Take Care

Wellness News for Better Living from Terrebonne General Medical Center

Summer 2012

TGMC
RECOGNIZED WITH
TOP AWARD IN
NURSING EXCELLENCE
Dear Friends,

I hope the first half of 2012 has treated you well. It’s been an exciting year for us at Terrebonne General Medical Center (TGMC), and we are pleased to share the good news with you.

At TGMC, we believe that there are certain people who enhance our lives and help our patients get back on their feet, specifically our nursing staff. Congratulations to all of our nurses who received the Pathway to Excellence® Nursing Award. We are so proud to have you serving the community with us at TGMC.

Our nurses aren’t the only ones who impact the lives in our region. TGMC is honored to have a Wall of Heroes which recognizes the incredible individuals who gave the gift of life through organ donation. Sixty-nine photos are proudly displayed on the wall, which we invite you to view.

The gift of life through organ, tissue and/or eye donation has the ability to save up to nine lives, restore sight to two people, and enhance the lives of more than 50 people through tissue donation. To sign up to become a donor, please visit: donatelifela.org.

In this issue of Take Care, we’ll be discussing tips for the summer, the importance of having a primary care physician and more, so be sure to keep reading.

Sincerely,
Phyllis Peoples
President and Chief Executive Officer

TGMC Wall of Heroes
A national credentialing organization has confirmed what south Louisiana residents have known for years: Terrebonne General Medical Center (TGMC) nurses provide outstanding nursing care for their patients. The medical center received the prestigious Pathway to Excellence® designation from the American Nurses Credentialing Center (ANCC), marking it as one of the best places for nurses to have autonomy in the workplace and have the ability to impact the patient care provided, which benefits patients and the medical center as well.

The Pathway to Excellence® designation is based on a thorough review process that shows evidence of a positive work environment as defined by the nurses themselves. The 12 standards for accreditation include safety, work-life balance, professional development and compensation. In addition, nurses at TGMC participated in a confidential online survey.

“TGMC nurses exemplify our mission to deliver exceptional healthcare with compassion,” said Phyllis Peoples, president and CEO of TGMC. “We are proud to offer our nursing team an environment where they feel as if they can continue to grow professionally.”

For the patients, the new Pathway certification represents a healthy, supportive environment for nurses to provide patient care where nurses’ contributions are valued. Under these conditions, the nurses’ focus and energy can be on providing high-quality, evidenced-based care for TGMC patients.

For TGMC, this translates into optimized patient care. “Professionally satisfied nurses don’t consider being a nurse a job, but instead a passion,” said Assistant Vice President of Nursing Services Laura Poole. “They are empowered to make changes within their professional environment and are more productive and engaged with patient care.” Every patient’s needs are different, from food preferences to psychological and social needs, and the involvement of experienced, professional nurses makes the journey to care a team effort with the patient and their family.

For Vice President of Nursing Services Teresita McNabb, this new designation acknowledges the standard of care at TGMC is already at an excellent level. “It recognizes the processes and practices that we already have in place that support the nurses to provide and maintain a high standard in delivering care,” she explained. TGMC is one of only two hospitals in Louisiana to achieve the Pathway to Excellence® designation.

“We looked for a way in which to have our entire nursing staff certified and recognized for their outstanding delivery of high-quality care as a team, or one division,” McNabb said. “Currently, they can get certified by ANCC for each specialty area, which a huge majority of our nursing staff have maintained. The Pathway to Excellence® designation certified the division of nursing as one unit. It recognized all nurses at TGMC for their ability and desire to drive nursing policies and procedures, reflect the attributes of a respected profession, and balance this with a healthy lifestyle.”

“Professionally satisfied nurses don’t consider being a nurse a job, but instead a passion.”

— Assistant Vice President of Nursing Services Laura Poole

Another indicator that must be met for the certification is supportive and valued collaborative relationships. At TGMC, nurses work as a team with a number of other fields, including physicians, pharmacists, dieticians and radiologists, to better meet the needs of the patients. Together, they review processes and implement changes. This attentiveness to the patient increases patient satisfaction at the bedside through a proactive approach, explained Poole. The case provided also includes effective communication between the nurse, the patient and the patient’s family. “This translates into patients feeling that their nurses truly care about them,” she explained.
COMMITMENT TO PATIENTS

The nursing staff also uses a number of indicators to measure their effectiveness, meeting another of the certification’s requirements. Improved patient outcomes rely on nurses to lead the charge for best practices. TGMC participates in quality indicators through The Joint Commission, another accrediting body with rigorous performance standards, as well as TGMC’s Quality Council. “Also, nurses are part of the hospital’s Safety Committee, which reviews the environment and issues related to patient safety,” explained Poole.

Thanks to regular effectiveness reviews, there was no restructuring of the nursing staff to meet the new designation’s requirements. “We routinely look at our acuity of patients, complexity of care and skill of our staff to determine if we need to adjust the patient-to-nurse ratio,” said McNabb. “We were already at our current ratios unrelated and unchanged due to our submission for the Pathway certification.”

Nurses already serve as a well-respected part of TGMC’s care team. The Nurse Leadership Council, made up of about 10 percent of the hospital’s approximately 320 nurses, is a weekly meeting where McNabb, Poole and the Nurse Directors meet with representatives from Quality, Staff Development, IT, Infection Control and Patient Response. This representative board was started when Peoples served as vice president of nursing.

The nursing staff also plays a vital part in TGMC’s financial viability through the careful use of its resources. Through the Nurse Leadership Council, departmental staff meetings and other meetings, nurses participate in staffing decisions and the appropriate use of hospital resources. “The nurses drive the practice of nursing,” said Poole, which she says is also one of Pathway’s practice standards. “They feel autonomous in the practice of nursing. They are involved in the various councils that impact nursing practices or decisions. They feel as though they make a difference. We support their environment so it is conducive to nursing satisfaction.”

COMMITMENT TO LEADERSHIP

For current nursing employees, the Pathway designation demonstrates a continued commitment to leadership development and continuing education programs, again meeting the certification’s standards. “Healthcare changes every day,” said Poole. “Remaining current is essential in providing safe patient care for the direct care nurse at the bedside.”

There is also the opportunity for nurses to participate in professional and academic research, sharing information with peers, physicians and students on how to more effectively improve patient care and patient outcomes.

Every new nurse works with a mentor during a comprehensive orientation process, which directly impacts nurse turnover, retention and job satisfaction. “Sharing experiences and personally experiencing patient care
“TGMC nurses exemplify our mission to deliver exceptional healthcare with compassion. We are proud to offer our nursing team an environment where they feel as if they can continue to grow professionally.”

—Phyllis Peoples, president and CEO of TGMC

situations over and over changes and evolves how patient care is provided,” Poole said. “Over time, along with didactic training, a nurse has the opportunity to become a charge nurse, clinical coordinator, director or even part of the administration.”

For potential employees, the Pathway certification indicates TGMC supports its nursing staff, realizes nurses control the practice of nursing and recognizes nurses for their achievements. “It reflects that TGMC is a place that values the opinion and practice of nursing as a profession, and supports and cultivates the continued education and leadership potential of our staff,” said McNabb.

COMMITMENT TO COMMUNITY

In the community, TGMC nurses network with numerous organizations to promote better health and also encourage a work-life balance through involvement with various programs. These include Relay for Life® with the American Cancer Society, Women Build through Habitat for Humanity, the Susan G. Komen Race for the Cure® with the Susan G. Komen Foundation and the American Heart Walk through the American Heart Association. On a smaller scale, nurses meet with young women in high schools to teach the importance of breast self-exams. Project Lead, through the district attorney’s office, teaches healthy living and the dangers of drug and alcohol abuse. Many of these events are organized through Team Terrebonne, which identifies community needs.

The Pathway to Excellence® designation is granted for a period of three years. It is renewable, and the process is the same as the initial application. The entire application process takes about two years.

For more information on the Pathway to Excellence® designation, please call 888-543-TGMC (8462).

Pictured are: Gretchen Bergeron, RN, House Supervisor; Laura Poole, RN, Assistant Vice President of Nursing Services; Teresita McNabb, RN, Vice President of Nursing Services; and Lucetta Sweet, RN, Director of Critical Care, with the Pathway to Excellence® crystal award.
Chef Jackie’s Mock Cajun Pecan Pie

Preheat the oven to 350℉. In a small saucepan, combine sugar, salt and corn syrup. Cook over medium heat, stirring constantly, until sugar dissolves. After sugar is completely melted, remove from heat and add margarine, one piece at a time, until melted. Add egg substitute, vanilla, pecans and Grape-Nuts, while continuing to stir constantly. Fold in the chocolates. Pour the mixture into the pie shell. It is a good idea to put the pie pan on a cookie sheet to catch any spills. Bake 45–50 minutes. Allow to cool thoroughly on a wire rack.

INGREDIENTS:

- ½ cup semi-sweet chocolate
- ¼ cup egg substitute
- 1 cup chopped pecans
- ¼ tsp vanilla
- ½ cup sugar
- 1¼ cup dark corn syrup
- ¼ cup light margarine, cut into small pieces
- ¾ cup Grape-Nuts cereal
- 1½ tsp salt
- ⅛ cup dark corn syrup
- ½ cup Grape-Nuts cereal
- 1 (9-inch) unbaked pie shell

PREP TIME: 1 hour
SERVES: 8

At Terrebonne General Medical Center (TGMC), a patient’s experience in the hospital is as much a part of the treatment as the medicines that they are prescribed. A comforting meal that reminds them of home can be quite therapeutic for patients who stay overnight.

Catering for You is a program designed by Morrison Health Care and brought to TGMC by Chef Jacqueline “Jackie” Marsh. Started with just a few patients in early spring of 2011, the program fully kicked off as a full-fledged service in November of last year.

Patients are able to work with TGMC staff to manage their own menu, selecting meals based on how they’re feeling that day. Catering for You uses the Morrison Dining Service program to design meal plans that are customized with the patient in mind.

Each hospital unit has a catering associate assigned to provide very personalized dining services. They come by a patient’s room right before each meal to help them choose the menu based on their needs, as well as what is comforting to them as they are being treated.

Chef Jackie has brought many of her own healthy recipes to the table for the patients at TGMC. The menu includes vegetarian options, low-calorie options, sustainable produce and more.

For more information about the Catering for You program, please call 888-543-TGMC (8462) or visit tgmc.com.
Primary care physicians are crucial to your overall healthcare management. A good rule of thumb is for each individual to have a primary care physician (family practice, internal medicine and/or pediatric doctors).

There are several patient benefits to having this type of physician, such as understanding each patient’s needs and developing a relationship between the doctor and patient. Also, establishing a complete medical and family history chart can help with a more accurate and thorough diagnosis.

However, locally and nationwide, a significant number of residents currently do not have a primary care physician; instead, they utilize local emergency rooms for their healthcare management. In our community, this trend is growing, and not all cases are real emergencies.

A study by the Centers for Disease Control showed a 23 percent increase nationally in ER visits between 1997 and 2007. TGMC Emergency Room Director Dr. Jonathan Allen says the increase at TGMC is much more dramatic. “When we compare volumes from the first quarter of this year to the first quarter of last year, we see an increase of greater than 10 percent,” said Dr. Allen. Some months, the ER is seeing 16 percent more people than a year ago.

However, the increase in total patients is not the entire story. “Our greatest growth is in the outpatient segment. These are people who are treated and released as opposed to being admitted,” he explained. Often times, emergency room visits can be avoided if individuals have an established relationship with a primary care doctor versus utilizing the emergency room for routine medical issues.

Allen said he still sees lots of true emergencies, such as fractures, car accidents and the like, all of which are injuries or illnesses that are better suited for the emergency room. He also sees a large percentage of patients who should be seeking care from a primary care physician.

Allen says primary care doctors have a relationship with their patients. They already know a patient’s medical and family history, so they can more quickly and effectively diagnose and treat the illness. They can eliminate some diagnoses based on that background information. “If you come to the ER, we have to have a higher index of suspicion. We have to give everyone the benefit of the doubt that this is a real emergency, so you end up having to do more tests than maybe you would at your doctor’s office,” he explained. The cost difference associated with a typical emergency room visit versus a doctor’s office visit is substantial.

According to Allen, some conditions are actually much better treated by a primary care doctor, such as chronic neck, back or abdominal pain. “The patient would benefit because they could get treatments that are not available to us in the emergency department as well as close follow-up with the same physician to evaluate treatment efficacy. Sometimes they need a specialist. It’s not that we don’t want to help them. We would love to help them, but it’s outside our specialty,” he said. Allen says specialists can try new medications and procedures, and adjust doses and combinations. This process takes time and follow-up, and that just can’t be done in the emergency department.

Another patient benefit to having an established relationship with a primary care doctor is prompt appointments for pressing situations. Allen adds that if the doctor already has a patient history and has seen someone before, it is easier to get an appointment, and the doctor can do a better job for most non-emergent complaints.

Some situations require emergency intervention, but not all situations require this. Allen encourages people to utilize the emergency department, but for the right reasons—and to really assess your situation before coming to the emergency department. “If you already have a primary care doctor, please think about your situation and if it is truly an emergency before driving to the ER. Using common sense is often the best way to tell if you need to go to the ER or if you can be seen by your doctor in the office,” he said.

For more information, please call 888-543-TGMC (8462).

Dr. Jonathan Allen is an emergency medicine physician on active staff at TGMC along with 18 other physicians within the EmCare network.

Dr. Jonathan Allen

**NEED A PRIMARY CARE DOCTOR?**

Go to tgm.com and use the Find a Physician link on the homepage.
New Tools in the fight against Skin Cancer

Dr. Sarah Haydel, a dermatologist at Terrebonne General Medical Center (TGMC), has simple advice for those who don’t want to get skin cancer: Cover it up. She says using a combination of sunscreen, protective clothing and common sense can reduce your risk of harm in the short and long term.

Haydel says the most common kind of skin cancer she sees is basal cell cancer. This cancer is easy to remove if caught early. “It usually looks like a shiny, flesh-colored bump on some exposed skin like the face, neck or arms,” she explained. “This is going to be a bump that comes out of nowhere. You might think it was a pimple or ingrown hair, but it just doesn’t go away,” she added.

When patients come in with basal cell cancer, a doctor can usually shave it off and treatment is done. “If you get skin cancer, this is the one to get, because it is the wimpiest one,” she said.

Melanoma is a more serious cancer, she explained. It appears as a dark mole anywhere on your body. People older than 40 should be especially alert to new dark spots on their skin. Haydel said people stop getting moles around the age of 40, so anything that appears after that should be checked.

Haydel also advises people to make sure they go to a dermatologist to get potential skin cancers checked. She uses specialized tools to check spots, which can cut down on unnecessary biopsies. “I have a cool new tool in dermatology: a dermatoscope. It’s a little pocket magnifier with a light,” she said. The dermatoscope helps her get a very close look at a suspicious spot so she can check its shape, texture and actual coloration. She said not every mole needs to be cut out for a biopsy.

If Haydel does decide a biopsy is needed, she seeks out another specialist. “We have a specialized pathologist. This gives us an expert set of eyes. All a dermatopathologist does is look at skin samples,” she said.

Everyone should be checking for signs of cancer. “We have a cute saying around here: Check your birthday suit on your birthday,” said Haydel. She tells patients, especially those who have had cancer before, to stand naked in front of a mirror at least once a year to take a close, critical look at their skin. New moles, changes in moles or shiny bumps could be signs of trouble.

Prevention is easy these days. “There are so many options out there now; no one can say they can’t find sunscreen anymore,” she said. Options on the market today include sunscreens especially adapted for athletes, and
people with sensitive and acne-prone skin. “I have always followed the ‘shot glass’ rule—you need a shot glass full of sunscreen to cover your whole body,” said Haydel. Another way to measure, according to The Skin Cancer Foundation, is to use two tablespoons for an adult body. You should reapply every two hours, especially if you are active or wet.

Haydel recommends sunscreens with “broad spectrum” on the label with a sun protection factor (SPF) of at least 30. These block both UVA and UVB rays. “I definitely think lotions work better than sprays. They have more of the physical barrier sunscreen in them—titanium and zinc,” she explained. “Most people think of the lifeguard with the white nose when they think of zinc—not very elegant, but companies have found a way to put these into lotions so you don’t have to look like a ghost,” she said. Haydel added that spray sunscreens use alcohol to aerosolize the sunscreen. This can irritate sensitive skin, especially in children.

“I’m also really big into wearing protective clothing. Lots of brands have sun factors built into their clothes. From a mommy standpoint, it’s so practical,” Haydel added. These specialized clothes can carry an SPF of up to 50. But don’t just think about shirts and shorts, urges Haydel. Hats play an important role in sun protection. “I see so many men with lots of spots on their scalps because they started to go bald and did not wear a hat,” she said.

For patients who do want a little color, Haydel says spray tans are fine. She also reminds people that they will get some color even when they apply sunscreen. She does not support the use of tanning beds. In fact, when parents have a teenager who wants to use a tanning bed, Haydel recommends they go to The Skin Cancer Foundation’s website, www.skincancer.org, to watch testimonial videos from young women who have gotten skin cancer in their 20s from tanning beds.

According to The Skin Cancer Foundation, more than three and a half million cases of skin cancer are diagnosed every year. As with many cancers, early detection is the key. Mary Bird Perkins Cancer Center at TGMC offers free cancer screenings and can help with follow-up exams and treatment. Visit www.marybird.org/TGMC or call 888-616-4687 for more information.

Dr. Sarah Haydel is a dermatologist on active staff at TGMC along with Dr. Lee Grafton.

“We have a cute saying around here: Check your birthday suit on your birthday.”

–Dr. Sarah Haydel, dermatologist at Terrebonne General Medical Center

Mary Bird Perkins Cancer Center at TGMC

FREE UPCOMING EARLY BIRD CANCER SCREENINGS

AUGUST
Breast Cancer Screening
Saturday, August 11
9:00 a.m.–2:00 p.m.
Walmart
410 N. Canal Boulevard, Thibodaux

SEPTEMBER
Prostate Cancer Screening
Thursday, September 20
9:00 a.m.–4:00 p.m.
TGMC Medical Atrium
8120 Main Street, Houma

OCTOBER
Breast Cancer Screening
Thursday, October 25
9:00 a.m.–2:00 p.m.
Save-A-Lot
836 Grand Caillou Road, Houma

DECEMBER
Breast Cancer Screening
Saturday, December 1
9:00 a.m.–2:00 p.m.
Rouses Supermarket
6403 Highway 90 East, Morgan City

Appointments are required. Please call 888-616-4687 to register.
TERREBONNE GENERAL MEDICAL CENTER JOINS STATEWIDE

Workplace Wellness Initiative

The staff at Terrebonne General Medical Center (TGMC) is taking the lead along with a number of other Louisiana hospitals in an effort to positively impact the wellness of their staff and communities. The recently enacted Wellness 4 Life program at TGMC is designed to give employees a structured, rewards-based competitive program that encourages employees to exercise and improve their diet, which can significantly reduce the chances of being affected by chronic diseases such as cancer, diabetes and heart disease.

The Louisiana Hospital Association recently announced the Smart Choices, Better Health initiative, which calls for hospitals statewide to implement fun and engaging employee wellness programs that create excitement.

“Healthcare professionals work very hard, and, unfortunately, they don't always make time for their own health,” said Paul Labat, foundation/government liaison at TGMC. “It is important that we lead by example and that our patients see that we actually practice what we preach.”

Benefits of enacting an employee wellness program at TGMC are numerous but are primarily geared toward ensuring that TGMC has one of the healthiest and most active workforces, decreasing sick time and creating a psychologically and emotionally sound staff. In the end, a happier staff means happier patients.

“Research indicates that a healthy lifestyle and maintaining a healthy weight lead to better productivity, increased energy, an overall better sense of well being, reduced stress and reduced risk of chronic disease,” said Mary Miller, vice president of physician services at TGMC. “Our goal for our employees with this program is to help them achieve their best physical condition. Wellness 4 Life will provide the tools and incentives to help put them on track for making that goal a reality!"

The Wellness 4 Life program at TGMC focuses on encouraging employees to lead a healthier life through increased physical fitness and making smart dietary decisions. Currently, TGMC is utilizing the American Cancer Society’s (ACS) Active for Life program as a template for their own, which provides all of the needed resources for topics to be covered throughout the year.

The program provides a guide for staff members to become more physically active. Based on the ACS Guidelines for Physical Activity, it encourages participants to take an honest look at their current activity level and set realistic goals for improvement.

“Once the employees started seeing results, they felt better,” said JoAnna Truxillo, human resources generalist at TGMC. “Our hope was simple—to show our employees that if you set your mind to something, you can achieve your goals.”

In addition to creating a healthy workforce, TGMC’s program is built to encourage the same type of participation by community members. “The Foundation for Terrebonne General Medical Center is actively looking to help develop programs like this in our community with appropriate funding,” said Labat.

According to the Kaiser Family Foundation, over 66 percent of adults and 35 percent of children in Louisiana are obese. In addition, over 22 percent of adults in Louisiana are smokers.

“As much as this program is for our employees, it is equally as important for our community,” said Truxillo. “We want our employees to get out into the community, participate in events and become the ambassadors for wellness. We need to set the example for our parish. If we can start within the confines of TGMC, then we’ll be ahead of the curve!”

For more information on the wellness initiatives offered at TGMC, please call 888-543-TGMC (8462).
A. 2nd Annual Houma Heart and Soles Half Marathon
The 2nd Annual Houma Heart and Soles Half Marathon & 5K, presented by Cardiovascular Institute of the South (CIS) and TGMC, was held in January. This long-distance race of 13.1 miles was a huge success, and the proceeds of the event provide free cardiac education and screenings in the region.

B. 6th Annual Ladies Night Out
The 6th Annual Ladies Night Out, which was held in March at the H-T Civic Center, was a huge success. The event featured local breast cancer survivor Wendy Couvillion and Mistress of Ceremonies Sue Peace, as well as a band, food, beverages and a huge silent auction display. The sell-out crowd of 1,000 women were pampered with boas and custom hand-painted martini glasses were sold as a commemorative memento. The proceeds from the event provide necessary care and comfort items to individuals undergoing cancer treatment at Mary Bird Perkins Cancer Center at TGMC, as well as assisting with social care needs.

C. 6th Annual Super Cooper Run
The 6th Annual Super Cooper Run was also held in March and boasted the largest crowd in event history with over 500 people in attendance. The event raised $15,000, which was donated to the TGMC NICU to provide medical and social care for infants and their families.

D. Mary Bird Perkins at TGMC Fakiér Open
Mary Bird Perkins at TGMC Fakiér Open was held in April at Ellendale Country Club. This premier event featured Adams Pro Tour Series professionals, and local sponsors were able to play with a pro. The week-long festivities began with a kickoff party called the Taste of the Tournament Par-Tee. Local restaurants provided delicious samplings of a variety of foods and several businesses donated silent auction items. The proceeds from this highly competitive event will provide free cancer screenings and education for residents in the Tri-Parish area.

E. American Heart Association (AHA) Over and Under Tunnel Run
The AHA Over and Under Tunnel Run was held in April at the Municipal Auditorium. A large amount of Team Terrebonne volunteers assisted with registration and food.

F. Relay for Life
The American Cancer Society’s Relay for Life® fundraiser was also held in April. Mary Bird Perkins Cancer Center at TGMC had seven teams and raised $19,976! The hospital also assisted with the survivor’s tent and setup. Congratulations to Mary Bird Perkins Cancer Center at TGMC’s Nosotros support group for being one of the top fundraising teams in 2012!
Double Takes

This month’s Double Takes section features recipes from Chef Jacqueline “Jackie” Marsh. We all know that the temperature in south Louisiana during the summer can reach extreme highs and that the humidity can just as easily make a nice day feel unbearable. So, Chef Jackie has provided four easy-to-prepare recipes to help keep you cool during those hot summer days. These lighter items are sure to impress at any gathering, so be sure to visit us on Facebook at facebook.com/tgmcforlife to let us and Chef Jackie know what you think!

Champagne Vinaigrette

1 tsp Dijon mustard
1 tsp minced fresh garlic
3 tbsp champagne vinegar
Kosher salt and freshly ground black pepper
1½ cup olive oil
Salad greens or mesclun mix for 6 to 8 people

In a small bowl, whisk together the mustard, garlic, vinegar, 1 tsp salt and ½ tsp pepper. While whisking, slowly add the olive oil until the vinaigrette is emulsified. Place the salad greens in a medium bowl and add enough dressing to moisten.

Berry Broccoli Slaw

1 (16 oz.) package broccoli slaw (broccoli, carrots and radishes)
1 cup sugar snap peas
1 cup strawberries, halved
1 cup blackberries
1 cup blueberries
½ cup pecans (optional)

Mix all ingredients together, and drizzle with your desired salad dressing.

Tomato Bruschetta

6 roma (plum) tomatoes, chopped
½ cup sun-dried tomatoes
3 cloves minced garlic
⅛ cup olive oil
2 tbsp balsamic vinegar
¼ cup fresh basil, stems removed
¼ tsp salt
¼ tsp ground black pepper
1 French baguette

In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt and pepper. Allow the mixture to sit for 10 minutes. Cut the baguette in ⅛-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Drizzle with olive oil. Broil for one to two minutes, until slightly brown.

Mardi Gras Shrimp & Crab Remoulade Salad

Serves: 6
Prep Time: 30 minutes

REMOULADE SAUCE:
1½ cups Just 2 Good mayo by Hellmann’s®
⅛ cup Creole mustard
1 tbsp Worcestershire sauce
1 tsp hot sauce
⅛ cup minced red bell pepper
⅛ cup minced yellow bell pepper
⅛ cup minced celery
2 tbsp finely minced garlic
⅛ cup minced parsley
¼ tsp lemon juice
Salt and cracked black pepper to taste

SALAD:
4 cups shredded iceberg lettuce
¼ cup shredded red cabbage
¼ cup julienne yellow squash
½ cup capers
1 cup pickled okra
Lemon wedge
1 pound Louisiana lump crab meat
1 pound Louisiana 90/110 shrimp, boiled

Mix all ingredients for remoulade sauce and keep covered in refrigerator. Mix together shrimp and crab with the remoulade sauce. Keep mixture in a covered bowl until ready to serve. In a salad bowl, mix shredded lettuce, red cabbage and squash, and top with crab and shrimp remoulade salad. Garnish with capers, okra and lemon wedge.

Cool Recipes for Hot Summer Days