



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

BBQ Chicken and Biscuits

Lately, there has been a great amount of "health" information out there that discourages eating any processed food. Some "experts" go as far as to say that all processed foods are not healthy and are bad for you. The fact is, there are plenty of high-nutrient, quality, processed food that assists in promoting optimal health. For example, frozen green beans and broccoli, although processed, are just as nutritious as fresh produce. Most grain and some dairy products have undergone some processing, but still should be part of building a healthy eating pattern.

Yes, the case can be made that in most stores, the perimeter houses most of the unprocessed food, like fresh produce, lean meats, and fish; while the center of store houses processed food. However, there are a bounty of foods in the center of the store that are perfectly okay in being part of building your healthy eating pattern. The center of the store should be used to add fun and variety to your diet, such as herb and spice blends, broths, stewed tomatoes, legumes, sauces, and pastas. Choose items with the fewest ingredients and contain ingredients you know. Try to make it a habit to read the nutrition facts label, and choose mostly items that have no added sugar, are low sodium, and whole grain.

The key to optimal health is to adopt plans and behaviors that you can maintain long-term. This includes building a healthy eating pattern that fits your tastes, finances, ability, and time. Believe it or not, making the choice to cook more meals at home is one of the most important steps in meeting your health and fitness goals. If in doing this, you need to rely on some items in the center of the store, then do so; following the guidance above.

This meal features an entrée that is made with all items from the center of the store. Use it as a start, and fill the rest of your plate with fresh fruits and vegetables.



Ingredients: 4 Servings

- 2 $\frac{1}{3}$ cups dry biscuit mix (preferably whole wheat)
- $\frac{2}{3}$ cup skim milk
- 10 oz. of canned, chunk chicken
- $\frac{1}{4}$ cup BBQ sauce
- 8 oz. shredded cheddar cheese
- 16 oz. plain, Greek yogurt
- 1 banana (sliced)
- $\frac{1}{2}$ tsp. vanilla extract
- 1 tbsp. honey or maple syrup
- 10 oz. of frozen California blend vegetable mix

Directions:

1. Pour the yogurt into a medium-sized bowl. Mix in the vanilla, honey or maple syrup, and sliced banana. Cover and place in the refrigerator to chill.
2. Make the biscuits according to package directions.
3. While the biscuits are baking, microwave the California blend vegetables according to package directions.
4. In a medium-sized sauce pan, pour in the canned, chunk chicken (drained) and BBQ sauce. Warm over medium heat.
5. Place two biscuits that have been cut in half on a plate. Top each biscuit with $\frac{1}{8}$ of the chicken mixture and top with $\frac{1}{8}$ of the cheese. Scoop $\frac{1}{4}$ of the vegetables onto the plate.
6. In a small bowl, scoop $\frac{1}{4}$ of the yogurt and bananas to be served alongside your meal.

Tips:

Canned, chunk white chicken that has the American Heart Association seal on it for heart-healthy is the best choice. Consider keeping a few cans in the pantry to make quick dishes such as casseroles, soups, and tacos, or even to top your lunch meal salads

DISCLAIMER:

THIS RECIPE DOES NOT CONSTITUTE AN ENDORSEMENT BY DOD OF ANY INDIVIDUAL VENDOR. ANY PRODUCT OF SIMILAR SPECIFICATION MAY BE USED TO MAKE THIS HEALTHY CHOICE MEAL.