

January 2021

Heart Health Newsletter

Keep in touch and stay on track

Important Information

Scheduling (843) 876-0444

Heart Health Team (843) 792-4717

- Be sure to leave a message

HeartHealth@MUSC.edu

www.musckids.org/heart/health

Tips to Stick to your New Year's Resolutions:

- Set SMART goals: Make sure that the goals you are setting, just like in our program, are specific, measurable, attainable, relevant, and time-bound.
- Find a friend: It is always more fun to work on meeting your goals if you are doing so with a friend. This will hold you both accountable and in result, make you more successful.
- Be kind to yourself: If you are struggling to meet your goals, know that you are putting forth your best effort.

For additional information, please visit: <https://www.childrens.com/health-wellness/surviving-the-holidays-how-to-support-your-kids-healthier-nutrition-habits-during-the-holidays>

Recipe of the Month

Chicken, Apple, Sweet Potato, and Brussels Sprouts Skillet

Prep Time: 25 minutes

Cook Time: 25 minutes

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 1 pound boneless skinless chicken breast
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 4 slices bacon
- 3 cups brussels sprouts
- 1 medium sweet potato
- 1 medium onion
- 2 granny smith apples

- 4 cloves garlic
- 2 teaspoons chopped fresh thyme
- 1 teaspoon ground cinnamon
- 1 cup reduced-sodium chicken broth

Instructions

- Heat the olive oil in a large, nonstick or cast-iron skillet over medium high, until hot and shimmering. Add the chicken, 1/2 teaspoon kosher salt, and black pepper. Cook until lightly browned and cooked through, about 5 minutes. Transfer to plate lined with paper towels.
- Reduce skillet heat to medium low. Add the chopped bacon and cook until crisp and brown and the fat has rendered, about 8 minutes. With a slotted spoon, transfer the bacon to a paper towel-lined plate (I simply laid another paper towel on top of the plate with the chicken, then stacked the bacon on that). Discard all but 1 1/2 tablespoons bacon fat from the pan.
- Increase skillet heat back to medium high. Add Brussels sprouts, sweet potato, onion, and remaining 1/2 teaspoon salt. Cook, stirring occasionally, until crisp-tender and the onions are beginning to look translucent, about 10 minutes.
- Stir in the apples, garlic, thyme, and cinnamon. Cook 30 seconds, then pour in 1/2 cup of the broth. Bring to a boil and cook until evaporated, about 2 minutes. Add the reserved chicken and remaining 1/2 cup broth. Cook until heated through, about 2 minutes. Stir in reserved bacon and serve warm.

Recipe can be found at: <https://www.wellplated.com/chicken-apple-sweet-potato-and-brussels-sprouts-skillet/>

Nutrition Facts: Calories: 435; Carbohydrates: 30g; Protein: 32g; Fat: 21g; Saturated fat: 6g; Cholesterol: 96mg; Fiber: 7g; Sugar: 14g

Covid-19 Update

- **Clinic visits are being conducted both virtually (via the following link: <https://MUSC.doxy.me/hearthealth>), and in person. Please specify when scheduling if you would like a virtual or in person appointment.**
- Because of the recommendations for gatherings and social distancing by public health officials, **all Thursday group sessions and Fit Kids sessions are virtual:**
- Group education sessions are at 4:00pm on **Thursdays via Microsoft Teams**. Please read your Heart Health text updates and look for the link on our private Facebook Group page <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.
- Fit Kids group exercise sessions are at 5:30pm on Mondays and Wednesdays and 10:00am on Saturdays us via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT09>

- Please continue to read your Heart Health text messages for updates.
- For information on Coronavirus, please refer to the CDC website.
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- If you feel like you may have symptoms or need to see a provider, please utilize the FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>

Stay safe and healthy and we will see you all soon!