

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

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“The road to success is always under construction.” ~ Lily Tomlin



Michelle Cook, Editor, Media Coordinator michellecook.cjw@outlook.com

<http://cjw.org>

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CO-DIRECTORS

Maryellen Friedrich – mfriedrich@cox.net / Alison Wells – alisonawells@att.net

Being an Effective Team Member



 Our monthly toolbox topic is designed to address the questions, concerns and areas of interest that came from your feedback in the 2016 CJW Member Satisfaction Survey. We hope you find this information useful for your own personal growth and development, while helping to build upon the solid foundation of the CJW members.

This month's topic is "being an effective team member."

A team member is defined as:

A person belonging to a specific group of people involved in attempting to achieve a common goal.

We all joined Juniors for different reasons, however, we probably have very similar goals. By working together effectively, we can help each other achieve these goals; while continuing to do so much good in our communities to help those in need.

What are the qualities of good team members?

1. **Honest and Straightforward.** A good team member is up front, honest, doesn't play games, or lead others on. You can count on this person to tell you what's what, regardless of whether it is good news or bad news. The key to success is delivering the message in an effective, non-threatening manner.
2. **Shares the Load.** Does their fair share of the work; there is a sense of equity and fairness.
3. **Reliable.** Can be counted on; meets deadlines and is on time.
4. **Fair.** Takes appropriate credit, but would never think of taking credit for someone else's work. (*Have you known anyone that has taken credit for the work of others? How did it make you feel?*)
5. **Complements Others' Skills.** An important characteristic of effective work teams is the shared capacity. Every member has areas of strength and some weak spots. A good team member provides some unique skills and/or knowledge that compliment others and helps to move the team forward.
6. **Good Communication Skills.** Teamwork is social, so good team members need to be skilled, and tactful, communicators. This includes effective listening.
7. **Positive Attitude.** No one would ever follow a pessimistic leader, and the same goes for team members. A positive, "can-do" attitude is critical in the motivation of self and others.

Think about the very best team members you have worked with and odds are that they have 5 or 6 of these qualities. Look around at the members in your club. Who can you say has many of these qualities? Do you enjoy being around them and working with them on projects? Of course you do! How many of these qualities do you have? Do an honest assessment of yourself and identify areas for improvement. We all have them. Make it a goal to focus effort on improving these areas that can make you a more effective team member. A great way to do that is to pair up with someone whose strength is your weakness – perfect opportunity to learn and grow.

We can all use a little help with being a more effective team member! Developing these type of habits will positively contribute to CJW's continued success.

(<http://www.businessdictionary.com/definition/team-member.html>)

(<https://www.psychologytoday.com/blog/cutting-edge-leadership/201301/characteristics-good-work-team-members>)

Director's Challenge – Scavenger (Photo) Hunt

Reminder: deadline is March 15, 2017 – if your club hasn't started yet, it's never too late!



ASSISTANT DIRECTOR

Lourdes Rojas – rojas_lourdes@hotmail.com

Happy Valentine's Day ladies!

This month is not just for lovers but for family, friends and of course, fellow members. It's a great time to show appreciation for what our members do. You can surprise a member by leaving flowers at her doorstep or by sending a handwritten letter. It always feels good to thank members for everything they do regardless of how big or small. At our last meeting, I surprised two of our members who are spending their winter in FL by calling them using Face Time. I passed the phone around so that they can see all the members. We all had a great time.

A gentle reminder to please send me your pics for the yearbook.

Please send me a picture of yourself along with # of years at your club and any officer status (if applicable) for the CJW yearbook. Please send information to cjwassistantdirectorlourdes@gmail.com.

IMMEDIATE PAST DIRECTOR/LEADERSHIP/PARLIAMENTARIAN

Amy Neves – nevesfamily34@gmail.com



WE NEED YOUR HELP GETTING SCHOLARSHIP APPLICANTS!



Each year, CJW awards three (3) scholarships to deserving individuals who meet specific requirements for each. We need your help to spread the word within your communities regarding these scholarships. Each club who has donated to these scholarships, can select and submit an applicant. If your club has not donated, it's not too late! **All applications are due no later than March Board to be eligible.** A summary of each scholarship is below, but please visit www.cjw.org/scholarships for specific details and application forms.

- **Paulie Magera Award** - This award was established in 2003 in memory of CJW Director Evelyn Magera's son who passed away that year. The purpose of the fund is to **provide financial assistance to adults/children who are intellectually disabled.** The funds are awarded based on need and impact on quality of life. A portion of the fund balance will be awarded annually. Applications are to be submitted to the Homelife Chair, Jaime Macsata – jlmacs@sbcglobal.net

- **Marie Bates Juniorette Scholarship and Campership** -This scholarship is given to either a **current Juniorette that is completing her second year of membership or a former Juniorette that was an active member of her club for two consecutive years** and has submitted a scholarship application by the deadline. Applications are to be submitted to the Immediate Past Director, Amy Neves, nevesfamily34@gmail.com
- **Maureen Borski Scholarship** - Maureen Borski was the first CJW Director from 1979 – 1980, and this award was named in her honor. This scholarship is given to a women who may or may not be a member of a Connecticut Junior Woman’s Club and must have completed at least two (2) years of college by June 2017. Applications are to be submitted to the Education Chair, Elizabeth Tischio – johnntischio@bhhsne.com

CORRESPONDING SECRETARY

Michelle Cook – michellecook.cjw@outlook.com

Please be sure to let CJW know of any changes in your club officers or other e-mail changes.

(Sample format below)

Club Name	First Name	Last Name	Office	e-mail Address	Street Address	City	Zip	Phone

TREASURER

Wendy Gamba – wgamba@yahoo.com - 145 Lowin Avenue, Westville, CT 06515 - 203-859-5729



For a “Treasure Trove” of great information for your club, don’t forget that back issues of the Junior Bulletin are always available on the cjw.org site. I’m always available by e-mail or phone to answer any questions you may have around the business aspects of running your club.

ARTS & EDUCATION

Elizabeth Tischio – johnntischio@bhhsne.com

“The purpose of education is to replace an empty mind with an open one.” ~ Malcolm Forbes~

February has been designated Black History Month during which we discover previously unknown people. Such is the case with the movie *Hidden Figures*, which tells the long overdue story of three extraordinary female mathematicians who worked at NASA during the 1950s and early ‘60s. These “human computers” are portrayed by Taraji P. Henson as Katherine Johnson, Octavia Spencer as Dorothy Vaughan, and Janelle Monáe as May Jackson. A fourth woman, Christine Darden, is not depicted in the film. Johnson received the National Medal of Freedom in 2015 and is the only one still alive at 97.

The movie has received three Oscar nominations. People who have seen the movie have come away from it feeling good. No matter what your color is, no matter what your age is, no matter what your gender is, and no matter what your political affiliation is, you will be inspired by these women whose formulas and calculations led to astronaut John Glenn becoming the first American to successfully orbit the earth in 1962 (55 years ago this February).

The movie is based on Margot Lee Shetterly's book, *Hidden Figures: The American Dream and the Untold Story of the Black Women Mathematicians Who Helped Win the Space Race*. The author will discuss her book at Quinnipiac University's annual Black History Month lecture on February 8 at 7 pm. The talk will take place at Burt Kahn Court, 275 Mount Carmel Avenue, on the university campus in Hamden. The lecture is free and open to the public. For details on the talk, call 203-582-8652.

Happy Valentine's Day!

P.S. Don't forget to submit the Maureen Borski Scholarship application(s).

CONSERVATION & CURRENT AFFAIRS

Donna Bielecki - Dbielec@connecticutchildrens.org

Current Affairs: New Research and Developments:

- Scientists in the United States including those of Indian origin have successfully grown three-dimensional (3D) lungs in the lab, using stem cells.
- US based new research has found out that that Zika virus may damage brain cells not just in newborns but also in adults. However, this research is still in the early stages.
- Researchers from United States have developed a mechanism to convert greenhouse gas (GHG) Carbon dioxide (CO₂) into carbon monoxide (CO) that can be recycled into usable fuel.
- A team of scientists from Harvard University (United States) has created a unique bionic leaf that uses sunlight (solar energy) to split water molecules into oxygen and hydrogen and hydrogen-eating bacteria to produce liquid fuels from CO₂.



HEALTH

Patty Nabors – pnabes28@aol.com

February is Heart Healthy Awareness month. Heart disease (Angina, heart attacks, hypertensiveness, and venous thrombosis, to name a few), is the leading killer in men and women. But 90% of these are preventable. It is through diet, exercise, and monitoring or limiting tobacco and alcohol use, that this is achieved. Taking care of obesity, high blood pressure, and high cholesterol can take a chunk out of your vulnerability. Eating healthy is one of the biggest weapons we have against these issues. So be kind to your heart and fuel it right !

Exercise : HITT Training / Workout

HITT, is High Intensity Interval Training. It is any workout that alternates between intense bursts of activity and fixed periods of less intense activity or complete rest. an example would be running fast for 1 minute and then walking for 2 minutes. repeat 5X for 15 minutes. a definite FAT-LASTING workout. Eight proven benefits of HITT:

1. It's effective - ideal for a busy schedule
2. You will burn MORE fat - You burn more calories during a HITT workout
3. You'll builds a HEALTHIER HEART - strengthens your heart muscle and lung capacity
4. No equipment necessary - Running, biking, jumping rope and rowing all great HITT activities
5. You lose weight , not muscle - aids in preserving muscle and having weight loss come from fat stores
6. increase your metabolism - HITT stimulated the production of the HGH (human growth Hormone)
HGH is responsible for increased caloric burn as well as slows the aging process
7. It can be done anywhere - at home, at the work, on a boat , at a hotel
8. Seriously Challenging - Short intervals of working hard the whole time

Recipe : Protein Shake



Can't go wrong with this recipe! Excellent source of vitamins, protein and fiber, all while assisting with weight control! The sweetness and yumminess is a bonus!!

Raspberry Chai Shake!

Ingredients:

2 scoops of a protein or nutritional shake mix- Creamy Vanilla OR
1 serving of a Whey Protein Shake mix - Vanilla
1 cup unsweetened green tea
1 cup raspberries

Directions:

Blend & enjoy!

You can also substitute the green tea with water and some ice cubes or low-fat / skim milk. Use strawberries also.

HOMELIFE

Jaime Macsata – jlmacs@sbcglobal.net

A reminder for everyone about the “Coat Drive” as we head into some of the coldest months of winter. There are so many people who don't have the means to stay warm. Channel 3 hosts its annual coat drive in conjunction with Best Cleaners. Although the official drive ended on January 7th, Best Cleaners accepts coats all year long. I personally have been collecting coats from family and friends and will be donating them within the next two weeks. I again challenge each club or individual member to look into your closets and ask your friends and families to do the same. Pull out those old coats that haven't been worn in a long while and deliver them to a Best Cleaner near you. The link below provides the various locations.

Coats for CT <http://www.coatsforct.org/index.php> is an organization that supports local coat drives in affiliation with Best Cleaners. Coats can be dropped off at any Best Cleaner and they will clean and distribute the coats to the local Salvation Army organizations in need. It's pretty easy! Just collect the coats, drop them off and know you have helped keep someone be warm this winter. The drop spots can be found in this link: <http://www.coatsforct.org/dropspots.php>

In addition to the Coat Drive, another idea to help keep CT warm is collecting items that can be provided to local warming shelters. Socks, hats, scarves, mittens/gloves, hand warmers, are all useful items that warming shelters could use to distribute to people who come in to seek shelter from the cold. Contact your local Social Services Department for warming shelters in your area.

Let's help keep CT Warm in 2017!!!

JUNIOR BULLETIN, MEDIA COORDINATOR

Michelle Cook – michellecook.cjw@outlook.com

As we are now well underway with the new club year, kindly let me know if you are not the correct person to receive the Junior Bulletin e-mail (and let me know who *should* be receiving it from your club). And if you'd like to receive the Junior Bulletin directly, just send me an e-mail with your information and club affiliation and I'll be happy to add you to the list.



As I work to update the website, I'd like to include links to as many clubs "on-line" homes as I can. Please drop me a line with your club website and/or Facebook page and I'd be happy to include them.

Passwords for all internal documents posted on CJW.org will be (shhhh, don't tell anyone) 'cjw'. All lower case.

JUNIORETTES

OPEN – Please contact Maryellen or Alison if you'd like to volunteer for this position



Don't forget to submit applications for the Marie Bates Juniorette Scholarship and Campership by the March Board meeting. (See Parliamentarian article for more details.)

LONG TERM AFFILIATION (LTA)

Donna Bielecki- Dbielec@connecticutchildrens.org , Lynn Soucy - lsoucy@cox.net , Diane Neri - dianeatcjw@gmail.com

The Mane Event, the major fund-raising event for Manes & Motions is scheduled for **Friday, September 22, 2017**. It may seem like a long way off, but days turn into weeks in the blink of an eye and in just a few short months Spring Conference will be here...

I would like to put a bee in your bonnet now so it can percolate during these dark months of winter: we need 8 volunteers to attend the Mane Event as workers. It's a lot of fun. CJW ran the Cactus Cash game and the Basket Raffle. I would like to see some people who AREN'T the "usual faces" to commit to helping out this year. Drop me an email if you are interested (dianeatcjw@gmail.com).

Gift Baskets: No one does gift baskets like CJW. The gift basket raffle at the Mane Event was a big success and we will be repeating it this year. Baskets (or gifts) can be any theme with a minimum suggested value of @\$50. Baskets containing non-perishable items can be brought to Spring Conference. There's a donor form on the CJW webpage for you to use so your club gets credit for the donation. If you have a business or know of a business that would like to make a donation of goods or services that could be used in the live or silent auction we can provide you with a solicitation letter.

These are not the only things clubs can do to get involved. The South Windsor club is holding a Military Whist on March 3rd to benefit Manes & Motions. A flyer will be out shortly.

The Enfield club earmarks 10% of all fundraising activities for the LTA.

If any other clubs are holding events to benefit the LTA please let us know so we can publicize them.

News from the stables: M&M is looking to relocate one of their horses. They are also looking for program horses so if anyone has any leads let us know! The horse seeking a new home is Amigo, a handsome 15.2 grulla Paint gelding. He is 12 yrs old and very well trained; responsive both English and western, well-mannered and goes in the arena or out on the trail. He would be happiest having his own person rather than a lesson program. Best suited for a strong beginner on up. For more information please contact Jeanna Pellino at [860.685.0008](tel:860.685.0008).

Ways your club can get involved to support our LTA:

- Adopt a Horse
- Sponsor a Rider
- Support Horses for Heroes
- Attend a Manes & Motions Event
- Sponsor an Event
- Give to our Wish List - see it online at hfsc.org/Manes-Motions/ways-give.

There is a very handy In-kind Donor gift PDF on the CJW.org website (at the bottom of the LTA page) that you can use to put a value on your donation for your club, and CJW records. All cash donations have to be made through CJW so we can track support of the LTA project, but individual clubs can choose to earmark their donations for a particular need. If you have any questions about donations please contact Wendy Gamba wgamba@yahoo.com.

MEETING PLANNER

Nicole Maxellon – nmaxellon@aol.com



As we head fully into winter, the CJW Board is busily planning away.

However, before we know it SPRING will be here!! With that said, please mark your calendars for **President's Brunch on March 25th**! We have a fun filled day planned with a couple interactive sessions, state updates, and most importantly to honor our wonderful leaders across the state. It will be a day full of Oscar winning information. ☺ Please see the call (**ATTACHED TO NEWSLETTER**) for exact details and the registration form. Registration deadline is March 12th.

For future plans, Spring Conference will be on May 4th. More information will be announced at President's Brunch and a detailed call will be going out.

If there are any questions please contact me at 860-874-5790 or nmaxellon@aol.com.

REMEMBER THE DEADLINE FOR PRESIDENT'S BRUNCH IS MARCH 12TH!

Stay Warm Everyone!

WAYS AND MEANS

Wendy Gamba – wgamba@yahoo.com - 145 Lowin Avenue, Westville, CT 06515 - 203-859-5729

As always, I have membership and number pins available. It is extremely helpful if Clubs who know they need items could e-mail me their orders prior to Fall Conference. This way, I can have the order and an invoice prepared in advance.

Any ideas for new items are greatly appreciated!

CHARTER OAK

District Advisor - Betty-Lou Griffin – gbgriffin@yahoo.com



Barkhamsted Women's Club, Enfield Junior Women's Club, South Windsor Junior Women's Club, Tolland Junior Women, Windsor Junior Woman's Club, Tolland Juniores

Apologies to all for the lack of contact, but I've been enjoying fun in the sun in Naples, Florida for all of January! Snow-birding is wonderful, except that you have to return to snow. I hope you all fared well and enjoyed the short January thaw.

Charter Oak District Night will be held on Friday, **March 3rd**, 6:30-9pm - Military Whist Card Game Night! No experience necessary. \$6 per person, raffles, refreshments. Proceeds to benefit Manes and Motions State Project. South Windsor Community

Center, 150 Nevers, Rd, SW. Contact Paulann Marianella at paulann.marianella@thehartford.com to RSVP. Space is limited! Thank you to South Windsor Community Women's Club for planning this in my absence. Please share this information with your members. I would love to see many attend for cards and socializing.

I would also like to thank Enfield Junior Women's Club for suggesting (months ago) a Zentangle workshop for a district event... my apologies for not moving on that idea sooner, so I am officially announcing that Enfield will host the next district event.

Another event to support... **Wine and Beer Tasting Fundraiser** - Saturday **February 25th** - 6 - 9pm - Sponsored by South Windsor Community Women's Club, Enfield Junior Women's Club, and Bolton Women's Club (not CJW affiliated). Silent Auction, appetizers, desserts, and cork raffle. \$25 per person. Cheney Hall, 177 Hartford Rd, Manchester. For tickets, please contact LuAnne Porcello 860-573-8897 or email info@swcwc.org.

Tolland Community Women is currently working on the Grade 4 Parent-Child Valentine Dance they are hosting at Tolland Intermediate School this month. They are also publicizing the CJW Maureen Borski Scholarship and seeking applicants to select a candidate to sponsor.

I'd love to hear from Windsor Junior Woman's Club and Barkhamsted Women's Club.

DOGWOOD

District Advisor – Deborah Heim – debpothier@aol.com



Junior Women's Club of Fairfield, the Junior Woman's Club of Milford, the Monroe Women's Club, the Orange Community Women, the Stratford Junior Woman's Club, the Trumbull Community Women, Inc., the West Haven Junior Woman's Club, and the Orange Community Juniorettes.

Please send your updates to Deborah about what your club has been up to.

A few photos from shared from Trumbull Community Women's Holiday Party.



REGAL MONARCHS

District Advisor – **OPEN** – Please contact Maryellen or Alison if you'd like to volunteer for this position



Central Connecticut Community Woman's Club, Inc., Glastonbury Junior Women's Club, Hebron Women's Club, Marlborough Junior Woman's Club, Simsbury Junior Woman's Club, Hebron Juniorettes

Clubs, until you get a District Advisor please send your news directly to Michelle. Please indicate in the subject that you are a Regal Monarchs District club.

News from Simsbury Junior Woman's Club

Simsbury Juniors have had a busy autumn with many fun programs that have given back to the community.

- In October, our Library Committee planned a Teddy Bear sleepover at our local library where 65 stuffed animals participated in a fun night full of mischief and pizza. Their owners of the stuffed animals were treated to apple cider, mini donut holes and a slide show with photos of their animals having fun at the sleepover.
- During the giving season we had a Hat & Mitten Tree set up at the local library which collected more than 50 hats, mittens, scarfs for a elementary school in Hartford, CT.
- Our Community Committee planned the first annual Pumpkin Carving contest where 36 entries were made and top prizes were given out to the top 3. To enter the contest the carver's fee was an item for donation to the Simsbury Food Bank, which in turn provided a large donation of items in October.
- Our Luminary Committee, and the members had another successful Luminary Night in December. We raised \$10,000, which will support our community programs in addition to appropriations that will be given out this spring.
- Simsbury Juniors Continue to participate in local programs, such as 'Souper Tuesday', a ladies luncheon for seniors where we provide the dessert, Meals on wheels drivers every other Friday, and providing our time and help with our local Jack Bannon Turkey Trot.
- We celebrated the Holidays with a dinner and collecting items for the Rocky Hill VA in time for the holiday giving season. We have many fun things planned for this spring.

S.H.O.R.E.

District Advisor - **OPEN** – Please contact Maryellen or Alison if you'd like to volunteer for this position



Durham Woman's Club, Haddam Junior Woman's Club, Lyme-Old Lyme Junior Women's Club, Shoreline Community Women, Inc., Wallingford Community Women

Clubs, until you get a District Advisor please send your news directly to Michelle. Please indicate in the subject that you are SH.O.R.E. District club.

WILDBURY

District Advisor – Jessica Pettit – Jessica.ctjuniors@gmail.com



Beacon Falls Junior Woman's Club, Bethlehem Junior Women's Club, Junior Woman's Club of Bristol, Cheshire Junior Women's Club, Junior Women's Club of Litchfield Hills, Junior Woman's Club of Watertown, Junior Women's Club of Wolcott, Woodbury Junior Women's Club, Wolcott Juniorettes

Please send updates to Jessica on what your club has been doing.

Woodbury is planning a fun event on February 25th to benefit their community enhancement grant. The event is a Murder Mystery Dinner with a "Crime and Pun-ishment" 1920's Theme. Attendees are encouraged to participate in the performance given by The Murder Mystery Co. Actors, including dressing according to the theme in costume (prizes will be given). The event will be held at the Historic Curtis House Inn in Woodbury, CT, which may or may not be haunted! For tickets, e-mail Michelle Cook michellecook.cjw@outlook.com

WOODBURY JUNIOR WOMEN'S CLUB PRESENTS:

CRIME AND PUN-ISHPMENT

A 1920'S MURDER MYSTERY EXPERIENCE

Saturday, February 25, 2017 6:00 PM
Curtis House Inn - Woodbury, CT

\$60 per person - Includes:
2.5 hour Interactive Show
Full Course Dinner
1 glass of house wine or beer

Choice of Entree:
*ROASTED CHICKEN
*GRILLED SALMON
*GRILLED NY SIRLOIN (8 oz)
(Vegetarian option available upon request)

**Stop by Abrash Galleries
or call 203-597-7666**

TICKETS

Woodburyjuniors@yahoo.com
Woodburyjuniors.org

The Murder Mystery Co.

All proceeds will benefit
WJWC's Community
Enhancement Grant

THIS AND THAT

I've started the new year with a renewed focus on health and fitness. The weight has slowly crept back up on me the past couple of years and as we all know, it doesn't get any easier to keep it off, the older we get!

I'm fortunate enough to have a staffed gym at work and our fitness director is offering a 12 week weight management class. Each week we discuss challenges we face, nutrition, exercise, and one of the best parts – we share healthy recipes. With the Super Bowl coming up this weekend the theme was appetizers, which can often end up being a LOT of unhealthy “empty” calories if you're not careful.

Here's a couple that looked great! Let me know if you try them. ☺ ~ Michelle

Pizza-Stuffed Jalapeño Poppers



1/4th of recipe (3 poppers with about 2 tbsp. dip):

118 calories, 3.5g total fat (2g sat fat), 385mg sodium, 12g carbs, 2g fiber, 3.5g sugars, 9g protein

SmartPoints[®] value 3*

Prep: 25 minutes

Cook: 30 minutes

Ingredients

1/2 cup whole-wheat panko breadcrumbs

1 tbsp. grated Parmesan cheese

1 tsp. Italian seasoning

1 tsp. garlic powder

1/3 cup light/low-fat ricotta cheese

1/4 cup shredded part-skim mozzarella cheese

1/8 tsp. each salt and black pepper

12 slices turkey pepperoni, chopped

6 jalapeño peppers, halved lengthwise, seeds and stems removed (see *HG Tip*)

1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute

1/2 cup canned crushed tomatoes

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray. In a wide bowl, combine breadcrumbs, 1 tsp. Parm., 1/4 tsp. Italian seasoning, and 1/4 tsp. garlic powder. Mix well. In a small bowl, combine ricotta cheese, mozzarella cheese, salt, and black pepper. Add 1/4 tsp. Italian seasoning, 1/4 tsp. garlic powder, and remaining 2 tsp. Parm. Mix well. Stir in chopped pepperoni.

Evenly spoon and spread mixture into the pepper halves. Place egg whites/substitute in another wide bowl. One at a time, coat pepper halves with egg whites/substitute, shake to remove excess, and coat with breadcrumb mixture. Evenly place on the baking sheet, stuffed sides up. Top with any remaining breadcrumbs. Bake until outside is crispy and pepper halves have softened, 25 - 30 minutes.

In a medium microwave-safe bowl, combine tomatoes with remaining 1/2 tsp. Italian seasoning and 1/2 tsp. garlic powder. Mix well. Microwave until hot, about 30 seconds.

Serve poppers with seasoned tomatoes for dipping.



Chipotle Chicken Quinoa Burrito Bowl

Serving size: 1 burrito bowl, about 2½ cups

Per serving: 452 calories; 19 g fat(4 g sat); 9 g fiber; 36 g carbohydrates; 36 g protein; 160 mcg folate; 90 mg cholesterol; 3 g sugars; 0 g added sugars; 2,274 IU vitamin A; 7 mg vitamin C; 111 mg calcium; 3 mg iron; 462 mg sodium; 995 mg potassium

Nutrition Bonus: Vitamin A (45% daily value), Folate (40% dv)

Carbohydrate Servings: 2½

Exchanges: 2 fat, 3½ lean protein, 2 starch, ½ vegetable

Ingredients

1 tablespoon finely chopped chipotle peppers in adobo sauce
1 tablespoon extra-virgin olive oil
½ teaspoon garlic powder
½ teaspoon ground cumin
1 pound boneless, skinless chicken breast
½ teaspoon salt
2 cups cooked quinoa
2 cups shredded romaine lettuce
1 cup canned pinto beans, rinsed
1 ripe avocado, diced
¼ cup prepared pico de gallo or other salsa
¼ cup shredded Cheddar or Monterey Jack cheese
Lime wedges for serving

Directions

1. Preheat grill to medium-high or preheat broiler.
 2. Combine chipotles, oil, garlic powder and cumin in a small bowl.
 3. Oil the grill rack (see Tip) or a rimmed baking sheet, if broiling. Season chicken with salt. Grill the chicken for 5 minutes or broil it on the prepared baking sheet for 9 minutes. Turn, brush with the chipotle glaze and continue cooking until an instant-read thermometer inserted in the thickest part registers 165°F, 3 to 5 minutes more on the grill or 9 minutes more under the broiler. Transfer to a clean cutting board. Chop into bite-size pieces.
 4. Assemble each burrito bowl with ½ cup quinoa, ½ cup chicken, ½ cup lettuce, ¼ cup beans, ¼ avocado, 1 tablespoon pico de gallo (or other salsa) and 1 tablespoon cheese. Serve with a lime wedge.
- To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)