

Healthy Eating Tips

As your guide to better health, Buckeye Health Plan provides tips to help you get healthy and stay healthy. Did you know that a healthy diet can help you boost your immune system and help defend against sickness and disease? Experts suggest that we eat five to nine servings of fruits and vegetables each day. Here are some tips and tricks to help you add fruits and vegetables to your daily diet:

- **Keep fruit where you can see it.** Carry whole fruits with you on the go or store chopped fruits within eyesight in the refrigerator to tempt a sweet tooth.
- **Add extra vegetables to your meals.** Include peas or broccoli with rice. Add extra vegetables with soups and stews. Add variety to salads with baby carrots, avocado, beets, celery, cucumbers or peppers.
- **Substitute unhealthy sides.** Eat a fruit cup or side salad instead of fries or other less-healthy options.
- **Use fruit for healthy desserts.** Add fresh berries or sliced fruit to yogurt or make fruit ice pops with 100 percent fruit juice or pureed fruit in an ice tray.
- **Try new recipes.** Salads, soups and stir-fries are a few easy to make recipes. Pair low-fat dip or hummus with sugar snap peas, cherry tomatoes or cauliflower.



Buckeye Health Plan is Ohio's second largest managed care plan. We are committed to providing health education and resources to Ohioans. Visit [BuckeyeHealthPlan.com/buckeyefresh](https://www.buckeyehealthplan.com/buckeyefresh) for more healthy eating tips and resources.

Baked Chicken Strips with Microwave Green Beans

Ingredients

- 1 lb boneless, skinless, visible fat removed chicken breasts, cut into 1 inch strips
- ⅓ cup whole-wheat flour
- ½ tsp. black pepper
- ⅓ cup skim milk
- 2 tbsp. low-fat, low sodium, grated Parmesan cheese
- ⅓ cup quick-cooking oats
- 1 tsp. garlic powder
- ½ tsp. paprika
- 1 pound fresh green beans
- ½ cup water
- 1 tsp. minced garlic (from jar)
- ¼ tsp. black pepper

Directions

- Preheat oven to 375°F.
- *Wash your hands with soap and water.*
- Spray a baking sheet with cooking spray.
- Remove all visible fat from chicken and cut into 1 inch strips, set aside.
- *Wash hands again after handling raw chicken.*
- On a plate or shallow dish, combine flour and pepper.
- Pour milk into a second shallow dish.
- In another shallow dish, combine Parmesan, oats, garlic powder and paprika.
- One at a time, dip chicken strips into flour and turn to coat. Then dip in milk, then oat mixture, turning until well coated.
- Place coated strips onto prepared baking sheet.
- Once all strips are on the baking sheet, give a light spray with cooking spray.
- *Wash hands with soap and water after handling raw chicken.*
- Bake for 20 minutes, until golden-brown and internal temperature of chicken reaches 165°F.
- Wash beans. Next, in a 2-quart microwave-safe dish, place beans, water, garlic and pepper.
- Cover and microwave on high until beans are crisp-tender (6-8 minutes).
- Drain excess liquid.
- Enjoy!