Tales from the Scales

WEEK 3

Nutritional Tip:

Cooking with wine adds flavor and tenderizes proteins without adding fat. Some of the calories that are found in alcohol evaporate during the cooking process, which reduces the calories.

Health Coach:

Health coaches are available to support you in your healthy living goals, whether you’re trying to manage your weight or quit using tobacco. Call the Health Coach line at 1-800-807-0751.

Jennifer Cornforth
UPMC Health Plan Health Coach

Advice from Jennifer: It’s a scientific fact — something in motion tends to stay in motion. Momentum builds quickly and can lead to great results. Try it — make a strong start toward your goal. Suddenly, you’re working not only for the goal, but also to keep your momentum alive.

Physical Activity Tip:

Make it a habit to go for a Saturday morning walk with a friend or family member.

Motivational Tip:

“Play the smiling game in your daily life. See how many people you can get to smile back at you. Keep score and tally the results at the end of the day.”

- Josh S. Hinds

Chicken Marsala

Ingredients:

- 2 tsp. olive oil
- ½ cup chopped, fresh green onions
- 1 Tbsp. minced fresh garlic
- 6 boneless, skinless, chicken breast halves (about 1½ pounds)
- 1 cup Marsala wine
- ½ tsp. low-sodium, chicken soup base
- ½ cup boiling water
- 1 Tbsp. cornstarch
- 12 oz. fresh mushrooms, sliced

Preparation:

1. Wash all produce. Chop the green onions, mince the garlic, and slice the mushrooms.
2. In a large skillet over medium high heat, heat the oil. Season the chicken with salt and pepper. Cook the chicken to preferred doneness; start with about 5 minutes on each side. Remove the chicken from the skillet to a plate and tent with foil to keep hot.
3. Add onion, garlic, and mushrooms to the skillet where the chicken was just cooked and sauté for about 3 minutes. Add Marsala wine and continue to cook on low heat, stirring constantly for 5 minutes.
4. Combine ½ teaspoon of low-sodium chicken soup base and ¼ cup boiling water to make chicken broth. Set broth aside.
5. Make a slurry by stirring 1 tablespoon cornstarch and 1 tablespoon water together until smooth. Set slurry aside.
6. Add prepared chicken broth to the skillet with the vegetables and wine. Thicken with the slurry over medium heat, stirring constantly.
7. Place the cooked chicken in the skillet with the vegetables and wine and continue cooking until the sauce is thickened (about 2 minutes).

Serving suggestion: Asparagus is a great complement to this entrée.

Yields 6 (4-ounce or 2 chicken breast) servings. Nutritional Information Per Serving: 205 calories, 27.7g protein, 5.5g carbohydrate, 4.7g fat, 70mg cholesterol, 116mg sodium

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UPMC Health Plan is proud to sponsor America On the Move in Pittsburgh — part of a national initiative to promote active living and healthy eating across the country. Visit the America On the Move website at www.americaonthemove.org and click on “Get Involved Today” to access free tools for tracking and modifying physical activity, eating, and body weight.