

# ***Maintain, Don't Gain!***

Health Improvement Challenge

***Commit, control, maintain***

## **Turkey Chili**

### *Ingredients*

- ¾ lb ground turkey breast
- 1 Tablespoon chili powder
- 1 15-ounce can chili seasoned tomatoes
- 1 16-ounce can tomatoes
- 1 15-ounce kidney beans

In a large nonstick skillet or skillet treated with non-stick spray, cook turkey with chili powder. Add remaining ingredients, including water from canned beans. Cook until thoroughly heated, stirring occasionally.

Makes six servings

*Note:* Vegetarian variation – Substitute 1½ cups cooked corn or rice for ground turkey.

### *Nutrition facts*

Serving size: 1 cup  
Calories: 160  
Total fat: 0.5g  
% of calories from fat: 3%  
Carbohydrates: 21g  
Protein: 18g  
Sodium: 604mg



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#### **Hawaiian Chicken**

##### *Ingredients*

1 teaspoon oil or margarine  
2 ½ pounds chicken, boneless and skinless  
¼ teaspoon salt  
1/8 teaspoon pepper  
1 6-ounce can pineapple juice, frozen concentrate, defrosted  
2 cans of water (12 ounces)

Grease a large frying pan, and heat the pan on low. Put the chicken in the hot pan, and sprinkle with salt and pepper. Cook until the chicken begins to brown.

Add the defrosted pineapple juice to the pan. Swish the water in the can, and add it to the pan. Cover and cook slowly, turning occasionally, for 50 minutes or until the chicken is fork-tender.

Put the chicken on a warm platter. Skim the fat from the chicken juices in the pan. Boil down the juices until they are slightly thickened – about 5 minutes.

Return the chicken to the pan to reheat it for a few minutes.

Makes five servings

##### *Nutrition facts*

Serving size: 1/5 of recipe  
Calories: 340  
Total fat: 8g  
% of calories from fat: 20%  
Carbohydrates: 16g  
Protein: 49g  
Sodium: 300mg



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#### **Fresh Salsa**

##### *Ingredients*

2 chopped tomatoes

½ chopped onion

3 finely chopped jalapeno chiles, seeded if desired

¼ cup chopped cilantro

¼ teaspoon salt

1 juiced lime

In a medium bowl, mix all ingredients. Serve, or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Makes four servings.

##### *Nutrition facts*

Serving size: ½ cup

Calories: 30

Total fat: 0g

% of calories from fat: 0%

Carbohydrates: 6g

Protein: 1g

Sodium: 150mg



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#### Vegetable Salad

##### *Ingredients*

- 1 12-ounce can drained whole kernel corn
- 1 14 ½-ounce can drained carrots
- 1 14 ½-ounce can drained green beans
- 1 14 ½-ounce can chopped tomatoes
- 1 Tablespoon finely chopped onion
- 1 Tablespoon finely chopped green pepper
- 1/3 cup tomato juice from canned tomatoes
- ¼ cup vegetable oil
- 1/3 cup vinegar
- 2 Tablespoons corn syrup
- 1/8 teaspoon black pepper

Drain corn, carrots, and green beans. Throw away liquid. Rinse vegetables, and then drain again. Drain tomatoes, but save 1/3 cup of the liquid.

Mix corn, carrots, green beans, tomatoes, onion, and green pepper in a large bowl. Mix together all other ingredients in a separate bowl. Once mixed, pour over the vegetables.

Cover and let sit at least 3 hours in the refrigerator.

Makes 12 servings.

*Note:* You can also use a 16-ounce bag of frozen vegetables in place of canned corn, carrots, and green beans.

##### *Nutrition facts*

- Serving size: ½ cup
- Calories: 90
- Total fat: 5g
- % of calories from fat: 50%
- Carbohydrates: 11g
- Protein: 1g
- Sodium: 280mg



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