

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!

CHICKEN SALAD

2 cups chopped, boneless chicken breast	½ tsp dried thyme or tarragon
½ cup chopped celery	¼ tsp salt
¼ cup chopped onion	¼ tsp pepper
2 Tbsp cashews or pecans	2-3 Tbsp mayonnaise
2-3 Tbsp fresh lemon juice	

Place all ingredients, except mayonnaise, in a food processor. Pulse until chopped to ¼ inch pieces. Remove lid and add 2 Tbsp mayonnaise. Cover and pulse until all ingredients are thoroughly blended. Scoop into a bowl and fold in remaining 1 Tbsp mayonnaise, if desired, and add additional salt and pepper to taste.

Make a chicken salad sandwich, place a scoop of it on top of your favorite fresh green salad or use it to fill a scooped out fresh tomato.

Also, the next time you make this delicious chicken salad, try adding new ingredients, like goji berries, unsweetened dried cherries or grapes (cut in ½). You can also try using fresh herbs, instead of dried...maybe try dill! Enjoy!



TRY RAW ORGANIC CHIA SEEDS!

Chia seeds are the secret Super Food of the ancient Aztecs and modern athletes alike. Chia is a good source of vitamin E, protein, calcium, iron and niacin. AND one serving (2 Tbsp) contains **6 grams of Omega-3 fatty acids!**

Some of the health benefits of omega-3 fatty acids include lowering your risk of heart disease, decreasing inflammation, lowering your risk for depression, protecting you against Alzheimer's disease and reducing the symptoms of ADHD.

My favorite way to eat Chia seeds is to sprinkle them on top of my salad. **Try it!**

