



The Results Are In!

You did it! You made a commitment to yourself, and you *owned* it! You made yourself a priority, and your scale is the proof! And most importantly, your health is giving you a big high five! Congratulations for your effort, and a job very well done.

Thank you to the 49 participants who reported their ending weight. This action of accountability is a testament to your commitment, and another step in the right direction for 2018! Here are the very impressive fruits of your labor:

- 46 participants met the goal to maintain their weight!
- 33 of those participants exceeded the challenge and lost weight!
- 2 people lost more than 20 pounds!!
- 1.69 pounds were lost during the course of the challenge!
- That's an average of 3.45 pounds each!

All participants who met the goal were entered into a random drawing and here are the names of the lucky winners!

Name	Location	Prize
Cheryl Baxter	North Central Counties Consortium	Grand Prize!!
Shawna Crocker	Sutter County Office of Education	\$25 E-Gift Card (Recipe)
Laura Crowninshield	Sutter County Office of Education	\$25 E-Gift Card
Dianna Harrison	TCSIG Administrative Office	\$25 E-Gift Card (Recipe)
Anne-Marie Jones	Sutter Union High School	\$25 E-Gift Card
Londa Lamb	Yuba City Unified School District	\$25 E-Gift Card
Angela Pacheco	Capay Elementary School	\$25 E-Gift Card
Rachel Webb	Colusa County Office of Education	\$25 E-Gift Card
Lynn Whitlock	TCSIG Administrative Office	\$25 E-Gift Card
Gerald Wichman	Riverside Meadows Intermediate	\$25 E-Gift Card

Congratulations! Winners will be contacted by email by February 1, 2018 for prize distribution.

Thank You for Your Recipes!

Thank you for taking the time to submit your recipes. Two submissions have been chosen to highlight, and each will receive a \$25 Amazon e-gift card!

Our first winner, Shawna Crocker, Sutter County Office of Education, submitted this **Buddah Bowl** recipe - a delicious, healthy and satisfying meal in a bowl!

Ingredients - Serves 6

- 1 large sweet potato, peeled and cut into cubes
- 1 large red onion, diced
- 4 tbsp. olive oil, divided kosher salt
- Freshly ground black pepper
- 2 cups baby spinach
- 1 lb. boneless skinless chicken breast
- 1/2 tsp. ground ginger
- 1/2 tsp. garlic powder
- 1 clove garlic, minced
- 1 tbsp. soy sauce
- 1 tbsp. smooth peanut butter
- 1 tbsp. honey
- 1/4 c. lime juice
- 1 tbsp. sesame oil



- 1 tbsp. chopped cilantro
- 1 tsp. toasted sesame seeds
- 1 avocado, thinly sliced
- 4 cups cooked brown rice

Directions

Preheat oven to 425 degrees F. Spread sweet potatoes and red onions onto a large baking sheet. Drizzle with about 1 tablespoon of olive oil. Season with salt and pepper and toss to coat. Bake for 20-25 minutes, until the sweet potatoes are tender.

Meanwhile, make chicken. Heat 1 tablespoon of olive oil in a large skillet. Season chicken all over with salt, pepper, garlic powder and ground ginger. Add chicken to skillet and cook for 6-8 minutes per side, or until cooked through. Let rest for 10 minutes, then cut each breast into 1" pieces.

Prepare dressing. Whisk together garlic, soy sauce, peanut butter, honey and lime juice until evenly combined. Whisk in sesame oil and 1 tablespoon of olive oil until smooth.

Divide rice between bowls. Top with sweet potatoes, chicken, avocado and baby spinach. Sprinkle with cilantro and sesame seeds and drizzle dressing on top.

Nutrition Per Serving: 475 calories; 22g fat (3.5 sat); 47mg cholesterol; 568 mg sodium; 7g fiber; 6g sugar; 25g protein

Click [here](#) for a printable version.

Our second winner, Dianna Harrison, TCSIG Administrative Office, submitted this delicious and easy recipe for **Chicken Crescent Rolls** for a healthy makeover!

Ingredients—Serves 8

Filling:

- 1 whole chicken, cooked and cubed
- 1 8oz package cream cheese, softened
- 2 tbsp butter or margarine, melted
- 2 tbsp milk
- Pepper and other spices to taste

“Crust”:

- 2 cans refrigerated crescent rolls
- 2 tbsp melted butter or margarine
- ¼ cup bread crumbs

Directions:

Preheat oven to 350

Filling: Combine all ingredients, set aside.

“Crust”: Take two crescent rolls and push perforation together to make a rectangle. Place a spoonful of the chicken mixture into the center of each rectangle and bring corners up to make a square. Brush with butter and sprinkle bread crumbs on top. Bake 20 minutes until golden brown, and enjoy!

Nutrition per serving: 230 calories; 19.3g fat (11.3 Sat); 6.5g carb; 60mg cholesterol; 248mg sodium; 0g fiber; 1.8g sugars; 7.9g protein

Try this Healthy Makeover and save nearly 100 calories and 10 grams of fat per serving!

Filling:

- 4 skinless chicken breast, grilled or baked and cubed
- 1 8oz package fat free cream cheese, softened
- 2 tbsp olive or canola oil
- 2 tbsp 1% milk
- Pepper and other spices to taste

“Crust”:

- 2 cans refrigerated reduced fat crescent rolls
- 2 tbsp olive or canola oil
- ¼ cup bread crumbs

Follow the directions as noted above and enjoy!

Nutrition per serving: 136 calories; 9.9g fat (2.2 Sat); 6.5g carb; 60mg cholesterol; 130mg sodium; 0g fiber; 1.4g sugars; 6.5g protein

Click [here](#) for a printable version.

