

The Kuchroo Times

Plastic Free July:

It's July again which means it's time for another Plastic Free July. While this initiative is for everyone, medical science in particular is plagued by single use plastic. If everybody takes small steps in the right direction, both at home and at work, we can make an impactful change.

<https://www.nature.com/articles/d41586-020-01368-8>



[What can you do to make your lab greener?](#)

As a postdoctoral researcher, Cristina Azevedo went through single-use plastic tubes by the hundreds. The University College London biochemist was culturing yeast in Falcon tubes, and the thought ...
www.nature.com

Self Care Corner:

YOGA ROUTINE for STRESS RELIEF

yogarover.com

Hold each pose for 5 slow breaths. Focus on maintaining an even, steady breath.

1 Ragdoll 2 Downward Dog 3 Pigeon 4 Seated Head to Knee

repeat on other side

5 Easy Seat 6 Easy Seated Twist (both sides) 7 Reclined Bound Angle

8 Legs Up the Wall 9 Reclined Spinal Twist (both sides) 10 Savasana

Mental Health Minute:


“It’s okay to do less when you are coping with more.”

@myselflovesupply


Workout:

LESS IS MORE

DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets
up to 2 minutes rest between sets



5 push-ups 5-count push-up plank hold 5 push-ups



5-count push-up plank hold 5-count plank hold 5-count push-up plank hold

Meme Mayhem:

Agnes
@AgnesJones87

This is what my husband and I purchased at the grocery store the other day.

We don't have kids.

We are adults. We pay bills.

And drink water from a whale.



@LowkeyNerdy

money whale spent

Recipe



Ratatouille from The Spruce Eats

Ratatouille is a traditional vegetable stew which originated as a poor man's dish in Nice. That may well have been its humble origins, but the stew has gone on to be known and loved, around the world and can hardly be considered as food for the poor today, though it is still a relatively cheap food if the vegetables are bought in season.

It is imperative when making this dish to ensure you stick to its roots in the south of France where peppers, tomatoes, and garlic all grow in abundance. Use any color bell peppers you prefer, from brown to green, and anything in between. Also, use only good quality olive oil (if you can get French extra virgin oil from Provence, even better though not imperative) as this contributes to the overall flavor of the dish. The danger with cheap oils, especially those not from France, is they can taint the taste and the dish will also lack authenticity.

This version lightly caramelizes the onions and peppers before adding them to the rest of the dish, giving it a fantastic complex flavor without much additional effort. Finally, one of the secrets to making a perfect Ratatouille is, do not stir too much or overcook so all the vegetables merge.

Ingredients

- 1 pound eggplant (cut into cubes)
- 2 1/2 teaspoons salt (divided)
- 2 1/2 pounds tomatoes (peeled)
- 3 cloves garlic (crushed and chopped)
- 1/2 teaspoon black pepper
- 1/4 cup fresh basil (loosely packed, chopped)
- 3/4 cup flat-leaf parsley (loosely packed, chopped)
- 1 1/2 pounds onions (white, thinly sliced)
- 3 bell peppers (red or yellow, cored, seeded, and chopped)
- 2 pounds zucchini (cut lengthwise and then into 1/2-inch slices)
- 2 pounds yellow squash (cut lengthwise and then into 1/2-inch slices)
- 1/3 cup white wine (dry)
- 1 to 2 tablespoon olive oil (good quality extra virgin, plus additional for serving)





Photo of the Day:



All masked up and ready to go