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Health Benefits of Chicken/Cauliflower Taco Skillet

Cauliflower – Great source of Vitamin C, Folate and Vitamin K; rich in antioxidants and phytonutrients called glucosinolates and fiber. Best eating lightly pan sautéed or roasted – not boiled or steamed too long, because it can lose its nutrients.

Chicken – Best quality comes from pasture-raised chicken, then organic. Consider sourcing from local farms. Rich in Vitamin B3, Protein, Selenium, B6, B12 and choline – a brain healthy nutrient. 4 oz has about 35 grams of protein, supplying essential amino acids.

Avocado- Rich in fiber, pantothenic acid, Vitamin K, Potassium, Copper, Folate, B6, Vitamin E and C. Great source of monounsaturated fats. Numerous cardiovascular benefits.

Bell Peppers – One of the richest sources of Vitamin C – 157% of RDI. Rich in B6, Vitamin A, E, K, Folate, Molybdenum, fiber, B2, B3, B1 and minerals like potassium, manganese and magnesium. The Number 1 source of vegetable Vitamin C. Contains antioxidants, flavonoids, and carotenoids – all beneficial for helping to quell oxidation in the body. Belongs to the nightshade family.

[Upcoming Cooking Classes:](#)

Oct. 10 – Superfoods for Super Immunity

Nov. 14 – Healthy Comfort Foods

Dec. 12 – Fun & Healthy Holiday Foods