

One Pan Potatoes & Chicken

- 4 medium potatoes
- 1 pound chicken breast (boned and skinned)
- 2 Tbsp. oil
- 1 cup salsa
- 1 15-ounce can whole kernel corn (drained)

PREPARATIONS

1. Cut potatoes into ¾-inch cubes.
2. Cook potatoes over medium-high heat until fork-tender. Remove from pan.
3. Heat the oil in a skillet over high heat. Brown the chicken for 5 minutes.
4. Add the potatoes back into the pan and cook until lightly browned.
5. Add salsa and corn. Cook until heated through.
6. Serve warm.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	285
Total Fat	7 g
Protein	21 g
Carbohydrates	35 g
Dietary Fiber	4 g
Saturated Fat	1 g
Sodium	316 mg
Total Sugars	3 g

Source: USDA

Sleep and Your Health

The National Sleep Foundation sponsors [Sleep Awareness Week](#) every March to educate Americans on the importance of sleep to their overall health and well-being. The CDC has linked insufficient sleep to the development of chronic diseases and conditions, including diabetes, heart disease, obesity and depression. In honor of Sleep Awareness Week occurring this March 11-17, try adopting the following five healthy sleep habits:

1. Keep a regular schedule—try to go to bed and wake up at the same time each day, including weekends.
2. Create a good sleep environment, including comfortable room temperature, minimal noise and sufficient darkness.
3. Keep track of habits that help you fall asleep, like relaxing music or reading before bed. Repeat those activities each night.
4. Avoid caffeine and nicotine three to four hours before going to bed.
5. Limit alcohol before bed, as it can reduce sleep quality.

Get a Good Night's Sleep with Food

These sleep-inducing foods will help your muscles relax, quiet your mind and produce sleep-inducing hormones to get you right off to bed.



Bananas



Warm milk



Chamomile tea



Almonds



Whole-wheat bread