

Sports



(Photo by Dan Mancuso, Illinois Valley News)

No. 8, freshman pitcher Nikki Yoshawana pitches the ball during the home victory against Butte Falls Wednesday March 21.

Lady Cougars split opening games, Cougars only play 1

Donnell Suggs

IVN Contributing Writer

The Lady Cougars opened their 2018 campaign with a split of their first two games of the season and of course a rain out. Friday's home doubleheader against Glendale High School was cancelled due to rain and snow.

But, there was still softball to play this week:

Illinois Valley defeated Butte Falls Charter High School 10-8, March 21 by scoring seven first inning runs, thus far a season high, en route to the first win of the season for freshman pitcher Nikki

Yoshawara, who had five strikeouts and only allowed just one walk. "The girls looked great, we found our bats, had great attitudes and the defense backed up the pitcher," said IVHS head coach Beth Boatman.

The game was called on account of rain in the sixth inning. Game two of the scheduled doubleheader was canceled due to rain.

A day earlier the Lady Cougars made up for their season opening home opener with Myrtle Point High School March 13 that was canceled due to rain. Illinois Valley lost the game 7-5 (eight innings) despite getting a strong

complete game with a six strike out start from Mallorie Menning. "It was a great competitive game," said Boatman. "We just needed to not be so nervous and more aggressive in the box.

Illinois Valley will hosted Phoenix High School in a wild game March 26. The ladies squeaked by with a 17-16 win.

Baseball

The Cougars have only played two games ending on the wrong side of the score thus far this season due to the rain and are scheduled to be back in action at the White Buffalo Spring Baseball Classic at Madras High School starting March 29.

Wholesome foods:

by Laura Mancuso

"Chicken, Chicken, Chicken!"

Just recently my friend Sharon who is trying to follow a Mediterranean diet along with her husband, Bob who had surgery last year and needs to follow a heart healthy meal plan, said, "I am so sick of chicken."

I applaud Sharon's efforts because the Mediterranean Diet is perhaps one of the world's healthiest diets. It includes an abundant of fruits, vegetables, whole grains, legumes and olive oil. It also features fish and poultry—lean sources of protein—over red meat.

Why poultry and fish? Chicken and fish have less saturated fat than most red meat. And it's the saturated (bad) fat that can raise your blood cholesterol and make heart disease worse. Also, out of all the chicken options, the healthiest part is the breast because it has less cholesterol and saturated fat than the dark meat (legs and wings).

So Sharon, I found a new chicken recipe for you, I hope you like it.

Creamy Mushroom and Leek Chicken

Ingredients:
2 Tbs. extra-virgin olive oil, divided
1 lb. chicken breasts cutlets

1 leek, white and pale green part only, thinly sliced
¼ lb. white mushrooms, sliced

1 tsp. fresh thyme leaves
½ cup no-salt-added chicken broth
¼ tsp. kosher salt
½ tsp. Worcestershire sauce

¼ cup low-fat sour cream
1 Tbs. whole-grain mustard

Directions:

1. Heat 1 Tbs. of the oil in a large pan over medium heat until shimmering hot. Sauté the chicken until lightly browned, 3-4 minutes. Turn and sauté until cooked through, 1-2 minutes. Transfer to a warm serving plate.

2. Add the remaining Tbs. of oil to the pan. Add the leeks, mushroom and thyme. Cook, stirring often until the vegetables are tender, 2-3 minutes.

3. Add the broth and simmer until reduced by half, 1-2 minutes.

4. Remove from the heat. Stir in the remaining ingredients. Spoon over the chicken.

PER SERVING - (3 oz. cooked chicken with sauce): calories 250, total fat 12 g, sat fat 2 g, carbs 7 g, fiber 1 g, sugar 3 g, added sugar 0 g and sodium 310 mg.



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