

MARCH 10-REGISTERED DIETITIAN DAY

What is a Registered Dietitian (R.D.)?

- Registered Dietitians are the food and nutrition experts who can translate the science of nutrition into practical solutions for healthy living.
- Registered Dietitians have degrees in nutrition, dietetics, public health or a related field from well-respected, accredited colleges and universities, completed an internship and passed an examination.
- Registered Dietitians use their nutrition expertise to help individuals make unique, positive lifestyle changes.
- Registered Dietitians work throughout the community in hospitals, schools, public health clinics, nursing homes, fitness centers, food management, food industry, universities, research and private practice.
- Registered Dietitians are advocates for advancing the nutritional status of Americans and people around the world.

The OCHD is proud to have three Registered Dietitians on staff. They are Kelli McCoy, TiSharkie Allen, and Cecilia Wagner. We have another staff member who is eligible to sit for the registration exam and that is Angie McWilliams. We wish Angie the best when she takes her exam later this month. Here's a great recipe brought to you by your R.D. staff:

<p>Chicken Clemenceau Julienne T. Stewart, MS, RD, LDN</p> <p>4 Servings</p> <p>Cooking Spray</p> <p>2 large baking potatoes, scrubbed and diced</p> <p>44-oz. boneless, skinless chicken breasts, lightly pounded</p> <p>1/2 lb. fresh mushrooms, quartered</p> <p>8.5 oz. can petit pois or very young small early peas</p> <p>2 cloves garlic, minced</p> <p>1/2 cup white wine</p> <p>2 lemons</p> <p>6 tsp. butter</p> <p>5 green onions chopped; use green part only</p> <p>Salt, pepper and Tabasco to taste</p>	<p>This is a favorite Creole recipe. It can be made with chicken or seafood. It is named for Georges Clemenceau (1841–1929), a French statesman who became the French Premier in 1906.</p> <ol style="list-style-type: none">1. Preheat oven to 400 F. coat the diced potatoes with cooking spray, place in baking dish and bake until soft, (about 1/2 hour).2. Meanwhile, season chicken with salt and pepper. Spray large sauté pan with cooking spray and sauté chicken until golden brown, remove to plate.3. In the same pan, sauté mushrooms and garlic for 5 minutes. Add peas, wine and juice of 2 lemons to pan.4. Return chicken to pan and reduce liquid by 1/4, about 15 minutes. Whisk in butter pieces one at a time until you have a creamy, slightly thickened sauce. Add Tabasco to taste.5. Add cooked potatoes to serving platter. Lay chicken on potatoes. Spoon sauce over potatoes. Top with chopped green onion. <p>Nutrition Facts per Serving:</p> <table><tr><td>Calories: 352</td><td>Fat: 7 g</td><td>Saturated Fat: 2.5 g</td></tr><tr><td>Cholesterol: 133 mg</td><td>Sodium: 396 mg</td><td>Carbohydrate: 30 g</td></tr><tr><td>Fiber: 6 g</td><td>Protein: 39 g</td><td></td></tr></table> <p><small>Recipe provided courtesy of John Wiley & Sons, From American Dietetic Association Cooking Healthy Across America by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA ©2005, John Wiley & Sons.</small></p>	Calories: 352	Fat: 7 g	Saturated Fat: 2.5 g	Cholesterol: 133 mg	Sodium: 396 mg	Carbohydrate: 30 g	Fiber: 6 g	Protein: 39 g	
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