

SPRING RENEWAL ~  
by Sharon Lee Riguzzi

Raise your hand if you aren't thrilled to death that Spring began last week.

That's what I thought: This year's winter, more than most, has made us yearn for some -- any -- signs of Spring's arrival. But the usual prelude seems to have evaporated in the piles of snow -- not one crocus do I see peeking out through the earth.

We have been teased by some beautiful days--quickly erased from our memories by blasts of arctic cold and bursts of snow that blanket our towns.

Still, have any of us stopped hoping? When we are fumbling to shut off the morning alarm, don't we notice that a little more light has begun creeping into the bedroom as the sun begins its ascent? (This is so much kinder on the body and soul than the pitch darkness of winter mornings.) And if we strain our ears a bit, can't we hear a few birds chirping their excitement?

Spring can be unpredictable and fickle, especially in the beginning. It usually takes a while for the season to settle in, take charge, and deliver what we know it is so capable of bringing about. I guess we are not unlike this season of promise: We have a mission and know what we want to achieve. We might get off to a good start but it sometimes is quickly erased by our human deficiencies.

A while back on Oprah, a woman guest advised us to "choose what we want most over what we want now." So often our nows push our mosts clear out of sight, out of mind. But, if we think of our mosts as seeds we have planted, we might take steps to ensure that these seeds take root. We will be mindful to tend to them, nurture them--see to it that they flourish.

Spring is the season of renewal. Are we up to the challenge? There's nothing wrong with recommitting to goals that might have fallen by the wayside. Especially is we are recommitting in week 12 as opposed to 52. (Let's see, where I begin. The walking plan? I keep starting and stopping. The clean-one drawer-a week plan? I'm only up to drawer #3. The back-to-eating-right plan? I'm still having to hold in my breath pulling up the zipper on my favorite slacks!)

Springtime does revitalize the body and mind. Let's take advantage of this wake up call.

As a matter of fact, I hear drawer #4 calling my name.

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## Grilled Chicken and Key Lime Salsa

**5PointsPlus** Value

**Prep time:** 15 min

**Cook time:** 8 min **Serves:** 4

Take advantage of fresh citrus flavors with this lime and orange-infused recipe. If you can't find Key limes, regular limes will do the trick, too.

<b>Ingredients</b>	
	1/4 cup(s) Worcestershire sauce
	3 Tbsp fresh lime juice, from Key limes
	1 pound(s) uncooked boneless skinless chicken breast(s), four 4-oz pieces
	3 medium orange(s), sectioned, white pith and seeds removed
	4 Tbsp fresh lime juice, from Key limes
	2 Tbsp uncooked scallion(s), chopped
	1 Tbsp cilantro, chopped
	1 tsp chopped green chili(es), or more to taste
<b>Instructions</b>	
•	Combine Worcestershire sauce, 3 tablespoons of lime juice and chicken in a zip-top plastic bag. Refrigerate up to 4 hours.
•	Meanwhile, combine remaining ingredients in a medium bowl to make salsa. Refrigerate for a minimum of 1 hour. Preheat grill or broiler. Grill or broil chicken until cooked through, about 4 to 5 minutes per side. Serve chicken with salsa.