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## Welcome to this week's edition of *The IntegrITS Weekly Digest*.

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Later on, we'll conspire  
As we dream by the fire  
To face unafraid  
The plans that we've made  
Walking in a winter wonderland  
-Winter Wonderland

Winter made quite the entrance this year. A cold front swept across America, bringing inclement weather, cancelled flights, and a white Christmas to many households. Now that temperatures are rising and giving us a bit of a reprieve, we hope you are able to take time to set intentions for the new year. Whether they be resolutions, goals, or dreams, let's "conspire" to make the most of the year ahead!



In today's Digest we're sharing winter recipes to add to your repertoire, and we are announcing the winners of Q4's Employee Referral gift cards. But first, don't forget that we only have a couple days left for Open Enrollment.

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## **Open Enrollment Deadline: December 31st**

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This is a passive Benefit Enrollment, and no action is needed if you do not wish to change your plan (you will automatically be reenrolled in your current plan option). Please Note: the FSA Open Enrollment is separate from the Benefit Open Enrollment and needs to be completed annually, you will not automatically be reenrolled in FSA.

If you would like to make changes to your plan, login to the [Inspirety Portal](#) and proceed to the "Benefits" section on your dashboard.

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# Winter Foods

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Here is a list of fruit and veggies that are especially yummy this time of year because they are in-season:

Winter	Apples	Herbs	Pineapples
	Avocados	Kale	Potatoes
	Bananas	Kiwifruit	Pumpkin
	Beets	Leeks	Rutabagas
	Brussels Sprouts	Lemons	Sweet Potatoes & Yams
	Cabbage	Limes	Swiss Chard
	Carrots	Onions	Turnips
	Celery	Oranges	Winter Squash
	Collard Greens	Parsnips	
	Grapefruit	Pears	

Source: [USDA](#)

Here are a couple recipes to try that incorporate in-season produce:

## Easy Pineapple Upside-Down Cake



Source: [Betty Crocker](#)

## **Ingredients**

1/4 cup butter

1 cup packed brown sugar

1 can (20 oz) pineapple slices in juice, drained, juice reserved

1 jar (6 oz) maraschino cherries without stems, drained

1 box yellow cake mix (Plus vegetable oil and eggs called for on cake mix box)

## **Step 1**

Heat oven to 350°F (325°F for dark or nonstick pan). In 13x9-inch pan, melt butter in oven. Sprinkle brown sugar evenly over butter. Arrange pineapple slices on brown sugar. Place cherry in center of each pineapple slice, and arrange remaining cherries around slices; press gently into brown sugar.

## **Step 2**

Add enough water to reserved pineapple juice to measure 1 cup. Make cake batter as directed on box, substituting pineapple juice mixture for the water. Pour batter over pineapple and cherries.

## **Step 3**

Bake 42 to 48 minutes (44 to 53 minutes for dark or nonstick pan) or until toothpick inserted in center comes out clean. Immediately run knife around side of pan to loosen cake. Place heatproof serving plate upside down onto pan; turn plate and pan over. Leave pan over cake 5 minutes so brown sugar topping can drizzle over cake; remove pan. Cool 30 minutes. Serve warm or cool. Store covered in refrigerator.



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## Potatoes au Gratin



Source: [NYT Cooking](#)

### Ingredients

3 to 4 pounds potatoes, peeled and cut into 1/4-inch slices

Kosher salt and black pepper

2 tablespoons unsalted butter

2 to 3 cups half-and-half or heavy cream

1/4 cup grated Parmesan or Gruyère

Pinch of nutmeg (optional)

### Step 1

Heat oven to 400 degrees. Seasoning each layer with salt and pepper as you go, layer the potatoes in a 10- or 12-inch ovenproof skillet.

### Step 2

Dot the top with 2 tablespoons butter. Pour in half-and-half. (It should come about 3/4 of the way to the top.)

### Step 3

Bring to a boil over medium-high heat. Reduce to low and cook for 10 minutes, uncovered, until the half-and-half has reduced by about half.

### Step 4

Transfer to the oven and bake until the top is golden brown, about 10 minutes. Reduce heat to 300 degrees and cook until the potatoes are fork tender and the top is nicely browned, about 8 minutes more. Top with grated cheese and return to the oven until the cheese is melty and golden brown, about 3 to 5 minutes. Sprinkle with a pinch of nutmeg, if using, and serve.

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## And the winners are...

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In July, Mr. Carter introduced a new incentive as a part of our Employee Referral Bonus program. Today, we are announcing the Employees who have referred the most prospective employees who made it to the interview process in Q4. This quarter, we have a three-way tie, and these individuals will each be given a \$500 gift card.

## **\$500 Gift Card Winners: Mark Equihua, Will Jackson, and Bianca Yoosefian**

We also entered every employee who referred a job applicant in Q4 into a raffle, with the winner receiving a \$250 gift card.

## **\$250 Gift Card Winner: Jose Gutierrez**

Congratulations, Mark, Will, Bianca, and Jose! Our Team will reach out to you sometime over the next week to coordinate getting your gift cards to you.

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### **Tip of the Week**

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For those of you who start the new year off with a vision board, have you ever tried an online vision board? Canva has a free vision board maker that allows you to, "Drag and drop images, quotes, affirmations, and other vision board ideas to create a design that will inspire and motivate."

You can access the vision board maker here:  
<https://www.canva.com/create/vision-boards/>.

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### **Coming Soon: *The CEO's Corner***

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Join us next week as we hear from our CEO in his monthly update, The CEO's Corner.

## **Comments/Questions?**

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If you have any comments or questions about this week's newsletter, email us at [news@integrits.com](mailto:news@integrits.com).

We have also created a website where we are storing the archives of all our newsletters to date: <https://integrits.com/digest-archives/>.

Have an incredible week, and we'll see you next Thursday!

Warmest Regards,  
The IntegrITS Weekly Digest

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