

The Weekly Handout

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Some Simple Changes You Can Make To Be A Little Greener in 2012:

- Recycle
- Reuse old items
- Replace standard light bulbs with fluorescent bulbs
- Turn off lights and unplug electronics when not in use
- Bike or walk instead of drive
- Plant a tree
- Plant a garden
- Eat more local foods
- Eat organic whenever you can
- Use reusable bags at the grocery store
- Turn down the temperature on your water heater
- Switch to low-flow showerheads
- Use non-toxic cleaning products in your home
- Create a compost pile or invest in a compost bin
- Encourage others and lead by example!!



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Fri: 8:30am-12pm & 2:30pm-6:30pm



Italian Chicken Salad

MARINADE

- 1 (8oz) bottle Italian dressing
- 2tbsp Worcestershire
- 1 tbsp lemon juice
- 1 tsp Creole seasoning (optional)

CHICKEN SALAD

- 8 thin-sliced, boneless, skinless chicken breasts
- Mixed salad greens
- Cherry tomatoes

INSTRUCTIONS

1. Combine the marinade ingredients in a medium-size bowl and whisk them to blend. Set aside 1/2 cup of the mixture for basting the chicken.
2. Place the chicken in a zip-lock bag and pour in the remaining marinade, thoroughly coat the chicken, then place it in a bowl and refrigerate for at least 1 hour, turning occasionally. Remove from the refrigerator 20 minutes before grilling.
3. Prepare BBQ, close the lid, and heat until hot, about 10 to 15 minutes.
4. Remove the chicken from the bag and discard the marinade. Grill uncovered, basting with the reserved marinade. Cook the chicken until it is no longer pink inside. Transfer the breasts to a cutting board and let them rest about 5 minutes before thinly slicing them crosswise. Serve the chicken over salad greens and tomatoes. Serves 6 to 8.