



# MARCH

Spring is just around the corner, and the pressure is on. There's still so much to cover as the school year winds down! Keeping your energy up is a necessity. March is **National Nutrition Month**, so read on to find suggestions on how to fuel up in a healthy way.

## Easy tips when ordering your meal at a restaurant:

- Ask for butter, cream cheese, salad dressings, sauces and gravies to be served on the side, so you can control the quantity you consume.
- Choose boiled, baked or grilled fish or chicken, instead of fried.
- Don't be hesitant to ask your server how particular foods are prepared or what ingredients they contain.
- Ask if smaller portions are available or whether you can share entrees with a companion. If smaller portions aren't available, ask for a to-go box when you order and place half the entrée in the box to eat later.

## Eat a Rainbow

Eat healthier one plate at a time by adding a little color to every meal and snack of the day.



- Look at your plate as a whole each time you eat. If it's looking too beige, add a serving of fruits or veggies.
- Adding color isn't all or nothing – start small, then add more as time goes by.

Visit <https://healthyforgood.heart.org/add-color> to learn more.

## Baked Oat-Crusted Chicken Fingers with Sweet Mustard Sauce

Serves 6

### Ingredients

2 cups quick-cooking oats (also called instant oats)	2 tbsp. water
3 tsp. sodium-free Italian seasoning blend	1½ pounds skinless, boneless chicken breast tenders
2 tsp. garlic powder	*****
⅛ tsp. salt	½ cup fat-free sour cream
¼ tsp. ground black pepper	2 tbsp. yellow mustard
¾ cup whole-wheat panko (Japanese-style bread crumbs)	2 packets no-calorie sweetener (about ½ teaspoon)
3 large egg whites	1 to 2 tsp. prepared horseradish (optional)

### Directions

1. Preheat the oven to 450°F. Place a wire baking rack onto a medium-sized baking sheet; coat the baking rack with nonstick cooking spray.
2. Into the bowl of a food processor, add oats, Italian seasoning, garlic powder, salt, and pepper. Pulse until finely ground, about 30 seconds to 1 minute. Transfer oats to a large zip-top bag, add panko bread crumbs. Seal bag and gently shake to combine.
3. Into a shallow dish, add egg whites and water. Whisk together with a fork to combine. Bread each chicken tender: Working 2 to 3 chicken fingers at a time, add into the oat mixture, coating both sides; dip into the egg whites making sure to let excess liquid drip off, and then dredge again in the oat mixture. Place on the prepared baking sheet. Repeat until all the chicken tenders are coated.
4. Bake in the oven until chicken is fully cooked and crust is golden and crunchy, around 20 minutes. To check for doneness, cut into the thickest chicken tender to make sure there is no pink.
5. Meanwhile, in a small bowl, add sour cream, mustard, no-calorie sweetener, and (optional) horseradish. Thoroughly mix together with a spoon.
6. Remove chicken tenders from the oven, let cool slightly, and serve with the sauce.



### Nutrition Analysis (per serving)

Calories	263
Total Fat	4.7 g
Saturated Fat	0.9 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.4 g
Cholesterol	75.9 mg
Sodium	274 mg
Carbohydrates	23.9 g
Fiber	3 g
Sugars	2 g
Protein	31 g
Dietary Exchanges:	3 lean meat, 1½ starch

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