

# CHICKEN CAULIFLOWER FRIED RICE

## INGREDIENTS:

- 6 oz. chicken (cooked), cubed
- 1 3/4 cup cauliflower florets, riced
- 1/4 cup chopped green onion
- 1 tsp. olive oil
- Garlic powder, to taste
- 2 tbsp. chicken broth (fat free, low sodium)
- 1 egg, lightly beaten
- Soy sauce (low sodium), to taste
- Black pepper



## DIRECTIONS:

- 1.) Heat oil in a frying pan over medium/medium high heat. When the oil is hot, add the riced cauliflower. Stir fry approximately 7 minutes, or until lightly browned. Add the chicken broth slowly to prevent the pan from getting dry.
- 2.) Add the chopped green onions and garlic powder; stir fry 3 minutes or until cauliflower rice is tender & lightly browned.
- 3.) Pour beaten egg into the pan with the rice & stir fry until cooked, approximately 1-2 minutes.
- 4.) Add cooked chicken & heat through
- 5.) Serve with black pepper & soy sauce.

## Nutrition Facts

Servings 2.0	
Amount Per Serving	
calories 252	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 169 mg	56 %
Sodium 277 mg	12 %
Potassium 1 mg	0 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 28 g	56 %
Vitamin A	4 %
Vitamin C	4 %
Calcium	1 %
Iron	2 %



Being physically active helps you keep a strong immune system, sleep better, feel better & reduce the risk of obesity, heart disease, type 2 diabetes, & some cancers. *Movement is among the most accessible & effective ways to improve physical & mental health.* Since the pandemic many Americans have been confined indoors, which has made people more stationary; people are sitting & looking at screens more often than ever before. But as we head into spring, it is time to dust off those walking shoes and

*Let's get moving!*

**Get outside** Take a walk, jog, or ride a bike outside. The fresh air and sunshine will provide a boost to your overall health!

**Keep your workouts interesting:** Listen to a podcast, your favorite playlist or watch a short TV show while exercising. If you are unable to participate in the real thing, add in activities such as dancing or working in the yard.

**Join the kids:** Play catch or tag, shoot baskets, or kick the soccer ball with your kids. Taking the focus away from electronics can help build stronger bonds with your family.

**Build more movement into your day:** Move around while you are on a call, stand for an online meeting, do squats, lunges or jumping jacks in front of the TV.

*Here to Serve You!*

1307 N.  
Cutting Ave.  
Jennings, LA



## Get moving!

**Loss of movement = loss of health!**

*Show me someone who does not move well & I will show you someone with declining health.*

### Exercise and High Blood Pressure

Eating a healthy diet, maintaining your weight, and getting regular exercise are good ways to prevent high blood pressure and cardiovascular disease, but they can help treat these problems, too.

### How Much Exercise Is Enough?

Do something that's moderate in intensity, like brisk walking, for at least 30 minutes a day, 5 or more days a week. That may be enough to keep you off medications or help them work better. Exercise can lower your blood pressure by as much as five to 15 points. Gradually make your workouts more intense to keep lowering your blood pressure to safer levels.

Don't enjoy the gym, not a problem. dancing counts. So does yoga, hiking, gardening, and anything else that gets your heart beating a bit faster. Commit to making exercise part of your schedule. Find a time that works for you. You can work out while the kids are at practice, before or after work, or even during your lunch break. If it's hard to get out of the house, consider getting some workout apps; Pinterest is a great one, a yoga mat, and hand-held weights you can use at home.

### Do Mini-Workouts

Add 10-minute mini-workouts and do these throughout your busy day. For example, you can jog in place for 10 minutes. Three 10-minute mini-workouts equal 30 minutes of daily exercise in little bits of time you won't miss.

Losing as little as 10 pounds can lower or help prevent high blood pressure if you're overweight.

### Add L-Carnitine Drink or Carnitine Boost

Improves exercise performance, promotes body leanness, improves energy production, improved metabolism and conversion of fat to fuel.



## *May is High Blood Pressure Awareness Month*

Deciding to change your lifestyle is the best decision you can make for yourself and your family. What can you do to improve your life expectancy? Start making better choices when it comes to nutrition, add exercise, and let Healthy Size help you!

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120