

# MCKENZIE LAKE CHIROPRACTIC & MASSAGE THERAPY

MARCH 2019

SO MUCH SNOW! WHAT TO DO WITH IT.

## REMEMBER, WHEN SHOVELING SNOW:

- Avoid twisting actions
- Where possible push, instead of lifting.
- Shovel in front of you, feet facing the shovel.
- Make sure the shovel is a good height for you; your back should be straight, and you should not be bent over.
- If the snow is greater than 1 foot deep, or heavy, try to break it down before hand as to not overload the shovel.
- Stay hydrated and take breaks.
- Wear breathable clothes, as excessive sweating in cold weather will increase your chances of hypothermia.

When you refer a friend or family member, make sure they let us know that you referred them. Once they have completed their initial visit, you should watch your mail for a Thank You card from us. Inside the Thank you card is a note that gets you a FREE treatment! Bring it in for your next Chiropractic visit, and that treatment will be no charge.



## ONE PAN CHICKEN AND POTATOES

<https://ifoodreal.com/one-pan-chicken-potatoes/>

Yield: 4 Servings, Prep Time: 10 Minutes, Cook time: 25 minutes, Total time: 35 minutes

Combines with tomatoes, oregano and garlic and baked for an easy and tasty dinner. No other dirty bowls!

Per Serving: Calories 379; Total Fat 10.5 grams; Protein 30.7 grams; Total Carbohydrate 41.8 grams; Sugar: 4.8 grams; Cholesterol 82.7 milligrams

### INGREDIENTS

5 cups baby potatoes, cut in halves  
6-8 chicken cutlets, boneless & skinless\*  
2 cups grape tomatoes, cut in halves  
2 tbsp extra virgin olive oil, divided  
2 tsp oregano, divided  
2 tsp garlic powder, divided  
1 tsp salt  
Ground black pepper, to taste  
1/2 lemon  
2-3 tbsp dill or parsley, finely chopped

### NOTES:

\*Try using 2 huge chicken breasts and cut them into cutlets using fillet knife.  
**Store:** Refrigerate in an airtight container for up to 4 days

### DIRECTIONS

1. Preheat oven to 425 degrees F and line large baking sheet with unbleached parchment paper or silicone mat.
2. Lay chicken cutlets on one side and potatoes on the other side in a single layer (tight is fine). Drizzle potatoes and chicken with 1 tbsp of oil EACH. Then sprinkle with 1 tsp oregano and garlic powder EACH. Sprinkle 1 tsp of salt and pepper to taste over BOTH. Using your hands, mix each "pile" to coat separately, and spread in a single layer after mixing. Lay grape tomatoes on top of chicken.
3. Bake uncovered on a bottom rack for 25 minutes, then broil for 5 minutes. Remove from the oven, squeeze lemon over entire dish, and sprinkle with dill or parsley. Enjoy!

