

## FOOD FOR THOUGHT: CONSCIOUS CONNECTION

There are so many ways to take control of your health. Here is a recipe and a health tip to help inspire you!

### Coconut Chicken

#### Ingredients

2 Tbs coconut flour  
1 pound boneless skinless chicken breast sliced into 2 inch wide strips, rinsed and dried  
½ cups mashed sweet potato  
¼ pineapple juice  
2 Tbs gluten free tamari  
1 large egg lightly beaten  
1/3 cup shredded unsweetened coconut  
1 cup gluten free breadcrumbs  
Nonstick cooking spray  
2 Tbs coconut oil

#### Preparation

Dredge chicken in flour, set aside  
In a shallow wide bowl, combine sweet potato, pineapple juice, tamari, beaten egg and coconut.  
Add chicken, turning to coat  
Roll chicken in bread crumbs, place on a plate cover and place in fridge for 20 mins. This allows the coating to bind to the chicken.  
Coat a nonstick skillet with cooking spray over medium high heat. When pan is hot add oil. Let heat for about 1 minute.  
Add chicken in a single layer and brown for 3 to 4 minutes on one side, until the breadcrumb coating is crisp and golden. Turn down heat if the coating browns too quickly- coconut burns easily. Turn chicken and cook another 4 mins or so until chicken is cooked throughout.



### THOUGHT FOR THE WEEK

There is never a better time to start than when a child is young to encourage healthy eating habits. This recipe is both delicious and easy and is a perfect one to try for children AND adults! It is sure to please the pickiest of eaters!

