



For the Health of It Thursday February 2nd

Your Health Starts With You!

Marmalade Chicken

1/2 cup reduced-sodium chicken broth
1 tablespoon red-wine vinegar
1 tablespoon orange marmalade
1/2 teaspoon Dijon mustard
1/2 teaspoon cornstarch
8 ounces chicken tenders
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground pepper
1 tablespoon extra-virgin olive oil, divided
1 large shallot, minced
1/2 teaspoon freshly grated orange zest

Whisk broth, vinegar, marmalade, mustard and cornstarch in a medium bowl. Sprinkle chicken with salt and pepper. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add the chicken and cook until golden, about 2 minutes per side. Transfer to a plate and cover with foil to keep warm. Add the remaining 1 teaspoon oil and shallot to the pan and cook, stirring often, until beginning to brown, about 30 seconds. Whisk the broth mixture and add it to the pan. Bring to a simmer, scraping up any browned bits. Reduce heat to maintain a simmer; cook until the sauce is slightly reduced and thickened, 30 seconds to 2 minutes. Add the chicken; return to a simmer. Cook, turning once, until the chicken is heated through, about 1 minute. Remove from the heat and stir in orange zest.

Note: Chicken tenders are the virtually fat-free strips of rib meat typically found attached to the underside of chicken breasts. They can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded "chicken fingers."

Per serving: 213 calories; 8 g fat (1 g sat , 5 g mono); 68 mg cholesterol; 10 g carbohydrates; 27 g protein; 0 g fiber; 246 mg sodium; 55 mg potassium.

Celebrating a Healthy Heart!

Healthy Heart-Healthy Life

Did you know February is American Heart Month, and not because of Valentine's Day?

Every year since its congressional approval in 1963, February has been known as National Heart Health month, to help raise public awareness of heart disease. Although most people associate heart disease with men, it's also the leading cause of death among women.

- ♥ Limit intake of fat, saturated and trans fats, sugars, and sodium.
 - ♥ Choose whole grains, legumes, fresh/frozen produce and low fat dairy products.
 - ♥ Choose lean meat (chicken, pork and turkey).
 - ♥ Remain conscious of portion size.
 - ♥ Stop Smoking.
 - ♥ Exercise on a regular basis at least 30 minutes per day.



Contribution...To You and To The World

Ignorance isn't bliss, it's blind. A lack of awareness prevents us from consciously focusing on what's important. Awareness gives color-perspective to our life.

The values we keep at the forefront of our mind become the values we live out.

Because our values are critical to shaping our life, perhaps we should review and identify if we need to restructure?

"The Fred Factor" identifies four main values essential to a success work-life balance:

1. Everyone Makes a Difference
2. Success Is Built on Relationships
3. You Must Continually Create Value for Others and It Doesn't Have to Cost a Penny.
4. You Can Reinvent Yourself Regularly.

Becoming aware of our individual values is, essentially, our orientation to life. Once awareness has been conquered an agenda or plan can be formed for success.

I challenge us to re-evaluate our personal values, our awareness of our contribution to life and our agenda.

Are we meeting our own expectations?

Source: *The Fred Factor* by Mark Sanborn and John Maxwell