



EATING
WELL



Here's a quick and easy recipe for a healthy dinner. Make flavorful fajitas with spices that you have in your cupboard. Boost the fiber and lower the carbohydrates by purchasing whole-wheat tortillas. Even your kids will like this colorful meal that's packed with protein and fiber.

*Enjoy,
Candy*

Candy Keller is a registered dietitian and diabetes educator with Essentia Health-Fosston.



CHICKEN & VEGGIE FAJITAS

Chicken & Veggie Fajitas

- 1 pound boneless/skinless chicken breasts
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- ½ teaspoon garlic salt
- 2 bell peppers
- 4 thin slices of a large sweet onion, separated into rings
- ½ cup salsa
- 6 whole-wheat flour tortillas (6-inch size), warmed
- ½ cup chopped cilantro or green onions
- Reduced-fat sour cream (optional)

6 servings	63 mg cholesterol
159 calories	476 mg sodium
5 g total fat	21 g carbohydrates
1 g saturated fat	21 g protein
0 g trans fat	14 g fiber

Cut chicken and peppers into thin strips. Toss chicken with oregano, chili powder and garlic salt. Heat a large skillet coated with nonstick cooking spray over medium-high heat. Add chicken; cook and stir 5-6 minutes or until cooked through. Transfer chicken to bowl; set aside. Add bell peppers and onions to same skillet; cook and stir 2 minutes over medium heat. Add salsa; cover and cook 6-8 minutes or until vegetables are tender. Uncover; stir in chicken and any juices from bowl. Cook and stir until heated through, about 2 minutes. Divide mixture into 6 servings. Serve on whole-wheat tortillas topped with cilantro or green onion and sour cream, if desired.

Cut along line and add to your favorite recipes

JACOBSON, GISH NAMED TO NEW LEADERSHIP ROLES

Two Essentia Health leaders have been named to positions serving communities in Western Minnesota.

Peter Jacobson is the new president of Essentia Health St. Mary's-Detroit Lakes. He leads the hospital, its five clinics, a long-term care facility, an assisted living facility and two independent living communities.

Jacobson also serves as senior vice president in charge of Essentia Health's four hospitals and 15 clinics in Western Minnesota as well as three clinics in southeastern North Dakota. His partner in this role is Dr. Richard Vetter.

You can contact Jacobson at Peter.Jacobson@EssentiaHealth.org.

Kevin Gish is lead administrator for Essentia Health in Graceville, Minn. He leads Holy Trinity Hospital, Graceville Clinic, Grace Home and Grace Village. He's also responsible for the Chokio Clinic and serves as manager of the clinic in Wahpeton, N.D. His partner is Dr. Duane Strand. You can contact Gish at Kevin.Gish@EssentiaHealth.org.



Peter Jacobson
President
Essentia Health
St. Mary's-Detroit Lakes



Kevin Gish
Lead Administrator
Essentia Health
Graceville