

December

Chicken Fingers

Ingredients:

- ♦ 1-4oz, boneless, skinless chicken breast, rinsed, patted dry, and sliced into strips
- ♦ 1 egg or 1/4 c. skim milk
- ♦ 1/3 c. flaked, high-fiber cereal (such as Total, Special K, Wheaties or Corn Flakes). Crush.

Directions:

Preheat oven to 350° Fahrenheit.
 Dip chicken strips into egg or skim milk.
 Roll dipped chicken in high-fiber cereal to coat.
 Place coated strips on non-stick baking sheet.
 Bake for 18 to 20 minutes, turning after 9 minutes, until chicken is done (white, not pink, inside).

Prep Time:

10 minutes

Servings: 1

Serving Size:

1 Chicken Breast

Nutritional Facts:

30g protein
 3g fat
 239mg sodium
 20g Carbohydrate
 8g fiber
 75mg Cholesterol
 10mg iron
 44mg Calcium



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 www.mu.edu/healthed
 healthyeagle@mu.edu

VEGGIE TALES

Steaming

- put the steamer on top of a pot of boiling water and let the steam do the cooking
- never let the liquid dry out
- never let the liquid touch the food
- the steam must have room to circulate through the vegetables freely
- the food should be at least one inch above the boiling water
- add more boiling water from the kettle if you need to steam for a long time
- make sure the steam escapes away from you –steam is known to cause severe burns

Microwaving

- always chop vegetables uniformly so the cooking process is even
- if you are cooking vegetables whole, pierce them with a fork to allow steam to escape
- it is best to add a few tablespoons of water to create steam in the dish
- always stir halfway through the cooking process
- only season vegetables after cooking
- always allow for one minute standing time after cooking with a microwave



Boiling

- try simmering your veggies in some stock (such as chicken broth) for added flavor
- vegetables can overcook and lose their nutrients so either cover them in a few inches of water or leave them uncovered in a large quantity of boiling water

Kitchen



quickie

LAUREN, COLLEEN, JENNY, LINDSEY, KATHLEEN, JEN, MARY, KATHLEEN, LISA, LINDSEY, ELLEN, ABBY, JESSICA, AMY, JULIE

Warm Up This Winter With A Hot Bowl Of Creamy Broccoli Soup

Ingredients:

- 1 c. onion, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 clove garlic, chopped
- 6 c. broccoli, chopped (2 crowns)
- 2 c. low sodium chicken broth
- 2 c. skim milk
- Ground black pepper to taste

Nutritional Facts (per serving):

8g protein 6g fiber
 1g fat 3mg cholesterol
 142mg sodium 1mg iron
 17 g. carbohydrate 169mg calcium

Try this tasty mocktail and fall in love with winter all over again!

Jack Frost

- 1 bottle Pina Colada mix
- 1 quart softened vanilla ice cream
- 1 quart pineapple juice

Mix in blender. Freeze. To serve: Put 2 scoops in a tall glass and pour lemon-lime soda or ginger ale over. Garnish with pineapple or maraschino cherry.

Directions:

In a large soup pot, combine onion, carrot, celery, garlic, and chicken broth. Bring to a boil.
 Add the broccoli, cover the pot, and cook for 5 to 10 minutes or until broccoli is tender.
 Allow the soup to cool and transfer the soup to a blender. Add skim milk and blend until smooth.
 Transfer soup back to the pot and reheat the mixture slowly until heated through.

Prep Time: 30-45 minutes

Servings: 6

Serving Size: 1 cup

In a large soup pot, combine onion, carrot, celery, garlic, and chicken broth. Bring to a boil.
Add the broccoli, cover the pot, and cook for 5 to 10 minutes or until broccoli is tender.
Allow the soup to cool and transfer the soup to a