



Arroz con Pollo

By Chef Michelle Bernstein



"This recipe has been in my family for generations, and it's my son's favorite meal. It's not a very traditional recipe for arroz con pollo, but it's definitely a favorite in our home."

Chef Michelle is an actual patient and has been compensated for her time. Individual results may vary.

Ingredients:

- 2 whole chickens, cut into 10 pieces (leg, thigh, wing, and breast, cut in half)
- Salt and pepper
- Olive oil for drizzling
- 2 tablespoons olive oil
- 1 cup diced Spanish onion
- 1 cup seeded, small diced red bell pepper
- ½ cup seeded, small diced green bell pepper
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- 2 tablespoons tomato paste
- 2 cups Valencia rice
- 2 tablespoons unsalted butter
- 2 cups chicken stock
- ½ teaspoon dried oregano
- 1 tablespoon minced garlic
- 2 tablespoons chopped Italian parsley leaves
- 2 tablespoons chopped cilantro leaves
- 2 cups of beer, or substitute with your favorite non-alcoholic beer
- 1 cup Spanish green olives, preferably stuffed with pimientos, sliced thin
- 1 cup frozen peas

Directions:



Step 1

Preheat your oven to 375 °F.



Step 2

Drizzle all pieces of the chicken with olive oil and season with salt and pepper.



Step 3

Transfer the chicken, skin side up, to a baking sheet and roast for about 45 minutes or until cooked through and golden brown.



Step 4

Heat the oil in a large, deep, heavy-bottomed skillet over high heat. Add the onions, red peppers, and green peppers, and cook, stirring until softened.



Step 5

Add the coriander, cumin, and turmeric into the pan, and cook for 1–2 minutes until fragrant. Add the tomato paste and cook for 3–4 minutes, stirring to coat everything with the tomato paste.

Recipe continued on next page.



Arroz con Pollo (continued)

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Directions:



Step 6

Add the rice and butter, stirring to coat the rice with the tomato paste and spice mixture. Add the chicken stock and bring to a simmer. Add the oregano, garlic, parsley, cilantro, beer, olives, and peas. Bring the mixture to a simmer.



Step 7

Cover and cook until the broth is mostly absorbed by the rice, about 20–25 minutes. (Make sure there is always a little liquid in the pan.)



Step 8

Uncover the skillet, and let simmer until the liquid is almost completely reduced, about 5 minutes. Shut off the heat and cover the rice; let sit at least 5–10 minutes before serving.

Here are 4 tips that can help you reflect on your psoriatic arthritis symptoms and discuss treatment options with your doctor.

TIP 1: Reflect on Your Symptoms

Take a moment to think about how psoriatic arthritis is impacting your day-to-day life. Where are you experiencing symptoms like joint pain, swelling, and tenderness, and how painful are they?

Which daily activities are affected by your psoriatic arthritis symptoms? Check all that apply.

Exercising Running Errands Getting out of Bed Other
Gripping Preparing Meals Getting Dressed

TIP 2: Reflect on Your Treatment

Circle the face that best expresses your level of satisfaction with your current treatment.



Very
Unsatisfied



Unsatisfied



Indifferent



Satisfied



Completely
Satisfied

I'm not currently treating my psoriatic arthritis.

TIP 3: Speak Up

Now that you've spent time reflecting, make sure you tell your doctor about your symptoms and how they're really making you feel.

TIP 4: Advocate for Yourself

In addition to speaking up, explore your treatment options with your doctor. Ask the questions below to find out if COSENTYX® is right for you:

1. What makes COSENTYX a different type of biologic?
2. Do you think COSENTYX is right for me?
3. What are the benefits and risks of treating with COSENTYX?

INDICATIONS

COSENTYX® (secukinumab) is a prescription medicine used to treat:

- people 6 years of age and older with moderate to severe plaque psoriasis (PsO) that involves large areas or many areas of the body, and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet or UV light alone or with systemic therapy)
- people 2 years of age and older with active psoriatic arthritis (PsA)
- adults with active ankylosing spondylitis (AS)
- adults with active non-radiographic axial spondyloarthritis (nr-axSpA) and objective signs of inflammation
- people 4 years of age and older with active enthesitis-related arthritis (ERA)

IMPORTANT SAFETY INFORMATION

Do not use COSENTYX if you have had a severe allergic reaction to secukinumab or any of the other ingredients in COSENTYX. See the Medication Guide for a complete list of ingredients.

Please see additional Important Safety Information on the next page.

Click here for full [Prescribing Information](#), including [Medication Guide](#).

Visit COSENTYX.com for more information.



IMPORTANT SAFETY INFORMATION (cont)

COSENTYX is a medicine that affects your immune system. COSENTYX may increase your risk of having serious side effects such as:

Infections

COSENTYX may lower the ability of your immune system to fight infections and may increase your risk of infections. Some people have died from these infections.

- Your doctor should check you for tuberculosis (TB) before starting treatment with COSENTYX.
- If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with COSENTYX and during treatment with COSENTYX.
- Your doctor should watch you closely for signs and symptoms of TB during treatment with COSENTYX. **Do not take COSENTYX if you have an active TB infection.**

Before starting COSENTYX, tell your doctor if you:

- are being treated for an infection
- have an infection that does not go away or that keeps coming back
- have TB or have been in close contact with someone with TB
- think you have an infection or have symptoms of an infection such as: fevers, sweats, or chills; muscle aches; cough; shortness of breath; blood in your phlegm; weight loss; warm, red, or painful skin or sores on your body; diarrhea or stomach pain; burning when you urinate or urinate more often than normal

After starting COSENTYX, call your doctor right away if you have any signs of infection listed above. Do not use COSENTYX if you have any signs of infection unless you are instructed to by your doctor.

Inflammatory bowel disease

New cases of inflammatory bowel disease or "flare-ups" can happen with COSENTYX, and can sometimes be serious. If you have inflammatory bowel disease (ulcerative colitis or Crohn's disease), tell your doctor if you have worsening disease symptoms during treatment with COSENTYX or develop new symptoms of stomach pain or diarrhea.

Serious allergic reactions

Serious allergic reactions can occur. Get emergency medical help right away if you get any of the following symptoms: feeling faint; swelling of your face, eyelids, lips, mouth, tongue, or throat; trouble breathing or throat tightness; chest tightness; skin rash or hives (red, itchy bumps). **If you have a severe allergic reaction, do not give another injection of COSENTYX.**

Severe skin reactions that look like eczema can happen during treatment with COSENTYX from days to months after your first dose and can sometimes lead to hospitalization. Your healthcare provider may temporarily stop treatment with COSENTYX if you develop severe skin reactions. Tell your healthcare provider if you have any of the following signs or symptoms:

- redness or rash
- itching
- small bumps or patches
- your skin is dry or feels like leather
- blisters on the hands or feet that ooze or become crusty
- skin peeling

Before using COSENTYX, tell your doctor if you:

- have any of the conditions or symptoms listed above for infections.
- have inflammatory bowel disease (Crohn's disease or ulcerative colitis).
- are allergic to latex. The needle cap on the COSENTYX Sensoready® pen, and 150 mg/mL and 75 mg/0.5 mL prefilled syringes contains latex.
- have recently received or are scheduled to receive an immunization (vaccine). People who take COSENTYX **should not** receive live vaccines. Children should be brought up to date with all vaccines before starting COSENTYX.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if COSENTYX can harm your unborn baby. You and your doctor should decide if you will use COSENTYX.
- are breastfeeding or plan to breastfeed. It is not known if COSENTYX passes into your breast milk.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of your medicines to show your doctor and pharmacist when you get a new medicine.

How should I use COSENTYX?

Read the detailed Instructions for Use that comes with your COSENTYX for information on how to prepare and inject a dose of COSENTYX, and how to properly throw away (dispose of) used COSENTYX

- Use COSENTYX exactly as prescribed by your doctor.
- If your doctor decides that you or a caregiver may give your injections of COSENTYX at home, you should receive training on the right way to prepare and inject COSENTYX. Do not try to inject COSENTYX yourself, until you or your caregiver has been shown how to inject COSENTYX by your doctor or nurse

The most common side effects of COSENTYX include: cold symptoms, diarrhea, and upper respiratory infections. These are not all of the possible side effects of COSENTYX. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see full Prescribing Information, including Medication Guide.

Visit COSENTYX.com for more information.



Novartis Pharmaceuticals Corporation
East Hanover, New Jersey 07936-1080

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