



Special points of interest:

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- Training Dates

October 2010

Providers' Playground

What's for Lunch?

Chicken Cutlets with Sautéed Apples

Ingredients:

- 3 pounds chicken cutlets
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 eggs
- 1/2 cup all-purpose flour
- 1/2 cup olive oil
- 1/4 cup butter
- 1 teaspoon ground cinnamon
- 1 Gala apple, thinly sliced

Instructions:

1. Sprinkle chicken on both sides with salt and pepper. On a plate lightly mix eggs with 1 tablespoon water. On a second plate place flour. Dip each piece of chicken with egg, shake off excess then coat with flour.

2. In large non-stick skillet over medium high heat. Heat 2 tablespoons oil until shimmers. Cook chicken 5 to 6 minutes, turning once, or until cooked through (temperature reaches 165 degrees F); repeat with remaining chicken; wiping out skillet with paper towels and heating more oil as need.
3. Wipe out skillet with paper towels. Melt butter and stir in cinnamon to mix. Add apples and cook 4 to 5 minutes or until begin to soften. Serve chicken with apples.

Tips & Prep

To keep hands from getting gunked up, try to use one

hand for dipping cutlets into the egg and the other for coating with flour. Serve with green salad, milk, and whole wheat dinner roll.

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ready In: 1 hour

Servings: 8



Recipe & picture from: <http://recipes.kaboose.com>

Fun Food Facts...

- The average ear of corn has 800 kernels, arranged in 16 rows.
- There is one piece of silk for each kernel.
- A bushel of corn contains about 27,000 kernels.
- Each tassel on a corn plant releases as many as 5 million grains of pollen.



- Corn is an ingredient in more than 3,000 grocery products.
- One bushel of corn can make 33 pounds of sweetener, 32 pounds of starch, or 2 1/2 gallons of ethanol fuel.

From: www.foodreference.com

Business corner

Weekend Daycare:

Please remember that CMA uses the FDCH form that is renewed by the provider each year in order to know which days of the week care is provided. If a provider claims meals during a day of the week not listed on the FDCH form, that entire day will not be reimbursed. There were many August providers with meals not reimbursed because they claimed meals on a day that was not marked on their FDCH. The most common days not reimbursed were Satur-

day and Sunday. If you claim weekends, please check your copy of the FDCH form to make sure that Saturday and Sunday are clearly marked.

bers will likely be cancelled.

“Who’s Claim is this?”

Sadly, we are forced to utter this phrase each month as claim forms come into our office with no provider number or name written on them. It is very important that all forms submitted to CMA have BOTH the provider number written/bubbled in AND the provider’s name neatly written.



CMA will be closed on Monday, October 11 for Columbus Day.



Claim Due Dates

September Claims Due by: **Wednesday, Oct. 6**

Last Day for July Claims: **Wednesday, Sept. 29**

Last Day for August Claims: **Friday, Oct. 29**

CMA
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Upcoming Trainings

Murray Library:
 (2 Trainings @ this library)
 166 East 5300 South

October 5*

October 20*

6-8 pm

6-8 pm

Please Register by calling CMA (801) 566-1007

*May be cancelled if there is a lack of registered participants.

