



NUTRITION

SEPTEMBER 2023

NEWSLETTER

Mindful Re-Launch

The Mindful Program is committed to creating healthy environments for our students and campus communities. Mindful has three pillars: Food & Culinary, Physical Activity, and Mental Health. The start of a new school year presents a wonderful opportunity to solidify ways to support your brain and body. See some ideas below on how to live mindfully this school year.

FOOD & CULINARY: Are you new to your campus dining program and feeling a bit overwhelmed? Try to choose foods that make you feel well nourished! When building a meal make sure to fill your plate with all different types of food; think protein, fat, carbohydrates, and fiber.

PHYSICAL ACTIVITY: Movement should be enjoyable and not feel like a chore! There are many forms of physical activity, choose one that supports your body. Check your campus recreation class schedule and try a new exercise class.

MENTAL HEALTH: Your mental health is just as important as your physical health. The beginning of school can be stressful. Did you know a quick breathing exercise can help calm your nervous system and regulate your anxiety? Try this 4-7-8 breathing technique to calm your mind and body. The gist of it goes like this:

- Inhale through your nose for **four** counts.
- Hold your breath for **seven** counts.
- Exhale through your mouth for **eight** counts.



FOR MORE INFORMATION, PLEASE CONTACT:

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Chicken, Snap Pea & Strawberry Salad



PREP TIME: 5 to 7 minutes
COOK TIME: 3 to 4 minutes
YIELD: 4 servings; 1 piece of chicken and about $\frac{3}{4}$ cup salad

INGREDIENTS

3 tablespoons slivered almonds
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice, divided
1 teaspoon honey
 $\frac{1}{2}$ teaspoon salt, divided, plus more to taste
 $\frac{1}{4}$ plus $\frac{1}{8}$ teaspoon freshly ground black pepper, divided
Four (5- to 6-ounce) boneless, skinless chicken breasts
Cooking spray or oil for the grill or grill pan
3 cups sugar snap peas (about 8 ounces), trimmed and cut lengthwise into thin strips
1 cup baby arugula leaves
4 medium strawberries, hulled and thinly sliced

INSTRUCTIONS

1. Toast the almonds in a dry skillet over medium-high heat, stirring frequently, until they are golden and fragrant, about 3 minutes. Set aside to cool.
2. In a small bowl, whisk the olive oil, 1 tablespoon lemon juice, honey, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper for the dressing. Set aside.
3. Place a sheet of plastic wrap onto a large cutting board. Place two pieces of the chicken side by side on top and then cover with another sheet of plastic wrap. Use a mallet or rolling pin to pound the chicken to an even $\frac{1}{4}$ inch thickness. Repeat with the remaining two pieces of chicken. (Note: If you purchase chicken labeled "thin cut" or "cutlets," you may skip this step.) Season the chicken with the remaining $\frac{1}{4}$ teaspoon each salt and pepper.
4. Spray a grill or grill pan with cooking spray or brush it with oil, then preheat to medium-high heat. Grill the chicken until grill marks have formed and it is just cooked through, about $1\frac{1}{2}$ to 2 minutes per side. Transfer the chicken to a plate and drizzle it with the remaining tablespoon of lemon juice.
5. Toss the snap peas and the arugula in a medium bowl with the dressing. To serve, place one piece of chicken onto each serving plate. Top with a mound of snap pea salad and scatter each with strawberry slices and toasted almonds. Season with the additional salt to taste.

NUTRITION FACTS: 1 Salad

Cal.	Cal. Fat	Tot. Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
250	120	13g	2g	0g	75mg	320mg	8g	2g	4g	27g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional information available upon request.

This product contains:
TREE NUTS