



WELLNESS WORKS

MAY 2023



CINCO DE MAYO



5th
M A Y

This holiday celebrates the Mexican army's victory over France at the Battle of Puebla during the Franco-Mexican War in 1862.



WELLNESS WORKS CONTACT INFO
SCHEDULING (843) 876-0444
MAIN OFFICE (843) 792-4717
(BE SURE TO LEAVE A MESSAGE)
HEARTHEALTH@MUSC.EDU
WWW.MUSCKIDS.ORD/HEART/HEALTH

RECIPE OF THE MONTH!

HEALTHY CHICKEN MOLE PABLANO

Find the recipe here:

nourisheveryday.com/healthy-chicken-mole-poblano/#recipe



INGREDIENTS

- 600 grams boneless, skinless chicken thighs
- 1-2 cloves garlic
- 1 brown onion
- 1 red chilli
- 2-3 capsicums (any colour)
- 2 tbsp extra virgin olive oil (for frying)

Mole Sauce:

- 2 dried ancho chilies
- 400 grams tinned tomatoes
- 2 tbsp natural peanut butter (smooth)
- 4 tsbp cacao powder or unsweetened cocoa powder
- 1 1/2 tsbp granulated stevia
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp dried oregano
- 1/2 tsp ground coriander
- 1/2 tsp ground cinnamon

To Serve:

- fresh coriander
- rice
- salad
- Greek yogurt or sour cream or coconut yogurt

INSTRUCTIONS

1. Start by soaking the ancho chilies for the mole sauce. Place the chilies in a small bowl and cover with boiling water. Allow to soak for 10-15 minutes, then drain the water and remove the stalks from the chilies when cool enough to touch.
2. To make the sauce, place the soaked chilies together with all of the other mole sauce ingredients into a blender or food processor, and blend together until smooth and evenly combined. Set aside.
3. Prep the rest of the ingredients. Crush or finely chop the garlic. Cut open the chili, scrape out and discard most seeds, and finely chop the skin. Slice up the onion and capsicum. Cut the chicken thighs into large chunks.
4. Place a large, high-sided frying/sauté pan or a saucepan on the stove, set it to a medium-high heat and add olive oil.
5. Once the pan is hot add the chicken, onion and garlic. Cook for a few minutes, turning a little, until the chicken is turning white all over. Throw in the capsicum and chili and continue to cook for 2-3 minutes, until everything is slightly softened and the chicken is browning.
6. Pour in the mole sauce. Stir it in until everything is evenly distributed in the pan. Allow the sauce to reach a rapidly bubbling simmer, then reduce the heat to low, so it gently bubbles.

7. Cook the chicken for at least 20 minutes, uncovered so the sauce thickens, stirring occasionally. If you have time, you can reduce the heat to super low and simmer this, partially covered, on the stove for anywhere from 1 to 2 hours, until the thigh meat is really soft and can be shredded through the sauce. A little extra water can be added during the cooking process to keep the sauce to your desired consistency.
8. While the mixture is simmering, make any sides that you'd like to serve with the chicken. Once done, plate it all up and serve hot.

Program Updates

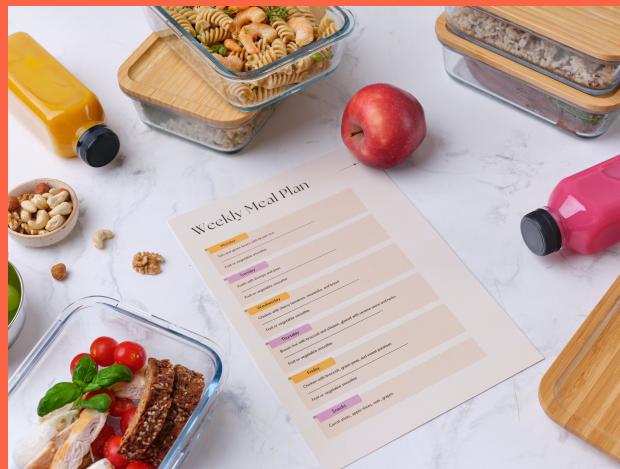
- Clinic visits are being conducted both virtually and in person. Please specify when scheduling if you would like a virtual or in-person appointment.
- Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health text updates and look for more information 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 now offered both in-person and virtually!! Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM at 1125 E Montague Ave., North Charleston. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT09>.
- If your child would like to attend in-person Fit Kids sessions, you will need to reserve your spot by either emailing hhexercise@musc.edu or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up. We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 PM on Fridays.
- Please continue to read your Heart Health text messages for updates.

Fun Activities in May

Want help with meal planning??

Please join us on May 15th at 5:30 for a virtual meal planning class.

[Click here to join](#)



Please join Wellness Works and our friends at Coastal Pediatrics for an extra fitness opportunity. More information below.



Take a step toward better health!

Join Coastal Pediatric Associates for this FREE, fun, walking program. What better way to start your weekend than making strides toward a healthier lifestyle?

Every 4th Saturday of the Month*
9:00 – 10:00 AM

Hampton Park- 30 Mary Murray St.**
(Meet by the Gazebo)



At the Walk, you will:

- Learn about important health topics
- Have your questions answered by local healthcare providers
- Build new friendships
- Enjoy an informal, relaxed and fun walk at your own pace



Questions?
843 573 2535

Scan this QR Code to sign
our waiver before your first
walk!

Our Chapter Number: 10517

COASTAL
PEDIATRIC ASSOCIATES

psreekumar@cpakids.com

*November & December Dates (due to holiday): 11/18/23, 12/16/23

**Inclement Weather Location: Goose Creek Community Center (519A North Goose Creek Blvd)

***Dec Feb Walks will be at Goose Creek Community Center due to cold weather