



Stress Awareness

Skillet Lemon Chicken & Potatoes with Kale



Ingredients

- 3 Tbsp. extra-virgin olive oil, divided
- 1 lb. boneless, skinless chicken thighs, trimmed
- ½ tsp. salt, divided
- ½ tsp. ground pepper, divided
- 1 lb. baby Yukon Gold potatoes, halved lengthwise
- ½ c. low-sodium chicken broth
- 1 large lemon, sliced and seeds removed
- 4 cloves garlic, minced
- 1 Tbsp. chopped fresh tarragon
- 6 c. baby kale

Directions

1. Preheat oven to 400 degrees F.
2. Heat 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Sprinkle chicken with 1/4 tsp. each salt and pepper. Cook, turning once, until browned on both sides, about 5 minutes total. Transfer to a plate.
3. Add the remaining 2 tablespoons oil, potatoes and the remaining 1/4 teaspoon each salt and pepper to the pan. Cook the potatoes, cut-side down, until browned, about 3 minutes. Stir in broth, lemon, garlic, and tarragon. Return the chicken to the pan.
4. Transfer the pan to the oven. Roast until the chicken is cooked through and the potatoes are tender, about 15 minutes. Stir kale into the mixture and roast until it has wilted, 3 to 4 minutes.

Nutrition Facts

Serving Size: 1 chicken thigh & 1 cup vegetables
Per Serving: 374 calories; protein 24.7g; carbohydrates 25.6g; dietary fiber 2.9g; sugars 1.8g; fat 19.3g; saturated fat 3.9g; cholesterol 75.5mg; vitamin a iu 2463.4IU; vitamin c 40.6mg; folate 51mcg; calcium 64.8mg; iron 2mg; magnesium 53mg; potassium 677.3mg; sodium 377.9mg; thiamin 0.2mg. Exchanges: 3 lean protein, 2 fat, 1 1/2 starch, 1/2 vegetable

1. Skillet Lemon Chicken & Potatoes with Kale. (2022). EatingWell. <https://www.eatingwell.com/recipe/272467/skillet-lemon-chicken-potatoes-with-kale/><https://www.eatingwell.com/recipe/272467/skillet-lemon-chicken-potatoes-with-kale/>

Feeling Stressed? Try this!

Mindful Eating

When stressed, we eat without paying attention to what or how much we're eating. Mindful eating encourages deep breaths, thoughtful food choices, chewing slowly and savoring your food¹.

Balanced Diet

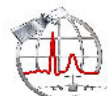
Thanks to its focus on fruits, vegetables, healthy fats, and lean protein, the Mediterranean diet is not only recommended for improving overall health, but for stress relief as well.

Eat Consistently

Low blood sugar levels can worsen stress, so it's important to eat every 3-5 hours to keep blood sugar levels stable².

1. Harvard T.H. Chan School of Public Health. (2021, February 2). Stress and health. The Nutrition Source. Retrieved March 9, 2023, from <https://www.hsph.harvard.edu/nutritionsource/stress-and-health/>

2. Kaputk. (2021, June 15). Eat these foods to reduce stress and anxiety. Eat These Foods to Reduce Stress and Anxiety. Retrieved March 9, 2023, from <https://health.clevelandclinic.org/eat-these-foods-to-reduce-stress-and-anxiety/>



A Personal Message From Your Health Promotion Myth Busting Team



HeRO Highlights

Dear MythBusters,

At work, and even at home, I tend to stress out about my long to-do list and often skip meals because I'm too busy worrying about getting everything on my list done. I don't do this on purpose, it's just my mind is focused on what I need to do at that moment, and then hours later I'll realize I haven't eaten lunch or dinner yet. How do I get myself to stop doing this?

Sincerely,
Worrying Myself Hungry

Dear Worrying Myself Hungry,

While some people resort to overeating or indulging in junk food when stressed, there are others such as yourself who eat less when stressed, either because they're too stressed to even think about food or because their stress suppresses their appetite. Whatever the reason, going too long without food can cause your blood sugar levels to dip, signaling your body to produce cortisol, aka the stress hormone¹. This will leave you feeling more stressed, tired, and downright irritable. When you finally realize you've skipped a meal, you may have strong cravings for sugar and carbs, which may also lead to binge eating¹. To avoid this, plan your meals and snacks for the day and have them packed and ready. Keep meals and snacks simple, nothing that will take too long to prepare. Lastly, there's nothing wrong with setting alarms and reminders on your phone, calendar, smartwatch, etc. to remind yourself when it's time to eat.

Sincerely,
Health Myth Busters

1. Wicks, L., & Ball, J. (2020, January 10). 8 scary things that could happen to your body when you skip meals. EatingWell. Retrieved March 20, 2023, from <https://www.eatingwell.com/article/7561431/scary-things-that-could-happen-to-your-body-when-you-skip-meals/>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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Air Force Health Promotion HQ

Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact: Luke Christy
Phone: 609-1027
Email: LUCAN.CHRISTY@US.AF.MIL

Monday	Tuesday	Wednesday	Thursday	Friday