

Well-News

Collier County Government Wellness

Covering Wellness, MedCenter, Health Advocate and Benefits News
March 2023

March is National Nutrition Month!

Each year during March, we celebrate National Nutrition Month, which is a nutrition education and information campaign sponsored by the Academy of Nutrition and Dietetics.

In today's climate, it can be challenging to sift through all of the nutrition advice out there to decide what's quality and best for you; and while our budgets are all a little tighter, grocery shopping for nutritious options can be a little discouraging. Our NNM class "*Fuel for the Future*" offers some delicious food, a good discussion, and a free gift! Come join us!

Come have some fun celebrating National Nutrition Month! Visit the Main Campus Wellness Fitness Center for an introductory tour (next door to Facilities Building), get to know our Fitness Center Coordinator and Certified Personal Trainer: Zach Izbicki, and receive a healthy treat and FREE gift.

Attend during one of the below dates & time slots.



(NO NEED TO REGISTER FOR VISITS ON GSMU--SIMPLY SHOW UP AT BELOW TIMES.)



Wednesdays March 8th and 15th from 11am to 2pm

Baked Lemon-Pepper Chicken Recipe



- 4 (6oz) boneless, skinless chicken breast
- 1/2 tsp salt, plus 1/8 tsp, divided
- 1 Tbs olive oil
- 1 medium lemon thinly sliced
- 2 Tbs lemon juice
- 1 Tbs maple syrup
- 2 Tbs unsalted butter, cut into pieces
- 1 tsp cracked pepper

Yield: 4 servings
Serving size: 1 chicken breast

Calories 286, Fat 13g, Sat Fat 5g, Carb 7g, Protein 35g

Preheat oven to 425 degrees.

Sprinkle chicken evenly with 1/2 tsp salt. Heat oil in a large ovenproof skillet over medium-high heat. Add the chicken; cook, undisturbed, until the underside is golden brown, about 4 minutes. Flip the chicken; arrange lemon slices around the chicken in the pan.

Transfer the skillet to the oven; bake until an instant-read thermometer inserted into the thickest part of the meat registers 165 degrees, about 10 minutes.

Transfer chicken to a platter. Add lemon juice and maple syrup to the pan. Add butter, one piece at a time, stirring until it melts into the sauce. Stir in pepper and the remaining 1/8 tsp salt. Drizzle the sauce over the chicken.

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