Workplace Wellness Newsletter

January 2015

Let's Get Real!

Take a realistic approach to a healthy New Year's resolution. Setting small, attainable goals will set you up for success and you'll be on your way to healthy habits in 2015.

Our interactive tools and games will teach you about nutrition, fitness and healthy eating and help you set realistic goals to take you one step closer to a healthy lifestyle.

Healthy Eating Planner is a quick and easy assessment to help you improve your eating habits while still eating your favorite foods!

You'll learn:

- How many calories you need
- Your Body Mass Index (BMI)

- Specific tips for your age, gender and activity level
- How much you should eat from each food group

Visit HealthyEating.org/Tools for online tools for the whole family, plus articles, recipes and tips to help you realize your goal.

Move of the Month

Step outside in the New Year and simplify your routine

Slide show courtesy of BerkeleyWellness.com.

Recipe of the Month

Stay warm this winter with this cold weather favorite.

White Chili

Recipe courtesy WhyMilk.com and photo courtesy of TasteofHome.com

Ingredients:

6 white corn Tortillas
1 tablespoon Olive or canola oil
3/4 pound boneless, skinless Chicken breast, trimmed and cut into 3/4-inch chunks
Salt and fresh ground Black Pepper
2 small red bell Peppers, seeded and diced
1 large Onion, chopped
1 4-ounce can chopped green Chilies, drained
3 cloves Garlic, minced
1 tablespoon Chili powder
1 teaspoon ground Cumin + 1 teaspoon dried Oregano
1 14-ounce can reduced-sodium chicken Broth, defatted
2 cups fat-free skim or 1% low-fat Milk
2 15-ounce cans white Hominy, drained and rinsed
Lime wedges for garnish
1/2 cup chopped fresh Cilantro

Preparation:

Place a tortilla directly on stovetop burner set at medium-low and toast, turning frequently with tongs, until light golden and fragrant, 30 to 60 seconds. Repeat with 3 more tortillas. Cut toasted tortillas into 1-inch-wide strips and set aside.

Season chicken with salt and pepper. In a deep sauté pan, heat 1/2 tablespoon oil over medium-high heat. Add chicken and cook, stirring often, until lightly browned, 2 to 3 minutes. Transfer to a plate and set aside.

Add remaining 1/2 tablespoon oil to the pan. Add bell peppers and onion; season with salt and pepper and cook, stirring often, until softened, about 3 minutes. Add chopped green chilies, garlic, chili powder, cumin, and oregano; cook stirring, until fragrant, about 1 minute. Add broth and milk to the pan and bring to a simmer, stirring. Stir in hominy, toasted tortilla strips and browned chicken.

Reduce heat to low. Cover and simmer, stirring occasionally, until chicken is cooked through and sauce has thickened, about 20 minutes. Meanwhile, toast remaining 2 tortillas as directed in step 1 for garnish.

To serve, stir in 1/4 cup of the cilantro into chili. Ladle into bowls and garnish with remaining chopped cilantro, lime wedges if desired.