, some by illness and others in accidents, in chronological order of when she was with them. As the plot progresses, we learn that Ruby was a horrible person in many of her relationships, and one of these aggrieved exes put a hex on her. Ruby's best friend AJ, a true crime superfan, is not so much horrified by all the deaths as she is pumped about having a real case to investigate.

This show is structurally very similar to *The Flight Attendant*; a human trainwreck gets into big trouble, alienates her friends, and must confront the trauma that made her act this way. Only then can she see to take ownership of her behavior and fix things. It's not new, but it's done well with some novel twists. The writing, dialogue and acting are all very good. The casting was on point and each character feels very well filled out by the actor who played them. I laughed a lot. The show knows how to throw a comedic punch, and it knows when to step back and let the plot breathe. It also knows how to make death funny, which is no small feat. It paints a believable portrait of a self-destructive, traumatized person coming to grips with her issues. That said, there were some serious problems.

Laid mostly shuns the use of asinine romcom tropes, but it leans hard into a few of them. Here's a short list: 1) Ruby has a meet-cute with a guy named Isaac, who is apparently a human MRI machine because he can somehow see a good person buried underneath her mountain of awful behavior. 2) Isaac dumps his existing high functioning and successful (but pretentious) girlfriend realizing he can only be truly happy with Ruby. 3) Ruby sleeps with AJ's boyfriend (while they were broken up) facilitating the obligatory meltdown of their friendship when AJ finds out about it later. 4) Ruby is torn between two guys, both of whom are somehow not repulsed by her tendency to treat men like dixie cups. 5) The root cause of Ruby's horrible behavior is (of course) unprocessed trauma from being abandoned by her dad.

This show also contains one of the worst storytelling choices I've ever seen. Ruby eventually figures out that she's been hexed by a witch on behalf of an angry ex. The witch explains that the only thing Ruby can do is

transfer the hex to someone else, and how this can be done. Ruby understands that putting this murderous hex on another person is horrible, and therefore not an option. But ten minutes into the final episode, she has an epiphany about why she's so awful, and she gets it through her head that she has to put other people's needs first. She demonstrates this by arranging for AJ to meet her favorite celebrity. AJ is so blown away by this gesture that she forgives Ruby for sleeping with her boyfriend (while they were broken up), and she tells Ruby that she's a good person who deserves to be happy, and that Ruby should transfer the hex to someone else so she can consummate her relationship with Isaac. It will also save the lives of Ruby's exes who haven't been killed by the hex yet. Including AJ's boyfriend that Ruby slept with (while they were broken up).

Think about this for a minute; saving those lives initially wasn't a good enough reason to inflict a murderous hex on an innocent bystander. It became a good enough reason after Ruby learned how to be a good person. Get it? Demonstrating personal growth earns her the right to kill innocent bystanders to save her friends and avoid celibacy. Ruby and her crew try to rationalize giving the hex to a celibate, asexual celebrity (Temple Grandin), but realize that's not practical. So, they give it to the grouchy, unpleasant, elderly upstairs neighbor lady that none of them like.

I realize it's a dark comedy, but this whiplash U turn where the characters cheerfully condemn other people to death for their own convenience (right after learning a life lesson) made my brain hurt. I didn't think anything could possibly redeem the show...until the very end.

The final scene reveals that Ruby's exes are still dying. Then her father shows up out of nowhere and tells her that he knows what's happening to her, because the same thing happened to him. The hex was fake. The witch was fake. Their horrible plan to let other people die for their convenience did not work...I laughed so hard I cried.

I realize that while I was watching this show I made a crucial mistake. Instead of switching my brain off and just enjoying the comedy, I introduced logic where it wasn't welcome. If you can avoid doing that, you'll probably like this show. Proceed accordingly.

Image Source: Amazon.com



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Book Review: *Hearts in Atlantis* by Stephen King

By: Samuel Defazio

What's something you regret in life? Is it not trying hard enough in college? Is it not going with a loved one when given the choice? Is it not being able to apologize for a traumatic experience you put another person through? Regret is one of the biggest themes in Stephen King's 1999 collection of stories *Hearts in Atlantis*.

Within the collection, we follow five stories that somehow intertwine with each other following the events ranging from scary *Low Men in Yellow Coats*, *Gambling Addiction*, and *Vietnam*. *Low Men in Yellow Coats* is a creepy story connecting to King's Dark Tower Universe that follows Bobby Garfield and his mother Liz dealing with a new neighbor and what that brings into their lives. *Hearts in Atlantis* deals with Peter Riley getting addicted to playing the card game *Hearts* in college and

consuming his life while also being a story about one finding themselves. *Blind Willie* follows a veteran pretending to be blind to gain money from people who pass him by. *Why We're in Vietnam* has veteran John Sullivan dealing with PTSD after the war and how it's affected every aspect of his life.

All these stories one way or the other connects to Bobby Garfield after his interactions with *The Low Men* with each supporting character in Bobby's life having to deal with what they regret from their youth or creating regrets as an adult. We all like to think about the past and sometimes that keeps us in a state of motionlessness. To be able to find ourselves and find our place we must move forward no matter what the cost.

Image Source: Amazon.com





Provided by tasteofhome.com

Tuna Mushroom Casserole Bake

The perfect recipe for a healthy heart!
Low in cholesterol & high in protein.

Ingredients

- 1/2 cup water
- 1 teaspoon chicken bouillon granules
- 1 package (9 ounces) frozen green beans
- 1 cup chopped onion
- 1 cup sliced fresh mushrooms
- 1/4 cup chopped celery
- 1 garlic clove, minced
- 1/2 teaspoon dill weed
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 4 teaspoons cornstarch
- 1 1/2 cups cold whole milk
- 1/2 cup shredded Swiss cheese
- 1/4 cup mayonnaise
- 2 1/2 cups egg noodles, cooked and drained
- 1 can (12 ounces) light tuna in water, drained and flaked
- 1/3 cup dry bread crumbs
- 1 tablespoon butter

Directions

1) In a large saucepan, bring water and bouillon to a boil; stir until bouillon is dissolved. Add the next eight ingredients; bring to a boil. Reduce heat; cover and simmer until vegetables are tender, about 5 minutes.

2) In a small bowl, combine cornstarch and milk until smooth; gradually add to vegetable mixture. Bring to a boil; cook and stir until thickened, about 2 minutes. Remove from the heat; stir in cheese and mayonnaise until cheese is melted. Fold in noodles and tuna.

3) Pour into a greased 2 1/2 quart baking dish. In a small skillet, brown bread crumbs in butter; sprinkle over casserole. Bake, uncovered, at 350° until heated through, 25-30 minutes.

Coloring Corner





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