

## Take it out on produce!

Every month I say, "I have been stressed out like the month before", well it is true I AM! Pero, I am not going crazy...yet. All this stress leads me to cooking for my jibara abuela. I got her on a somewhat of a "diet". No lard, no recycled manteca, and minimal chuletas. Am I thinking about grandma's physical health? Of course. I am also a selfish one...I am thinking about my mental health.

So here I am, stressed out with some brand new knives I bought at the dollar store. I grab one of the shiny, sharp looking ones, you know the one with the black handle? I broke out the old cutting board my aunt bought from Bermuda. Got some green peppers, onion, mushrooms and some snow peas and this Boricua went to town. So I'm cutting and cutting away, listening to the sound of chopping, slicing and dicing. Then my mind starts to wonder off after a while I think of funny things my friends said or something crazy I did. I start to chuckle, then I finally notice that I am done fricasseeing these poor vegetables. PERO, I felt sooooo much better.

"I wonder why that happened", I say to myself. Was it because these little things were living before and I Roberta Rosa, decided to destroy their small existence, just so I can please my angry heart by minimizing their remains into little itty, bitty squares...THEN eating them!? Or maybe, just maybe my stress and anger got lost in the transition between cutting the stems off the mushrooms? Whatever it may be, the whole point is that I found another technique to, as Alba Sanchez would say, "Cojelo con take it easy!"

For some reason when we are all stressed out we tend to lean toward some part of nature. For example: When we're crying or extremely mad and others see it, we are advised to go "take a breath of fresh air" or "go for a walk", as if watching a dog urinate on a tree is going to make us feel better! On my end, I tend to lean towards my aloe plant "Rasta clot" (thanks again for the name Linnet), my water fountain and now I got my vegetables. So if any of you Mijas want to visit me one day, as long as I'm stressed out, we will be eating some stir-fry for dinner! Yummy!

In the meantime Ta ti quieta/Relax!

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