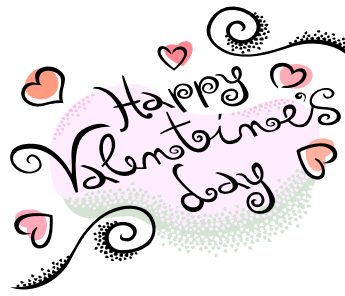


February

Kitchen Quickie

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Center for Health Education and Promotion
Student Health Service
February 2008



STRESSED spelled backwards is DESSERTS

Honey Roasted Chicken

...for your Honey



Serves 2-4

1 lb chicken pieces (breasts, thighs, and drumsticks),
skinned

1/2 cup honey

1/4 cup low sodium teriyaki
sauce

1/8 cup orange juice

1/2 tsp Dijon mustard

- ♥ Preheat oven to 375° F
- ♥ Rinse chicken and pat dry. Place chicken in a single layer on a shallow baking pan.
- ♥ In a medium sized bowl, stir together remaining ingredients. Pour 3/4 honey mixture over chicken, set 1/4 mixture aside.
- ♥ Place in oven, basting or drizzling chicken with remaining honey mixture occasionally.
- ♥ Bake uncovered about 45 minutes or until chicken is tender and no longer pink.

Nutrition per Serving	
Calories:	321 cal
Protein:	23 g
Carbohydrates:	52 g
Total Fat:	4 g
Saturated Fat:	1 g
Sodium:	625 mg

A Spoonful of Honey?

Honey is a natural sweetener. In its raw and organic form, honey has been consumed and used medicinally for thousands of years in almost every country around the world. Health benefits of honey include:

- ♥ *Relieving a Cough.* A spoonful of honey and lemon juice helps soothe a cough.
- ♥ *Boosting Energy.* A spoonful of honey is an instant energy boost.
- ♥ *Aiding Digestion.* A spoonful of honey, apple cider vinegar, and warm water in a mug helps digestion.
- ♥ *Aiding Sleep.* A spoonful of honey in a mug with warm milk helps bring on sleep.
- ♥ *Healing a Wound.* A dab of honey on a cut, burn, or scrape helps it heal.

*Honey should not be consumed by infants.

Fresh Fruit SweetTarts

Serves 6

1/2 cup non-fat or low fat sour cream

2 tbsp confectioner's sugar

1 tsp chopped fresh mint

4 oz package graham cracker
crusts (6 small crusts)

1 cup assorted fresh, cut up fruit

1/3 cup low fat or non fat yogurt



- ♥ In a small bowl, stir together sour cream, confectioner's sugar, and mint.
- ♥ Spoon sour cream mixture into graham cracker crusts.
- ♥ Arrange fruit over sour cream mixture.
- ♥ Serve immediately or cover and refrigerate until serving time.
- ♥ Just before serving, stir yogurt and drizzle over fruit.

Nutrition per Serving	
Calories:	139 cal
Protein:	3 g
Carbohydrates:	19 g
Total Fat:	6
Saturated Fat:	3 g
Sodium:	82 mg



In honor of Valentine's Day, set the books aside, grab a pen and paper, and list five reasons you love *yourself*. Tape your list to the bathroom mirror or refrigerator and read it everyday. Constantly affirming what you love about yourself helps counteract negative thoughts and is a great way to improve self-esteem. Also, check out the information tables in the union and other events on campus during **LOVE YOUR BODY WEEK February 25-29**. Visit www.mu.edu/healthed for a schedule of events and for more information on how to love your body and yourself.