



Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

Chicken + Vegetables = Stir-Fry Happiness

In the United States, statistics show about 1 in 3 children are already overweight or obese. Healthy habits are the best way to not only prevent but also manage childhood obesity.

Because children are still growing and need adequate nourishment, restricting food intake or placing any child on a "diet" is not usually recommended. The best strategies are to promote at least 60 minutes of physical activity a day (which can be met in increments), encourage whole fruit and vegetable consumption and limit sugar sweetened beverages and high fat and high sugar foods. The best time to begin healthy habits is during childhood because chances are more likely the habits will carry over into adulthood. However, it is never too late to adopt healthy habits. Below are some examples of easy and healthy habits for the whole family:

Prepare and eat and enjoy most meals at home.

Fill $\frac{1}{2}$ your plate with fruits and vegetables.

Choose mostly [lean protein foods](#).

Snack on fresh fruits, and vegetables, instead of baked goods and processed foods most of the time.

Limit screen time (time spent in front of a computer, game, tv screen etc.) to less than 2 hours per day.

Celebrate and reward with activities such as taking a walk or going on a hike, playing and swimming at the beach and/or playing basketball rather than with sweets and "treats".

This "stir fry" is packed with vegetables and features a lean protein food, boneless, skinless chicken breast. Keep this lean protein on hand because it can be cooked quickly and in a variety of ways. Experiment with sauces (in moderation) and herbs and spices to vary the flavor of your meals.



Directions: Serves 4

1. Defrost 12 oz. (about 2-3 pieces) skinless chicken breasts in the microwave for 3-4 minutes.
2. While the chicken is defrosting, wash and slice the vegetables (2 med yellow squash, 3 med zucchini and $\frac{1}{2}$ pound of mushrooms) and set aside.
3. Begin preparing the box of Macaroni and Cheese according to the package directions.
4. Cut chicken breasts into bite sized pieces and add to a large frying pan or Dutch oven with $\frac{1}{4}$ cup of water.
5. Cover and let chicken "braise/stew" at medium/high heat for about 3 minutes and then stir. Cover and cook for an additional 4-5 minutes.

6. Add the sliced vegetables and $\frac{1}{2}$ cup of sauce to the chicken and cook uncovered, stirring occasionally until vegetables are tender and chicken is cooked through (8-10 minutes).

7. Serve $\frac{1}{4}$ the "stir-fry" and $\frac{1}{4}$ the mac and cheese on each plate. A piece of any fresh fruit you have on hand would also go great with this meal.

Note:

- Make a double batch of the "stir-fry" and use it as filling in a wrap for an interesting twist on your lunch sandwich over the next couple of days.

DISCLAIMER: You may use any like products of any brand in making this healthy choice meal. The pictures here are not an endorsement of these products.