

# SUN PROTECTION



The skin protects us from the environment, regulates heat, touch, skin nerves and produces melanin, vitamin D and growth factors. Nevertheless, long exposure to the sun can cause hyperpigmentation, wrinkling and skin carcinoma through exposure to ultraviolet (UV) radiation. Ultraviolet light is dangerous to the skin, especially UVB (280-320 nm) and UVA (320 – 400 N nm). The following practical sun tips will provide sun protection:

1. Limit time in the sun from 10 am – 2 pm.
2. Wear long – sleeved shirts, pants, sunglasses and broad-brimmed hats.
3. Seek shade at peak hours.
4. Use personal protective barriers such as umbrellas.



5. Apply sunscreens with broad spectrum SPF  $\geq 15$ , and reapply sunscreen at least every 2 hours. Check sunscreens labels instructions, date, SPF effectiveness, and activity application needed during sports or outdoor recreation.



6. Use wearable UV wrist sensor and mobile apps to assist you in estimating UV exposure.

# CREAMY LEMON CHICKEN PICCATA

BY  
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## INGREDIENTS

- 4 whole Boneless, Skinless Chicken Breasts
- Salt and pepper to taste
- ¼ cup all purpose flour
- 2 Tablespoons Butter
- 2 Tablespoons Olive Oil
- 1 cup chicken broth
- 2 whole Lemons
- ¾ Cup Heavy Cream
- ¼ cup capers
- Chopped parsley, for garnish
- 1 pound Angel Hair Pasta



## INSTRUCTIONS

- Heat 2 tablespoons butter and 2 tablespoons of oil in a large skillet over medium high heat. (If the chicken breasts are overly thick, pound them to be thinner. Cooking time will be shorter.) Salt and pepper each side of the chicken breasts and dredge in the flour. Put the chicken breasts in the skillet. Cook for about 3 minutes on each side, or until it is cooked throughout and no longer pink. Remove from the skillet and set aside on a plate.
- Turn the heat to medium low. Add broth, juice from lemons, heavy cream, and capers. Bring the sauce to a boil and return to medium low heat. Test the sauce and season with salt and pepper as needed. Allow the sauce to cook and bubble for about 3 minutes.
- Serve the chicken over cooked pasta and spoon the sauce over both. Sprinkle with fresh chopped parsley.



*Wishing You a Happy Summer!*

*By Lucia Unzaga, RN, BSN, MSCN*