

# JUNE KIDSHAPE NEWS



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## Inspirational Quotes

I wonder what it would be like to live in a world where it was always June.  
-- L. M. Montgomery

## Physical Activity Game of the Month — Get to the Fire Station

Place one bucket of balls or bean bags (the water) on one side of the room. Place a second empty bucket 10-20 feet away (the fire station). Line up all the players front to back. The first person takes a ball or bean bag from the bucket and passes it over head to the person behind him. The 1st person then runs behind the last person in line. The 2nd player then passes the ball or bean bag under his legs to the 3rd person in line and runs to

the end of the line. Continue over head and under legs passing the ball/bean bag until the team reaches the empty bucket and throws the water into it. Everyone then runs back up to start again until all of the balls or bean bags have made it to the fire station. You can divide players into 2 teams racing each other to see who can get all the water to the station first. Or form one line and race against your own team's time to "beat the clock."

## KidShape Recipe Corner — Skinny White Chili

### Ingredients:

- 1 lb chicken breast, diced
- 1 Tbs vegetable oil
- 3 cans cannellini beans
- 4 oz can diced green chilis
- 1 large onion, chopped
- 2 1/2c low sodium chicken broth
- 1 1/2 tsp cumin seeds
- 1 1/2 tsp minced garlic

- 1/4 tsp cayenne pepper
- 1/8 tsp black pepper
- 1/2c lite sour cream
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### Directions:

Saute chicken in oil in a large pan until brown. Pour 2 cans of beans in a crockpot. In separate saucepan bring to a boil 3rd can of beans and 1 c chicken broth; let cool. Add chicken to crockpot. Puree bean/broth mixture and

add to crockpot. Add all other ingredients. Cover, cook on low for 7-8 hours or high for 3 1/2-4 hrs. Stir in sour cream just before serving.

Recipe submitted by:  
Cassidy and Rebecca  
Campana

## Nutrition Tip

Charring meat on the barbecue produces high amounts of heterocyclic amines (HCAs), potentially cancer causing chemicals. To reduce the amount of HCAs formed when cooking meat on the bbq, the National Cancer Institute suggests partially cooking meat in the microwave beforehand, marinating the meat prior to putting on the grill and flipping meat frequently to reduce blackening.

