



TOP STORY
National Nutrition Month



RECIPE OF THE MONTH
20-Minute Chicken Creole



GET FIT
Stationary Lunge



NUVAL WARS!
Choose This, Not That



March is National Nutrition Month! An easy way to improve your nutrition is simply by using the “ChooseMyPlate” icon shown above. Using a 9-in plate, fill half of your plate with fruits and vegetables, a quarter of your plate with lean protein, and the remaining quarter with whole grains. Add a side of low-fat dairy (such as low-fat milk, cheese, yogurt) and you’re all set!

20-Minute Chicken Creole

Prep Time	Cook Time	Yields	Serving Size
15 minutes	20 minutes	4 servings	1.5 cups

Ingredients:

- 12 oz boneless, skinless chicken breast, cut into thin strips
- 1 c. canned, whole peeled tomatoes, chopped
- 1 c. chili sauce (look for the lowest sodium variety)
- 1.5 c. green bell pepper, rinsed and diced
- 1.5 c. celery, rinsed and chopped
- 1/4 c. onion, chopped
- 1 Tbsp garlic, minced (about 2-3 cloves)
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- 1/4 tsp crushed red pepper
- 1/4 tsp salt
- Cooking spray



Instructions: Spray sauté pan with cooking spray and place over high heat. Cook chicken in hot sauté pan for 3-5 minutes. Reduce heat and add remaining ingredients (tomatoes through salt). Bring back to a boil over high heat, then reduce to a simmer. Cover with lid and simmer for 10 minutes. Serve over brown rice for a complete meal.
Without rice: Calories 274, carbohydrates 30g, fiber 4g, total fat 5g, saturated fat 1g, cholesterol 73mg, protein 30g, sodium 383mg, potassium 944mg

Monthly Webinar

Topic: “Healthy Meal Planning for the Family”

Presenter: Patricia

Date: Tuesday, March 11th

Time: 9:30am CST

1:30pm CST

5:30pm CST

Weblink: [Motivating MS Wellness Webinar](#)

Call-In Number: 1-866-469-3239

Access Code: 652 167 619

Leg Exercise: Stationary Lunge



Muscles Worked: The stationary lunge works all the major muscles of the lower body: the quadriceps, hamstrings and glutes.

Description: Start in good alignment: Stand up straight with ear over shoulder, over knee, over hip. Next, position yourself in a split stance by placing one foot in front of the body and the other foot behind (pic 1). This creates a supportive base. Lower yourself straight down, while keeping your front knee over your toe (pic 2). Press back up to starting position. Do 8-10 repetitions on each leg. Rest and repeat sequence 1-2 more times. *Beginner?—hold on to the back of a sturdy chair. Advanced?—hold dumbbells in your hands as you lower and raise.*

**We recommend prior consent from your physician before starting any exercise program*

NuVal Trade-Up: Comparing Salty Snacks

Whole Almonds	Honey Roasted Peanuts
81 NuVal	23 NuVal

NuVal is a Nutritional Scoring System where foods are ranked on a scale of 1 to 100 – the higher the score, the higher the nutrition. Check out this month’s comparison between whole regular almonds and honey roasted peanuts. Search the entire database on your MyActiveHealth website!

Quick Tip

“If you don’t take care of your body, where are you going to live?”-Unknown Author

Speak with a health coach toll-free:
1-866-939-4721,
Monday-Friday, 8 am – 8 pm, Central time
and Saturday, 8 am-1 pm, Central time or visit
MyActiveHealth.com/Mississippi

