



EAT WELL, CARE WELL. HIGH PROTEIN MEALS IN 1 POT

WHY DO I NEED PROTEIN?

Protein is extremely important as we age because it helps prevent muscle wasting. In fact, Sarcopenia is the name of the disease. Sarcopenia is characterized by age-related loss of muscle and function. As we age, it is important for us to maintain muscle mass so we can continue to stay active. To prevent muscle loss, focus on protein and incorporating exercise into your weekly routine. The current recommendation for protein is 0.8 grams for every kilogram of body weight per day. To get your weight in kilograms divide it by 2.2. Ex. 130 lbs. divided by 2.2 = 59 kg. However, research shows that older adults may benefit from consuming higher amounts of protein. You may benefit from consuming 1.2 to 1.5 grams of protein for every kilogram of body weight per day. Protein foods include seafood, meats, poultry, eggs, legumes, nuts, and seeds. Focus on increasing your intake of the listed foods. Below are a few recipes that are tasty, easy, low-mess and high in protein. Try as many recipes as you like, or look for high protein recipes on your own!

WEEKLY CHALLENGES

TRY ONE OF THE
RECIPES PROVIDED

HAVE PROTEIN AT
EACH MEAL

MAKE A MEAL WITH
VIBRANT COLORS
AND VARIETY

GO ON A WALK
BEFORE OR AFTER
YOUR MEAL TO
HELP CONTROL
STRESS

DID YOU KNOW?

SARCOPENIA
AFFECTS ABOUT
20% OF PEOPLE
AGES 60-70 AND
50% OF PEOPLE
OVER THE AGE OF
80.

Apple Cider Chicken

Makes 4 servings in only 30 minutes! 286 calories and 30 grams

of protein. This recipe is brought to you from <http://www.wellplated.com/apple-cider-chicken/>

INGREDIENTS:

- 4 teaspoons extra virgin olive oil, divided
- 1 ½ pounds boneless, skinless chicken thighs (about 8, depending on size)
- 1 teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- ½ cup fresh apple cider
- 2 teaspoons Dijon mustard
- 3 medium firm, sweet apples, cored and cut into ½-inch slices
- 2 teaspoons chopped fresh rosemary, plus additional for serving

DIRECTIONS:

1. Heat 2 teaspoons of oil in a large skillet over medium-high. Sprinkle the top of the chicken evenly with ½ teaspoon kosher salt and ¼ teaspoon pepper. Once the oil is hot and simmering, add the chicken to pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3-4 additional minutes. Remove to a plate and cover with foil to keep warm.
2. In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining ½ teaspoon salt, ¼ teaspoon pepper, and rosemary. Cook 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to pan and pour the cider mixture over the top. Let cook 4-5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.



Mexican Quinoa

Makes 7-9 servings in only 40 minutes! 290 calories and 20 grams of protein This recipe is brought to you from <http://www.joyfulhealthyeats.com/healthy-one-pot-mexican-quinoa-casserole>

INGREDIENTS:

- 2 tablespoons olive oil
- 2 boneless chicken breasts, cut into ½" cubes
- 1 cup diced red onion
- 2 garlic cloves, minced
- 6 mini assorted color sweet red peppers, sliced
- 2 (4 oz.) cans diced green chilies
- 14 oz. can low sodium pinto beans, rinsed and drained
- 1 cup diced roma tomatoes
- 1 cup quinoa
- 2 cups low sodium chicken broth
- 2 teaspoons cumin
- ½ teaspoon smoked paprika
- 1 teaspoon salt
- ½ teaspoon ground pepper
- ¼ cup fresh cilantro, chopped
- ½ cup shredded Colby cheese
- 1 avocado, diced
- ¼ cup diced green onions

DIRECTIONS:

1. Heat a large skillet to medium high heat.
2. Add olive oil to pan as well as diced chicken. Cook until chicken is no longer pink, turning throughout. About 5-7 minutes.
3. Remove chicken from the pan and put on plate. Set aside.
4. Add onions to pan. Sauté until translucent, approximately 3-4 minutes.
5. Add in garlic, sauté for 30 seconds and immediately add in mini peppers. Sauté for 1-2 minutes.
6. Add in green chilis, pinto beans, chicken broth, roma tomatoes, quinoa, cumin, smoked paprika, salt, ground pepper, and cilantro to the pan.
7. Stir and bring to a boil.
8. Add chicken in, stir, cover, and reduce to simmer.
9. Simmer for 15-20 minutes, until liquid is evaporated and quinoa is cooked through.
10. Remove from heat.
11. Add cheese to the top. Place cover on and let sit for 1 minute until cheese is melted.
12. Serve with fresh avocado, green onions, and fresh cilantro.

