

Cornmeal-Crusted Mustard Chicken with Sweet Potato Coins

Makes 4

- 1 yam or sweet potato, peeled and sliced into 1/4" coins
- 1 tablespoon honey
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 2 boneless skinless chicken breasts
- 2 egg whites
- 2 tablespoons Dijon mustard
- 2 tablespoons water
- 1/2 cup cornmeal
- 1/2 teaspoon dried rosemary

1. Preheat oven to 350°F.
2. Place 12 silicone or foil-lined muffin liners in a regular muffin tin.
3. Place 1 yam coin at the bottom of each.
4. Mix honey and olive oil and brush each coin with the mixture.
5. Season with salt and pepper.
6. Cut the chicken breasts into 12 pieces of equal size, about the width of a muffin cup.
7. Mix egg white, mustard, and water in a small bowl.
8. On a small plate, mix cornmeal, rosemary, and salt and pepper.
9. Dip each piece of chicken in the egg mixture, then dredge it in the cornmeal mixture.
10. Place one piece of chicken on top of each yam coin.
11. Spray the chicken with cooking spray.
12. Bake for 13 minutes, then using tongs, flip each piece of chicken over, and spray the top with cooking spray
13. Return to the oven and bake for another 13 minutes, then broil for 3 minutes, until chicken reaches an internal temperature of 165 degrees Fahrenheit.

OWNER'S MANUAL FOR KIDS

YOUR OWNER'S MANUAL

By Vicki Girard

Did you wish your child came with an owners' manual? Now it can with Michigan author Mary B. Seger's new book, **The Parent Handbook, How to raise happy, healthy children with advice from a mom and nurse practitioner.** The book has guidelines for raising your child and creating a happy family including probably the most important one: "If mama ain't happy, nobody's happy".

You know it is true, if mom is having a bad morning, so are the kids. If mom is having a bad couple of days, so is the whole family. It doesn't have to be that way! This book offers excellent suggestions for turning those mornings and days around.

When Mary B. Seger, NP PhD, found out she was going to be a grandmother at the age of 52, she wanted to write a manual for her own daughter. The Parent Guidebook offers advice on labor and delivery, healthy eating tips for kids and parents, nutritional supplementation for the whole family, plus numerous recipes and much more.



Children and manners are so important and the sooner the better says Mary, "Shake hands, please and thank you, chew with your mouth closed, and tell the cook thank you," are great ones to start with. It may be difficult in the beginning, but your children will be better off in the long run. Please and Thank You will go a long way in making a great first impression.

Mary is passionate about eating healthy and the book contains healthy eating tips, recipes and suggestions for adding

supplements for pregnant women, infants, children and adults. She feels that having a diet of mostly protein and vegetables is very important and that we need to move away from the SAD diet (Standard American Diet). "Children are developing what used to be adult diseases such as diabetes, high blood pressure, gastro esophageal reflux disease and liver disease. These diseases are related to insulin resistance which is caused by eating or drinking too many carbohydrates and lack of exercise. We as parents need to model healthy eating and healthy choices for our children."

The book is fun and very informative and written in a way that you can read a little bit, put the book down, and come back later without missing a beat. Very important feature for parents of newborns or little ones, as you know you hardly have time to sit and read a book, no matter how great the book is!

The book is available locally at Kazoo Books.

www.maryseger.com

The Parent Guidebook

How to raise happy, healthy children with advice from a mom and nurse practitioner

"This book offers encouragement and sound advice on everything from parenting to taking good care of yourself." P. Morgridge, MA, LLC