CARTER COUNTY
H E A L T H   C E N T E R

IMPORTANT DATES

February 8th- Final Diabetes Pilot Class 5pm
February 14th- Valentine's Day
February 15th-Women's Clinic at CCHC
February 23rd-Outreach in Ellsinore

COMMUNITY OUTREACH FEBRUARY 23RD 10-2PM IN ELLSINORE WE WILL BE IN PARKING LOT ACROSS FROM MUNCH N PUMP PROVIDING: COVID AND FLU SHOTS, HOME COVID TESTS, CHOLESTEROL SCREENING ETC.

OUR SERVICES

Women's wellness exams
Pregnancy testing/counseling
STD/STI testing and treatment
WIC services
Health education
Covid testing
Immunizations (including covid+flu)
Food Service Inspections
Vital Records

FEBRUARY IS AMERICAN HEART MONTH
5 TIPS FOR CARDIOVASCULAR HEALTH

1. MAKE EXERCISE A REGULAR PART OF YOUR LIFE
2. KEEP YOUR DIET IN BALANCE WITH HEART HEALTY FOOD
3. MONITOR YOUR BLOOD PRESSURE
4. GET ENOUGH SLEEP EACH NIGHT
5. MONITOR CHOLESTROL

CARTER COUNTY
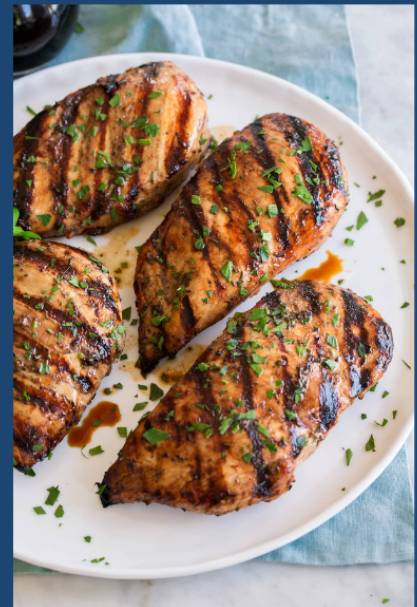HEALTH CENTER

Healthy Eating Recipe of the Month

BALSALMIC ROASTED CHICKEN

INGREDIENTS
1 WHOLE CHICKEN, ABOUT 4 POUNDS
1 TABLESPOON FRESH ROSEMARY OR 1 TEASPOON DRIED ROSEMARY
1 GARLIC CLOVE
1 TABLESPOON OLIVE OIL
1/8 TEASPOON FRESHLY GROUND BLACK PEPPER
8 SPRIGS FRESH ROSEMARY
1/2 CUP BALSAMIC VINEGAR
1 TEASPOON BROWN SUGAR

DIRECTIONS:
HEAT THE OVEN TO 350 F.

MINCE TOGETHER THE ROSEMARY AND GARLIC. LOOSEN THE CHICKEN SKIN FROM THE FLESH, AND RUB THE FLESH WITH OLIVE OIL AND THEN THE HERB MIXTURE. SPRINKLE WITH BLACK PEPPER. PUT 2 ROSEMARY SPRIGS INTO THE CAVITY OF THE CHICKEN. TRUSS THE CHICKEN.

PLACE THE CHICKEN INTO A ROASTING PAN AND ROAST FOR 20 TO 25 MINUTES PER POUND, ABOUT 1 HOUR AND 20 MINUTES. WHOLE CHICKEN SHOULD COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165 F. BASTE FREQUENTLY WITH PAN JUICES. WHEN THE CHICKEN IS BROWNED AND THE JUICES RUN CLEAR, TRANSFER THE CHICKEN TO A SERVING PLATTER.

IN A SMALL SAUCEPAN, COMBINE THE BALSAMIC VINEGAR AND BROWN SUGAR. HEAT UNTIL THE MIXTURE IS WARMED AND BROWN SUGAR DISSOLVES, BUT DON'T BOIL.

CARVE THE CHICKEN AND REMOVE THE SKIN. TOP THE PIECES WITH THE VINEGAR MIXTURE. GARNISH WITH THE REMAINING ROSEMARY AND SERVE IMMEDIATELY.