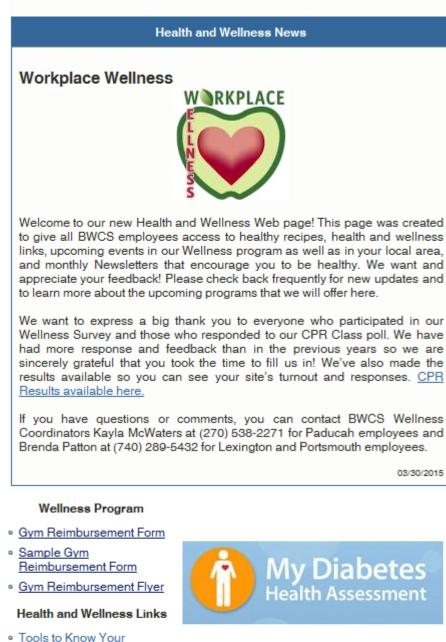
Worked with internal IT department to incorporate a Health and Wellness Page

Health and Wellness

Numbers



 Design and implement

- Start a new
 Monthly Healthy
 Recipe Program
- Communicate
 Company's
 Wellness
 Programs
- Include helpful health and wellness links

Monthly Healthy Recipe

Homemade Chicken Fingers

Total Time: 45 min Prep Time: 25 min Cook Time: 20 min

Yields: 6 servings Difficulty: Easy

Ingredients:

- Chicken Fingers:
- 2 cups corn flake cereal
- 2 ounces whole weat melba toast
- 1/3 cup finely grated parmesan
- 1 tablespoon finely chopped fresh parsely, optional
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon Kosher salt
- 2 large egg whites
- 2 pounds chicken tenders
- · 2 tablespoons water

- Red Pepper-Basil Dipping Sauce:
- 1/2 cup 2% greek yogurt
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped roasted red pepper
- 1/2 teaspoon white wine vinegar
- 1 small clove garlic, grated
- Kosher salt
- Nonstick cooking spray
- 1 tablespoon water