Chicken Parmesan Stuffed Peppers

**Ingredients:**
- 3 cups shredded mozzarella
- 1/2 cup grated Parmesan
- 3 cloves garlic, minced
- 1 1/2 cup marinara
- 1 Tbsp chopped parsley
- Pinch of crushed red pepper flakes
- Kosher salt & fresh ground pepper
- 12 oz. breaded chicken (cooked)
- 4 bell peppers, halved
- 1/2 cup low-sodium chicken broth

**Directions:**
1. Preheat oven to 400. In large bowl, combine 2 cups mozzarella, Parmesan, garlic, marinara, parsley, and red pepper flakes and season with salt & pepper. Stir until combined, then gently fold in cooked breaded 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 boil 2 minutes.
5. Garnish with parsley and more Parmesan and serve.

Drive - in to Spring

Coming soon!

Hull’s Drive-In Theatre will be opening for the spring season on March 17, 2017!

So, mark your calendars and get ready to enjoy a movie or two this spring at the “nation’s first non-profit, community-owned drive-in.”

Adult tickets are $7.00 each.

http://www.hullsdrivein.com/

Paint Nite at Ragazzi’s

The Wellness Advocacy Committee is happy to announce Paint Nite.....

Monday, March 27, 2017
Ragazzi’s Restaurant
7:00 PM
Sign up on the Paint Nite site.

www.paintnite.com

Hurry! Space is limited.

https://www.paintnite.com/events/rainbow-the-boho-elephant-at-ragazzis-italian-restaurant_1155614
Wellness Weekly Challenge

Eat that frog! Author Brian Tracy in his book, “Eat That Frog!” encourages readers to do first the 1 thing in their daily life, they least want to tackle. Get it done. Get it behind you. Get on with the rest of your day. Pondering how much you don’t want to tend to a task and procrastinating it all day isn’t productive, proactive or positive.

More tips from Brian Tracy in future editions!

Fight the desire to procrastinate, and eat that frog!

Night at Home - Slow Cooker Balsamic Chicken

Ingredients:
- 2 cups Brussels sprouts, trimmed & halved
- 2 cups baby red potatoes, halved or quartered
- 4 boneless skinless chicken breasts
- 1/2 cup balsamic vinegar
- 1/4 cup low-sodium chicken broth
- 1/3 Tbsp brown sugar
- 2 Tbsp grainy Dijon mustard
- 2 tsp dried thyme
- 2 tsp dried rosemary
- 1 tsp dried oregano
- 1 tsp crushed red pepper flakes
- Kosher salt
- Fresh ground pepper

Directions:
1. In a large slow cooker, add Brussels sprouts and potatoes in an even layer and place chicken on top.
2. In a small bowl, whisk together balsamic vinegar, chicken broth, brown sugar, mustard, dried thyme, rosemary, and oregano, and crushed red pepper flakes. Season generously with salt and pepper.
3. Pour marinade over chicken and vegetables. Scatter all over with garlic.
4. Cover and cook on high until chicken is fall-apart tender, 4 1/2 to 5 hours.
5. Garnish with parsley and serve with the juices.

http://www.delish.com/cooking/recipe-ideas/recipes/a51434/slow-cooker-balsamic-chicken-recipe/