



Adagio Health Power Up Monthly Minder



Chicken Parmesan Stuffed Peppers

Recipe Adapted from delish.com

Does your New Year resolution involve eating more veggies? This fresh take on the traditional stuffed peppers is an amazing way to meet your goals! Have a picky eater who refuses to eat peppers? Chop up the peppers into the filling and add extra cheese and marinara, then serve it as a casserole - they'll never know!

Ingredients

3 C shredded mozzarella
3 cloves garlic, minced
1 1/2 C marinara
1 tsp. parsley
12 oz. canned or rotisserie chicken, shredded
4 bell peppers, halved and seeds removed
1/2 C chicken broth
Crushed red pepper (optional)
Kosher salt
Freshly ground black pepper

Instructions

1. Preheat oven to 400°. In a large bowl, combine 2 cups cheese, garlic, marinara, parsley, and red pepper flakes and season with salt and pepper. Stir until combined, then gently fold in chicken.
2. Spoon mixture into halved bell peppers and sprinkle with remaining 1 cup mozzarella.
3. Pour chicken broth into baking dish (to help the peppers steam) and cover with foil.
4. Bake until peppers are tender: 55 minutes to 1 hour. Uncover and broil 2 minutes.

Family Game Time



It can be hard to stay active during the winter months, but even small changes can make a big difference! Have a dance party while finishing up household chores or bundle up and go for a family walk after dinner. Moving our bodies, even just a little, can make a big impact for our health!

For more tip on getting the family energized check out
www.PowerUpEatRight.com/energizers

Power Up in the Community

Indiana County Power Up Supervisor, Adrienne Thompson is handing out healthy samples, plants, and nutrition education at local farmers market this past summer. Look for Power Up at all your community events to get the best information and maybe even a little snack!

To find out what your local Power Up is up to here:
www.PowerUpEatRight.com

