



## EAT WELL, CARE WELL. HIGH PROTEIN MEALS IN 1 POT

### WHY DO I NEED PROTEIN?

Protein is extremely important as we age because it helps prevent muscle wasting. In fact, Sarcopenia is the name of the disease. Sarcopenia is characterized by age-related loss of muscle and function. As we age, it is important for us to maintain muscle mass so we can continue to stay active. To prevent muscle loss, focus on protein and incorporating exercise into your weekly routine. The current recommendation for protein is 0.8 grams for every kilogram of body weight per day. To get your weight in kilograms divide it by 2.2. Ex. 130 lbs. divided by 2.2 = 59 kg. However, research shows that older adults may benefit from consuming higher amounts of protein. You may benefit from consuming 1.2 to 1.5 grams of protein for every kilogram of body weight per day. Protein foods include seafood, meats, poultry, eggs, legumes, nuts, and seeds. Focus on increasing your intake of the listed foods. Below is a recipe that is tasty, easy, low-mess and high in protein. We encourage you to keep protein content in mind as you choose recipes or sneak protein into your existing recipes with nuts, seeds, cheese, chia seeds, whey protein powder or eggs.

**WEEKLY  
CHALLENGES**

**TRY THE RECIPE  
PROVIDED**

**HAVE PROTEIN AT  
EACH MEAL**

**MAKE A MEAL WITH  
VIBRANT COLORS  
AND VARIETY**

**GO ON A WALK  
BEFORE OR AFTER  
YOUR MEAL TO  
HELP CONTROL  
STRESS**

### **DID YOU KNOW?**

**SARCOPENIA  
AFFECTS ABOUT  
20% OF PEOPLE  
AGES 60-70 AND  
50% OF PEOPLE  
OVER THE AGE OF  
80.**

# Apple Cider Chicken

Makes 4 servings in only 30 minutes! ~300 cal. & 30 g. of protein.

This recipe adapted from <http://www.wellplated.com/apple-cider-chicken/>

## INGREDIENTS:

- 4 teaspoons veg. oil or olive oil, divided
- 1 TBSP butter
- 1 ½ pounds boneless, skinless chicken thighs
- 1 teaspoon kosher salt or salt-free seasoning blend, divided
- ½ teaspoon freshly ground black pepper, divided
- ½ cup fresh apple cider
- 2 teaspoons Dijon mustard
- 3 medium firm, sweet apples, cored and cut into ½-inch slices
- 2 teaspoons chopped fresh rosemary, plus additional for serving

## DIRECTIONS:

1. Heat 2 teaspoons of oil in a large skillet over medium-high. Sprinkle the top of the chicken evenly with ½ teaspoon kosher salt and ¼ teaspoon pepper. Once the oil is hot and simmering, add the chicken to pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3-4 additional minutes. Remove to a plate and cover with foil to keep warm.
2. In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 1 teaspoons of oil & the butter to the pan over medium high. Once the oil is hot, add the apple slices, remaining ½ teaspoon salt, ¼ teaspoon pepper, and rosemary. Cook 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to pan and pour the cider mixture over the top. Let cook 4-5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.

