



## Resources

Today, we celebrate and thank all our military spouses for their contributions, support and sacrifices to their Sailors, Marines, and to the country.



## Resources

### What's Cooking

Today's the last day of Matt Garvin's Food Sculpture Contest and it's also an opportunity to try his Chicken Nacho recipe. His nacho dish will ensure there's plenty of cheese and chicken on each chip.

To participate in Matt's Create a Food Sculpture contest, take a photo of your food art or sculpture and email it to him at [nbk.commrec@navylifepnw.com](mailto:nbk.commrec@navylifepnw.com).

Matt will pick out his favorites and we will post them on our Facebook page for all to appreciate.

## Resources

### What's Cooking – Matt Garvin's Chicken Nachos

#### Instructions:

1. Coat the bottom of an oven safe dish with olive oil, taco seasoning, cilantro, and hot sauce. Place chicken in dish. Coat top of chicken with olive oil, taco seasoning, cilantro, and hot sauce.
2. Preheat oven to 400 F. Bake the chicken for 20 minutes and cover with foil. After 20 minutes, remove from oven, remove foil, flip chicken and reapply foil. Place back in oven for 15 minutes.
3. Cook the refried beans according to the instructions on the can.
4. Take 1 tortilla chip and spread with the cooked beans. Then take finely chopped chicken and place on top of the beans and chips. Put the chips on a foil lined tray that's been lightly sprayed with Pam. Continue this until you have the number of nachos you want.
5. Sprinkle the chips with as much cheese as desired.
6. Place tray in the oven at 400 F for 7 mins.
7. Remove from oven, salt and pepper to taste. Serve with sour cream.

#### Ingredients:

- tortilla chips
- shredded cheese (Mexican blend and cheddar)
- taco seasoning
- olive oil
- hot sauce
- 1 can of refried beans
- chicken breasts
- sour cream
- cilantro
- salt and pepper

Recipe courtesy of Matt Garvin

## Resources

### FAMILY FUN

Navy Fleet and Family Readiness bring you Steve Langley and the Soap Bubble Circus.

Go to [navymwr.org](http://navymwr.org) and click on the entertainment section to watch and learn how Steve does his bubble tricks so you to can become skilled in Bubbleology.

## Resources

### TODAY'S WORKOUT

Take advantage of this great spring weather and get outside and go for a walk.

Here's why walking is a great way to exercise:

- Except for a good pair of shoes, it won't cost you a thing.
- You can do it anytime, anywhere. No need to pack a gym bag or worry about showering later.
- It's low impact and gentle on your body, even for people with arthritis or extra weight.
- Going for a walk is good for your mental health. It can boost your mood and creativity and can even be a form of meditation.



## Resources

### FLEET & FAMILY SUPPORT RECOMMENDED PODCAST

#### Finding the Right Career

Whether you're choosing or changing career paths.  
This audio podcast provides you with tips on how to discover  
the career that's right for you.

The Finding the Right Career podcast is available on our  
website at [navylifepnw.com/podcasts](http://navylifepnw.com/podcasts).



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