

NW Montana Area Newsletter

October, 2011

Debra Pier
PO Box 312
Hot Springs, MT 59845
[Email: nutz4stamps@yahoo.com](mailto:nutz4stamps@yahoo.com)
topsnwmt@gmail.com
Telephone: 406-741-2566

Trivia Question: How much broccoli would you have to eat to contain more vitamin C than 204 apples?

(answers will be at bottom of newsletter)

Note: The information in this newsletter is designed for educational purposes only. You should not rely on this information as a substitute for personal medical attention, diagnosis or treatment.

Upcoming Events:

Fall Rally—Coming Up Soon!

When: October 1st, 2011

*Where: Trinity Lutheran Church
460 3rd Avenue West N
Kalispell, Montana*

A Run Through History • Kalispell. 5k run/walk. The Kalispell Downtown Association and the Business Improvement District sponsors this 5K run and festival beginning at the Museum at Central School, traveling through Woodland Park, passing the Conrad Mansion and some of the magnificent historic east side homes. The race will conclude at the Hockaday Museum of Art. Everyone is welcome to participate in this celebration located in beautiful, historic, downtown Kalispell.

Have you noticed I've been including runs or walks in our region? Has anyone been attending? It is a great way to get some fresh air and exercise. If you know of an activity in your town let me know. I would be glad to include it.

Skillet Chicken Parmesan

Makes 4 servings

Ingredients

1/3 cup breadcrumbs
1/3 cup grated Parmesan cheese
1/2 teaspoon dried oregano
1/4 teaspoon garlic salt
1 large egg
4 boneless, skinless chicken breasts (about 1 pound)
1 tablespoon olive oil
3/4 cup marinara sauce (jar or homemade)
3/4 cup shredded part-skim mozzarella cheese (3 ounces)

Instructions

1. In a shallow bowl, mix together the breadcrumbs, Parmesan cheese, oregano, and garlic salt. In another shallow bowl, beat the egg until frothy.
2. Wrap the chicken breasts in plastic wrap and place on a cutting board. Gently pound each breast with a mallet to an even thickness (about 1/2-inch). Dip each chicken breast into the beaten egg to coat, and then roll in the breadcrumb mixture.
3. Heat the oil in a large nonstick skillet over medium-high heat. Add the chicken and cook for 4 to 5 minutes on each side, or until the chicken is well browned and just cooked through.
4. Spoon the marinara sauce evenly on top of the chicken, and sprinkle the mozzarella on top. Cover the pan, reduce heat to low and cook for 3 more minutes, or until the cheese melts.

Nutrition Information Per Serving:

Calories 340 : Carbohydrate 13g (Sugars 1g) : Total Fat 14g (Sat Fat 6g) : Protein 39g : Fiber 0g : Cholesterol 135mg Sodium 840mg

Food Exchanges: 4 Lean Meat, 1 Medium Fat Meat, 1 Vegetable, 1 Fat, 1/2 Starch : Carbohydrate Choices: 1

NW Montana Area Newsletter
October, 2011

In keeping with a healthy TOPS lifestyle, it is important to include a variety of vegetables in our meal planning. The health benefits of eating vegetables are many and start with reducing the risk of some chronic diseases. It can be a challenge to include a sufficiency of this tasty and beneficial food group in our menus. These tips offer some creative ways to eat more vegetables: *Want "The TOPS Ten Ways to Eat More Vegetables"?* Check out the list at www.tops.org.

Big Reminder from MT 544 100 Mile Club

If you participated in the 100 Mile Challenge, it is time to send in your logbook. Amy is ready to order tee shirts for the participants that met the 100 mile challenge. Please mail them to Amy Anderson, PO Box 31, Hot Springs, MT 59845.

New Area Captain

Do you like to travel? A desire to meet new people? Looking for ways to stay on track? How about visiting chapters and seeing what other groups do to inspire each other? I am looking for my replacement. Anyone interested? Contact me either by telephone or email.

Trivia Answer: One-third pound stalk of broccoli contains more vitamin C. Let's think green.

Race to Rally Contest—

My next contest will run for the next three months (October to the end of December). Game board is on the next page, you may complete as many laps as needed between now and the end of the year. Please submit only once a month, shortly after the beginning of the month. Chapters may send a bundle or members may send in them individually.

Earning the laps: Mark each square as noted below.

Attendance: Come weigh in and stay for the meeting earn 1 square

Weight Loss or Turtle earns one square. You can only claim one square each week for weight success. KOPS staying in leeway earns one square.

Exercise: Three times or more for a minimal of 20 minutes per week earn one square.

Food Diary: Bring your week's diary; have it initialed by another member to earn a square.

Present your chapter's program and earn two squares.

Sponsor a new member to earn two squares.



NAME _____

CHAPTER _____

NW Montana Area Newsletter
October, 2011

