



[THE RIGHT BUTTON]

## FLAVOUR MASTER



### Hi PUSH\_Members!

A quick chat this week about an unavoidable element in our lives, stress. You may already be in a situation when you feel pressured to accomplish more and more every year with less resources and shorter deadlines. Or you may feel overwhelmed by the challenges in maintaining balance between your work and family life.

Whichever sources your stress is coming from, if you just let it build up for too long, you will eventually pay the price and face sad consequences. And unless you improve your stress management abilities, this may happen much sooner than you expected.

How much can poor stress management cost you?  
Stress has been linked to a major portion of health problems, from

premature aging to heart attacks. Even when stress does not causes the illness directly, it can accelerate development of existing conditions or make you more vulnerable to health problems, as well as to threats from your home or office environment. And even if you don't count physical health damage and premature death, overwhelming stress may also waste a significant portion of your life. Just by keeping you in a state of fatigue, unhappiness, and depression.

Taking frequent effective exercise is one of the best physical stress-reduction techniques available. Exercise not only improves your health and reduces stress caused by unfitness, it also relaxes tense muscles and helps you to sleep.

Exercise has a number of other positive benefits you may not be aware of: It improves blood flow to your brain, bringing additional sugars and oxygen that may be needed when you are thinking intensely.

When you think hard, the neurons of your brain function more intensely. As they do this, they can build up toxic waste products that can cause foggy thinking (you may have experienced the feeling that your brain has "turned to cotton wool"). By exercising, you speed the flow of blood through your brain, moving these waste products faster.

Exercise can cause release of chemicals called endorphins into your blood stream. These give you a feeling of happiness and positively affect your overall sense of well-being.

There is also good evidence that physically fit people have less extreme physiological responses when under pressure than those who are not.

This means that fit people are more able to handle the long- term effects of stress, without suffering ill health or burnout.

Here is this week's recipe....

## **PASTA PENNE WITH CHICKEN & FETA**

Serves: 4

### *Ingredients:*

500 g penne  
500 g skinless chicken breast fillets, cut into thin strips  
1 small onion, finely chopped  
2 cloves garlic, crushed  
1/2 cup chicken stock  
1 X 825g can crushed tomatoes  
1 tablespoon tomato paste  
60 g reduced fat feta cheese, cut into small cubes  
1/4 cup fresh basil leaves, (optional)  
canola oil spray

*Method:*

1. Start cooking the pasta in a large saucepan of boiling water.
2. Spray a non-stick frypan or wok with oil and heat.  
Cook the chicken over medium-high heat for about 5 minutes or until browned.  
Remove from the pan and set aside.
3. Add the onion to the pan and cook over medium heat for 3 minutes or until soft.
4. Add the garlic and cook for 1 minute more.
5. Add the stock, tomatoes and tomato paste, and bring to the boil.  
Reduce heat slightly, and simmer for 5 minutes, stirring occasionally.
6. Return the chicken to the pan and heat through. Season to taste.
7. When the pasta is al denté (cooked but still firm), drain and toss with the sauce to combine. Just before serving, stir the feta and basil into the sauce.
8. Serve immediately with a green salad.