

Mindful Eating

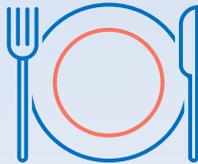
The art of paying attention to what you consume and fully experiencing it without judgment.



Don't eat straight from the packaging



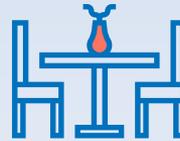
Drink more water



Take small bites



Eat without gadgets



Always sit down at a table to eat



Savor your food



Don't hurry

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STATE BAR OF WISCONSIN

Ingredients:

- 1 pound chicken breasts boneless, skinless, cut into thin strips
- 2 teaspoons olive oil
- 1 large yellow onion, finely chopped
- 1 medium green pepper, finely chopped
- 1 medium red pepper, finely chopped
- 3 cloves garlic, mashed
- 1/3 cup no-salt-added tomato sauce
- 1/3 cup low-sodium chicken broth
- 1/3 cup fresh lemon juice
- 1/3 cup water
- 1/4 teaspoon ground cumin
- 2 bay leaves
- 1/4 cup golden raisins
- fresh cilantro leaves
- 1 tablespoon capers, drained
- 2 tablespoons green olives chopped



Chicken Picadillo

1. Heat olive oil in a large sauté pan over medium heat. Add the onion, bell peppers, and garlic; sauté until vegetables are soft, about 5 minutes.
2. Add the chicken, and stir-fry for another 5–10 minutes until chicken is no longer pink inside.
3. Add the tomato sauce, chicken broth, lemon juice, cumin, bay leaves, water, and raisins to the vegetables and chicken.
4. Cover the pan, and reduce the heat. Simmer for 10 minutes.
5. Remove the bay leaves and garnish with fresh cilantro, capers, and green olives; serve.

Yield 6 servings, **Serving Size** 3/4 cup, **Calories** 162, **Total Fat** 5g, **Saturated Fat** 1g, **Cholesterol** 46mg, **Sodium** 133mg, **Total Fiber** 2g, **Protein** 18g, **Carbohydrates** 13g, **Potassium** 380mg

Source: Deliciously Healthy Dinners; National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.