Mindful Re-Launch

The Mindful Program is committed to creating healthy environments for our students and campus communities. Mindful has three pillars: Food & Culinary, Physical Activity, and Mental Health. The start of a new school presents a wonderful opportunity to solidify ways to support your brain and body. See some ideas below on how to live mindfully this school year.

**FOOD & CULINARY:** Are you new to your campus dining program and you feeling a bit overwhelmed? Try to choose foods that make you feel good and nourished! When building a meal make sure to fill your plate with all different types of food; think protein, fat, carbohydrates, and fiber.

**PHYSICAL ACTIVITY:** Movement should be enjoyable and not like a chore! There are many forms of physical activity, choose one that supports your body. Check your campus recreation class schedule and try a new exercise class.

**MENTAL HEALTH:** Your mental health is just as important as your physical health. The beginning of school can be stressful. Did you know quick breathing exercise can help calm your nervous system and regulate your anxiety? Try this 4-7-8 breathing technique to calm your mind and body. The gist of it goes like this:

- Inhale through your nose for **four** counts.
- Hold your breath for **seven** counts.
- Exhale through your mouth for **eight** counts.

**FOR MORE INFORMATION PLEASE CONTACT:**

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Chicken, Snap Pea & Strawberry Salad

**INGREDIENTS**

- 3 tablespoons slivered almonds
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice, divided
- 1 teaspoon honey
- ¼ teaspoon salt, divided, plus more to taste
- ¼ teaspoon freshly ground black pepper, divided
- Four (5- to 6-ounce) boneless, skinless chicken breasts
- Cooking spray or oil for the grill or grill pan
- 3 cups sugar snap peas (about 8 ounces), trimmed and cut lengthwise into thin strips
- 1 cup baby arugula leaves
- 4 medium strawberries, hulled and thinly sliced

**NUTRITION FACTS:** 1 Salad

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<thead>
<tr>
<th>Cal.</th>
<th>Carbohydrate (g)</th>
<th>Fat (g)</th>
<th>Protein (g)</th>
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<td>250</td>
<td>12</td>
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2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

**INSTRUCTIONS**

1. Toast the almonds in a dry skillet over medium-high heat, stirring frequently, until they are golden and fragrant, about 3 minutes. Set aside to cool.

2. In a small bowl, whisk the olive oil, 1 tablespoon lemon juice, honey, ¼ teaspoon salt and ¼ teaspoon pepper for the dressing. Set aside.

3. Place a sheet of plastic wrap onto a large cutting board. Place two pieces of the chicken side by side on top and then cover with another sheet of plastic wrap. Use a mallet or rolling pin to pound the chicken to an even ¼ inch thickness. Repeat with the remaining two pieces of chicken. (Note: If you purchase chicken labeled “thin cut” or “cutlets,” you may skip this step.) Season the chicken with the remaining ¼ teaspoon each salt and pepper.

4. Spray a grill or grill pan with cooking spray or brush it with oil, then preheat to medium-high heat. Grill the chicken until grill marks have formed and it is just cooked through, about 1½ to 2 minutes per side. Transfer the chicken to a plate and drizzle it with the remaining tablespoon of lemon juice.

5. Toss the snap peas and the arugula in a medium bowl with the dressing. To serve, place one piece of chicken onto each serving plate. Top with a mound of snap pea salad and scatter each with strawberry slices and toasted almonds. Season with the additional salt to taste.

**PREP TIME:** 5 to 7 minutes  
**COOK TIME:** 3 to 4 minutes  
**YIELD:** 4 servings; 1 piece of chicken and about ¾ cup salad