

# Get With It



Sponsored by the Women's Wellness and Maternity Center and the **Get With It** Collaborative

Volume 4, Issue 3

## NATIONAL NUTRITION MONTH!!!

### SALSA VERDE ENCHILADAS from Amy Liponoga

#### INGREDIENTS:

- 3-4 boneless chicken breasts or thighs
- 1 jar (16—17.6-ounce) mild salsa verde
- 3 green onions, thinly sliced
- 1/8 cup fresh lime juice
- 1/4 cup (loosely packed) fresh cilantro leaves, chopped
- 8 (6-inch) corn or whole wheat tortillas
- 1/2 container (8-ounce) reduced-fat sour cream
- 1/4 cup reduced-sodium chicken broth
- 1/2 package (8-ounce) reduced-fat (2%) shredded Mexican cheese blend



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#### DIRECTIONS:

1. Cook chicken until done and coarsely shred. Place in medium bowl (you will need 3 cups; reserve any extra for use another day). Discard skin and bones. Stir 1/4 cup salsa verde into chicken to evenly coat.
2. Preheat oven to 350 degrees F. Grease one 13" by 9" glass or ceramic baking dish; set aside. In 12-inch skillet, heat remaining salsa verde, green onions, and lime juice to boiling on medium-high. Boil 2 minutes, stirring occasionally. Stir in 1 tablespoon cilantro; keep warm over very low heat.
3. With tongs, place 1 tortilla in salsa verde mixture; heat 10 seconds. Place tortilla on waxed paper; top with about 1/3 cup shredded-chicken mixture. Roll up tortilla and place, seam side down, in prepared baking dish. Repeat with remaining tortillas and chicken mixture, arranging 8 tortillas in each dish.
4. Stir sour cream and broth into remaining salsa verde mixture in skillet; spoon over filled tortillas. Cover one baking dish with foil and bake 15 minutes. Remove foil; sprinkle with 1 cup cheese and 1 Tbsp. cilantro. Bake 5 minutes longer or until cheese melts. Meanwhile, sprinkle remaining cheese and cilantro over second casserole and prepare for freezing.

#### \* *Special points of interest:*

- \* Wednesday, March 16 at 8:30 a.m.—3:30 p.m. Rural Vale Health Fair at Rural Vale Elementary School in Tellico Plains.
- \* Tuesday, March 22 from 3:30 to 5:00 p.m. Monthly Diabetic Workshop facilitated by Suzanne Kieltyka, RD, LDN, CDE held at the Get With It Studio, 116 College St., Madisonville. Please call 423-420-3991 to reserve your spot or email: amy@getwithwomen.org

#### TIPS & TECHNIQUES:

To reheat after thawing: Conventional oven: Heat, loosely covered, at 350 degrees F for 45 minutes; uncover and heat 10—15 min. longer.



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If you have a comment or would like to share recipes for one of our upcoming newsletters; call Debra Lindaman, Health Educator at 423-442-6624 or email Debra at [debral@getwithitwomen.org](mailto:debral@getwithitwomen.org).

## ARTIFICIAL SWEETENER: ASPARTAME

**Aspartame** is the technical name for brand names NutraSweet, Equal, Spoonful, and Equal-Measure.

According to researchers and physicians studying **the adverse effects of aspartame**, the following chronic illnesses can be triggered or worsened by ingesting aspartame: brain tumors, multiple sclerosis, epilepsy, Parkinson's disease, Alzheimer's, lymphoma, birth defects, and diabetes.

Aspartame is made up of three **chemicals: aspartic acid, phenylalanine, and methanol**. The following chronic illnesses from long-term exposure to the **aspartic acid** in Aspartame are: Multiple Sclerosis, ALS, memory loss, hormonal problems, hearing loss, epilepsy, Alzheimer's disease, Parkinson's disease, Hypoglycemia, AIDS, dementia, and brain lesions. **Aspartic acid** is also attributed to the following complaints: headaches/migraines, nausea, abdominal pains, fatigue (blocks sufficient glucose entry into brain), sleep problems, vision problems, anxiety attacks, depression, and asthma/chest tightness.

**Methanol**/wood alcohol is a deadly poison. Symptoms from **methanol poisoning** include headaches, ear buzzing, dizziness, nausea, stomach disturbances, weakness, and many others.

Source: <http://aspartame.mercola.com>

## BANANAS: THE ULTIMATE HUNGER BUSTER

**Ever grab a snack but then feel hungry again 20 minutes later? Next time, reach for a banana. It is loaded with Resistant Starch (RS), a healthy carb that fills you up AND helps to boost your metabolism. Slightly underripe medium-sized bananas have 12.5 grams of RS—more than most other foods. Ripe bananas give you 4.7 grams of RS, still enough to keep hunger pangs away. Check out these tasty ways to work in this wonder food.**



**BANANA "ICE CREAM":** Peel, slice, and freeze 1 small banana. Place frozen banana pieces in a blender with 3 Tbsp. 2% low-fat milk; blend until thick. Top with 1 Tbsp. chopped walnuts.

**BANANA SALSA:** Make a quick salsa with 2 diced peeled bananas, 2 Tbsp. minced red onion, 1 Tbsp. minced cilantro, 1 tsp. minced serrano or jalapeno pepper, juice of 1 lime, and brown sugar and salt to taste. Use it to top fish or pork tacos, jerk chicken, or jerk pork.

**BROILED BANANAS:** Slice 1 peeled banana in half lengthwise. Put banana pieces, cut sides up, on a rimmed baking sheet. Sprinkle the banana pieces with 1 tsp. brown sugar, and broil on high until the sugar bubbles and the bananas brown (about 2-3 minutes). After broiling, sprinkle with cinnamon—or drizzle with 1 tsp. rum for an extra-special treat.

**TROPICAL FRUIT SALAD:** Make a fruit salad with 1 sliced peeled banana, 1 sliced peeled kiwi, and 1/2 diced peeled ripe mango. Squeeze juice of 1/4 lime over the salad, and serve.

Source: "Shine" by Shaun Chavis