

HEALTHY RECIPES

Broccoli Chicken Stir-Fry

Servings: 4 servings

Total Time: 30 minutes

Ingredients

- 2/3 cup water
- 3 tablespoons Peter Pan® Creamy Peanut Butter
- 1/4 cup La Choy® Lite Soy Sauce
- 1-1/2 teaspoons ground ginger
- 1 teaspoon cornstarch
- Ground red pepper, optional
- No-Stick Cooking Spray
- 3/4 pound boneless skinless chicken breast, cut into strips
- 1 medium red onion, sliced vertically
- 1 pkg (16 oz each) frozen broccoli florets
- 1 can (8 oz each) La Choy® Sliced Water Chestnuts, drained
- 4 cups hot cooked brown rice

Directions

1. Combine water and peanut butter in 2-cup glass measure. Microwave on HIGH 30 seconds; stir to blend in peanut butter.
2. Combine soy sauce, ginger, cornstarch and red pepper, if desired, in small dish. Add to peanut butter mixture; stir to blend together.
3. Spray large nonstick skillet with cooking spray. Heat over medium-high heat. Add chicken; cook 2 minutes or until no longer pink, stirring several times. Remove chicken from skillet; keep warm.
4. Re-spray skillet with cooking spray. Add onion; cook 1 minute. Add broccoli; cook 4 minutes or until crisp-tender; stirring often. Add water chestnuts and cooked chicken; cook 1 minute more.
5. Stir peanut butter mixture. Pour over chicken-broccoli mixture. Cook and stir 2 minutes more or until sauce thickens and bubbles. Serve over rice.

Nutrition Facts (Amount per Serving)

Calories 472

Total fat 11 g

Saturated fat 2 g

Cholesterol 54 MG

Sodium 707 MG

Carbohydrate 59 g

Dietary fiber 8 g

Sugars 8 g

Protein 31 g

* Percent Daily Values are based on a 2,000 calorie

Avocado-Orange Spinach Salad with Zesty Tomatoes

Servings: Makes 4 servings

Total Time: 20 minutes

Ingredients

- 10 oz can of diced tomatoes & green chilies, drained
- 2 tablespoons honey
- 1 tablespoon seasoned rice vinegar, may use white vinegar
- 8 oz baby spinach leaves = 2 oz per serving
- 1 orange, peeled, chopped
- 1 medium ripe avocado, pitted, peeled, chopped
- Optional addition - onion, 2 tablespoons minced, red or white onion

Directions

1. Combine drained tomatoes, honey and vinegar in small bowl; mix well.
2. Toss spinach with tomato mixture, orange and avocado in large bowl. Serve immediately.

Cook's Tips

To make individual salads, divide spinach between 4 salad plates. Top each evenly with orange and avocado pieces. Spoon equal amounts of tomato mixture over spinach. Serve immediately.

Nutrition Facts (Amount per Serving)

Amount per Serving

Calories 159

Total fat 8 g

Saturated fat 1 g

Cholesterol 0%

Sodium 339 MG

Carbohydrate 23 g

Dietary fiber 6 g

Sugars 15 g

Protein 4 g

* Percent Daily Values are based on a 2,000 calorie



April 2010

*Alcohol and Tobacco
Awareness*

ALCOHOL AND YOUR HEALTH

Fetal Alcohol Syndrome

Drinking during pregnancy can cause fetal alcohol syndrome (FAS) in the baby. The symptoms include:

- skeletal deformities.
- mental retardation.
- hyperactivity.
- stunting of growth.
- malfunctions of the major organs.
- underdevelopment of the head and face.

Most doctors recommend that women don't drink at all during pregnancy.

Is Alcoholism Inherited?

The evidence is that children of alcoholics are three to five times more likely to become alcoholics than the children of nonalcoholics, even when adopted by nonalcoholic families. If there's alcoholism in your family, you may be at risk for developing it. One way to avoid becoming an alcoholic is to not drink at all.

If You Drink:

- Drink no more than one to two drinks a day, depending on your metabolism or body weight.
- Avoid drinking during pregnancy.
- Avoid drinking every day.
- Avoid drinking when taking medications

STEERING CLEAR OF DRUNK DRIVERS

Half of all automobile accidents are caused by drunken drivers. The lives of countless innocent victims are taken each year. Even with tougher laws nationwide as a deterrent, many individuals still get behind the wheel while under the influence of alcohol. How can we keep ourselves and our loved ones safe? Driving defensively is a good strategy.

Watch Out for Drivers Who:

- drive too fast or too slow
- swerve or drive too close to the center line or the shoulder
- approach a signal or stop sign too fast or too slow
- drive with their windows open in cold or rainy weather
- ignore traffic signals
- speed erratically
- ignore other drivers
- pass other cars too quickly or too slowly
- make jerky starts and stop quickly
- make frequent lane changes
- overshoot signals or stop signs
- drive without lights on after sundown
- are partying with their passengers
- follow other cars too closely

What Should You Do?

- If you come across drivers displaying any of these traits, get away from them. If the car is in front of you, slow down and let it get farther away. Don't try to pass; it may swerve into you.
- If the car is behind you on the freeway, speed up enough to put distance between you, or take the next exit. On surface streets, turn at the next right turn.
- If the driver is coming toward you from the opposite direction, slow down and move off the road if necessary.
- When you come to intersections, don't assume that the driver of the car coming towards you is sober and paying attention. Be cautious before you cross, making sure that the other car has come to a complete stop, especially after a light change. Your right-of-way will not always protect you.
- Any time you see a driver obviously under the influence and you can safely get the

license plate number, immediately report it to the nearest law enforcement agency.

THE DANGERS OF NICOTINE

Physical Effects

The nicotine found in tobacco is highly addictive. Nicotine inhalation stimulates the central nervous system. Every chemical in one puff of a cigarette moves to the brain in about eight seconds. A sharp rise in blood pressure results. Blood vessels are constricted, and sensitivity to pain and stress is reduced. Chronic smokers often complain of the lack of sense of smell and taste, and less stamina and motor skills. Smoking also causes skin to age prematurely.

Risks to Women and Children

Studies have linked smoking to infertility. At greatest risk are women who begin smoking before age 18. The chances of miscarriage are 33 percent higher for women who smoke. A smoking mother is at higher risk for lowbirth- weight and premature babies. Most teenagers who smoke and are aware of the risks claim they plan to quit within five years. Conversely, most adult smokers started before age 18 and never quit.

Secondhand Smoke

Smoking by parents has been shown to affect the lungs of infants as early as the first two to 10 weeks of life. Asthma is increased in children of smokers, and recent research has shown that those people exposed to secondhand smoke on a frequent basis are at greater risk for lung and other cancers.

Inhaling Poison

Nicotine is found in all tobacco products: cigars, pipe tobacco, chewing tobacco and snuff. Tobacco contains poisons such as DDT, arsenic, cyanide and formaldehyde. Forty-three of the 4,000 chemicals found in tobacco smoke, are cancer-causing substances.