



## Preventive Health Month:

### Be proactive about your health

Things like cancer screenings and routine vaccines generally fall into this category. Preventive healthcare can help you stay healthy and lower your healthcare costs.

You can also make healthy lifestyle choices at home to prevent sickness. A medical provider can counsel you on ways to develop better habits to prevent disease or manage current health problems. They usually offer medical advice based off annual screenings and physicals. Routine screenings and physicals may uncover health risks you aren't aware of.

Talk to a healthcare provider about the following preventive care services:

- Blood pressure, diabetes, and cholesterol tests
- Cancer screenings
- Smoking cessation
- Mental health screenings
- Nutrition and weight management
- Regular wellness visits and how often to schedule them
- Routine vaccinations

Screenings, dental check-ups, and staying up to date on vaccines can help keep people of all ages healthy. Talk to a healthcare provider about which preventive services are right for you. Services are often based on your age, gender, and health status. Contact your insurance company if you have questions about your plan or need help finding a medical provider.

Sources: [CDC.gov](https://www.cdc.gov), [Health.gov](https://www.health.gov), [HHS.gov](https://www.hhs.gov)

### Reduce your chance for chronic diseases:

Many chronic diseases are caused by risky behaviors. Read the tips below to reduce your chances of getting a chronic disease:

- Stop smoking
- Eat healthy
- Get regular physical activity
- Avoid drinking too much alcohol
- Take care of your teeth

## Grilled Jalapeño Cilantro Chicken

*Flavorful chicken made with an easy, spicy marinade perfect simple weeknight dinner.*

### Ingredients:

#### For the chicken:

1 pound boneless skinless chicken breasts or thighs

#### For the spicy jalapeno cilantro yogurt marinade:

1/2 cup fresh chopped cilantro (a big handful)

1/4 cup plain Greek yogurt

1 tablespoon olive oil or avocado oil

1 tablespoon lime juice

1 teaspoon brown sugar, coconut sugar, honey or pure maple syrup

1 clove garlic

1 small jalapeno (do not seed if you want it spicy)

1/4 teaspoon salt, plus more to taste

Freshly ground black pepper



#### Nutrition Facts:

Serving: 1 piece of chicken

Calories: 187

Protein: 27g

Carbohydrates: 1.9g, Sugar: 1.6g

Fat: 7.3g

Fiber: 0.1g

Percent Daily Values are based on a 2,000 calorie diet.

### Directions:

1. Make marinade: add ingredients to a blender or food processor and blend/process until well combined & smooth.
2. In a large bowl, baking dish or large reusable bag, add chicken and pour the marinade over; stir well to coat the chicken in the marinade. Cover and place in the fridge for 15-30 minutes or up to 1 hour. Grill or bake chicken however you'd like and discard excess marinade.
3. To grill chicken: Preheat the grill to 400 degrees. Once preheated, place your chicken on your grill, and close lid. Keep the lid of your grill closed while your chicken is cooking so that no heat escapes. Cook your chicken on grill for 6-8 minutes on one side. After 6-8 minutes open your grill lid and flip your chicken with tongs. Only flip your chicken breast once so it stays juicy. Cook chicken breast for 6-8 minutes more. Cook time will vary depending on size of the chicken and type of cut, check the internal temperature in the thickest part of the chicken breast using a meat thermometer. When the internal temperature reaches 165 degrees F, the chicken is done and can be transferred to a clean plate or cutting board. Immediately cover chicken with foil to seal in juices and allow it to rest for 5-10 minutes before cutting into it. (To bake your chicken: preheat the oven to 400 degrees. Place chicken on a baking sheet lined with parchment paper. Bake for 20-25 minutes)

<https://www.ambitiouskitchen.com/jalapeno-cilantro-chicken/>