



Healthy Habit:

ALWAYS EAT BREAKFAST, and make it healthy 1.

Breakfast is what starts your day off on the right foot, so to speak. It's what gets you going, what powers your engine, what gives you energy to get out and live. And the benefits are numerous.

First, it can improve your memory and concentration. How's that for a benefit, especially in school? It boosts creativity and problem-solving capabilities. It lifts your mood, not to mention your test scores and work performance. Maybe most importantly, though, it builds your overall health and helps you reach and keep a healthy weight. All very important stuff, right?

Conversation Starter

What can we do as a family?

- **TRY FOR 3 OUT OF 5.** Have breakfast include three of the five main food groups. Eggs + whole grain toast + milk. Or how about cereal + milk + apple?
- **THINK WHOLE GRAIN.** Choose whole grain bread for your toast. Or a bowl of warm oatmeal.
- **GO LOW.** Switch to 1% or skim milk. Buy low-fat yogurt and cheese.
- **SELECT SENSIBLE CEREAL.** Buy cold cereals with no trans fat (look at the label), little or no added sugar, and list whole grain first in the ingredients.
- **TOP IT OFF.** Top your cereal with berries, bananas, peaches, or other fruits.
- **MIX IT UP.** Stir fruit and granola into low-fat yogurt.
- **PACK IT WITH YOU.** If you're hurrying to school or work, take breakfast with you. Fresh fruit, lite yogurt, a whole grain bagel, a hard-boiled egg, a piece of leftover pizza.
- **START SMART, NOT SUGARY.** Pastries and sugary cereals aren't the best start to your day. You'll be dragging by mid-morning. Build a better breakfast with a balance of foods from the five food groups.

NO Excuses

"I DON'T HAVE TIME."

Plan for breakfast. Pour your cereal in a bowl the night before—and put a glass of milk or juice in the fridge. Or take your meal with you.

"I'M NOT HUNGRY."

Breakfast doesn't have to be a huge meal. Just get some healthy food in your body to start your day—and to get all the benefits listed above.

"SKIPPING BREAKFAST KEEPS ME FROM GAINING TOO MUCH WEIGHT."

No it doesn't. Many, many studies have shown that skipping breakfast puts you at risk for being overweight. Breakfast skippers nearly always eat more food—and worse food—later in the day.

BANANA BRAN MUFFINS

2 large eggs	1/4 cup canola oil	1/2 teaspoon baking soda
2/3 cup packed light brown sugar	1 teaspoon vanilla extract	1/2 teaspoon ground cinnamon
1 cup mashed ripe bananas (2 medium)	1 cup whole-wheat flour	1/4 teaspoon salt
1 cup buttermilk	3/4 cup all-purpose flour	1/2 cup chocolate chips (optional)
1 cup unprocessed wheat bran	1-1/2 teaspoons baking powder	1/3 cup chopped walnuts (optional)

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
2. Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in bananas, buttermilk, wheat bran, oil and vanilla.
3. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, cinnamon and salt in a large bowl. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined. Stir in chocolate chips (if using). Scoop the batter into the prepared muffin cups (they'll be quite full). Sprinkle with walnuts (if using).
4. Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly before serving.



Healthy Habit:

EAT MORE FRUITS and VEGETABLES

2.

Fruits and vegetables are full of nutrients that help you learn and grow, prevent disease, and keep up your energy and mood. Fruits and vegetables are important for a healthy body weight. Experts recommend that you consume 5 to 9 servings of fruits and vegetables each day. This may sound like a challenge, but one that is worth taking.

Conversation Starter

GRAB A BAG. Buy bags of mini carrots, broccoli, and sugar snap peas for easy, portable snacks.

RATE YOUR PLATE. Fill half of your plate with vegetables at every lunch and dinner. Eat this half first!

FINISH UP WITH FRUIT. If you want something sweet for dessert, make it fruit. Whole, fresh fruit is best.

GO FOR 2. Include two vegetables in every dinner.

NEVER STARCH ALONE. Add vegetables to rice or pasta dishes.

GET SMOOTH. Make frozen fruit smoothies with whole fruit, ice cubes, and skim milk or low-fat yogurt.

WATCH YOUR SIDES. At restaurants, choose fruit, beans, vegetables, or a side salad instead of French fries.

KEEP IT IN SIGHT. Keep fruits and vegetables on hand and at eye level in the refrigerator, cupboard, and counter. Store the chips and cookies out of sight. Better yet, buy them only for special occasions.

Q & A

1. **TRUE** or **FALSE:** Fruits and vegetables are full of nutrients that help prevent disease.
2. **TRUE** or **FALSE:** Experts recommend 1 to 2 servings of fruits and vegetables every day.
3. **TRUE** or **FALSE:** Eating fruits and vegetables may help you maintain a healthy weight throughout life.

Delicious Lasagna Rolls

6 SERVINGS 2 rolls each **ACTIVE TIME** 45 minutes **TOTAL TIME** 45 minutes

Crumbled tofu replaces the ricotta in our Italian-style vegetarian meal.

12 whole-wheat lasagna noodles

1 tablespoon extra-virgin olive oil

3 cloves garlic, minced

1 14-ounce package extra-firm

**water-packed tofu, drained,
rinsed and crumbled**

3 cups chopped spinach

1/2 cup shredded Parmesan cheese

2 tablespoons finely chopped

Kalamata olives

1/4 teaspoon crushed red pepper

1/4 teaspoon salt

1 25-ounce jar marinara sauce,

preferably lower-sodium, divided

**1/2 cup shredded part-skim mozzarella
cheese**

1. Bring a large pot of water to a boil. Cook noodles according to package directions. Drain, rinse, return to the pot and cover with cold water until ready to use.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add garlic and cook, stirring until fragrant, about 20 seconds. Add tofu and spinach, and cook, stirring often, until the spinach wilts and the mixture is heated through, 3 to 4 minutes. Transfer to a bowl; stir in Parmesan, olives, crushed red pepper, salt and 2/3 cup marinara sauce.
3. Wipe out the skillet and spread 1 cup of the remaining marinara sauce in the bottom. To make lasagna rolls, place a noodle on a work surface and spread 1/4 cup of the tofu filling along it. Roll up and place the roll, seam-side down, in the pan. Repeat with the remaining noodles and filling. (The tofu rolls will be tightly packed in the pan.) Spoon the remaining marinara sauce over the rolls.
4. Place the pan over high heat, cover and bring to a simmer. Reduce heat to medium; let simmer for 3 minutes. Sprinkle the rolls with mozzarella and cook, covered, until the cheese is melted and the rolls are heated through, 1 to 2 minutes. Serve hot.

NUTRITION Per serving: 354 Calories; 11 g Fat; 3 g Sat; 4 g Mono; 11 mg Cholesterol; 46 g Carbohydrates; 21 g Protein; 8 g Fiber; 374 mg Sodium; 396 mg Potassium; 2-1/2 Carbohydrate Serving **EXCHANGES** 1 starch, 1 vegetable, 1 medium-fat meat, 3 fat

From *EatingWell*, October/November 2005 www.eatingwell.com/recipes/lasagna_rolls.html



Healthy Habit:

LIMIT or ELIMINATE SWEETENED DRINKS

3.

Did you know that studies link an increase in American's intake of sweetened drinks, especially soda and sports drinks, with an unhealthy increase in our body weight? Sweet drinks are also linked to weak bones and tooth decay. Some call soda "liquid candy," and call our soda-guzzling habits "America's other drinking problem."

Conversation Starter

GO WITH H₂O. Carry water with you—and drink it all day long.

GET MILK. Aim for 2 to 3 cups of skim or 1% milk every day. Your whole body—especially your bones and teeth—will thank you.

RETHINK MEALTIME DRINKS. Drink water or milk (skim or 1%) at meals and snack times.

MAKE IT SPECIAL. Save soda, lemonade, sports drinks, Kool-Aid, and punch for special occasions—no more than once a week. If you're used to drinking regular soda, switch to diet soda.

WATCH THE JUICE. Drink 100% fruit juice—but limit yourself to one small (4 to 6 ounces) glass or juice box a day. Better yet, eat a piece of fruit instead. You'll get more nutrients, and feel more satisfied.

EXERCISE CAUTION. Go easy on the sports drinks. Most of the time, water is best for exercise.

Q & A

1. **TRUE** or **FALSE:** A can of soda a day adds up to about 56,000 calories per year.
2. **TRUE** or **FALSE:** 56,000 calories adds up to about 16 pounds of body weight per year.
3. **TRUE** or **FALSE:** Every day, for a typical 2-year-old, carbonated soda pop provides more added sugar than cookies, candies, and ice cream combined.

What's In Your Beverage?

WHAT ARE YOU GETTING, ALONG WITH THOSE CALORIES?



**12 ounces
SODA**

Calories: 140
Sugar: 39g
Calcium: 0 mg



**12 ounces
GATORADE**

Calories: 75
Sugar: 21g
Calcium: 0 mg



**12 ounces
SKIM MILK**

Calories: 120
Sugar: 18g
Calcium: 450 mg



**12 ounces
LIGHT CHOCOLATE SOY MILK**

Calories: 135
Sugar: 21g
Calcium: 450 mg



Healthy Habit:

LIMIT SCREEN TIME: TV, video games, Internet 4.

Too much screen time equals too much sitting, which equals not enough activity. The American Academy of Pediatrics (AAP) recommends limiting screen time—time watching TV and videos, playing video and computer games, and surfing the Internet—to no more than 1-2 hours a day for children 3 and older, and no screen time at all for children 2 years of age and younger.

Conversation Starter

What can we do as a family?

Research links TV to a wide range of negative health effects in children and teens.

- **MOVE IT OUT.** Take the TV, computer, and game consoles (e.g., PlayStation, Xbox, Gameboy) out of all bedrooms.
- **BALANCE TV TIME AND ACTIVITY TIME.** Make it a family rule that minutes of TV-watching must equal minutes of physical activity. Do you want to watch that sitcom? Exercise for 30 minutes first.
- **SET LIMITS.** TV can be habit-forming. To keep from overdoing it, make a few house rules. Say, “Don’t watch TV on weekdays,” or “No more than an hour each night—after homework.” Set whatever limits work for you, and stick to them.
- **USE A TIMER.** One way to help limit your screen time is to use a timer. When the timer goes off, your screen time is up, no exceptions.
- **DON’T EAT IN FRONT OF THE TV.** Take the set out of the kitchen, and don’t allow food in the TV room.
- **DON’T SURF – SCHEDULE.** Decide in advance what programs you want to watch during the week. Turn the TV on ONLY when the show is on, and turn it off when the show is over.
- **MAKE THE MOST OF TV TIME.** Use a treadmill or stationary bike while you watch TV. Do calisthenics during the commercial breaks. Watch TV standing up—while you do arm circles, knee bends, and leg lifts.
- **BE CONSCIOUS.** Do you automatically turn the TV on when you come in the house? Does it stay on all the time, even if no one is watching it? Try to break these habits.

Q & A

Stump your parents.

1. WHAT PERCENT OF 2- TO 7-YEAR-OLDS HAVE TELEVISION SETS IN THEIR BEDROOMS?

- A) 10% B) 24% C) 32% D) 41%

2. TRUE or FALSE: It is estimated that by the time today’s child is 30 years old, he/she will have spent 10 years of their life watching television.

3. TRUE or FALSE: By the time the average person reaches age 70, he or she will have spent the equivalent of 5 to 6 years watching television.

4. HOW MANY COMMERCIALS DOES THE AVERAGE CHILD (BETWEEN AGES OF 2-11) SEE EACH YEAR?

- A) 5,000 B) 10,000 C) 15,000 D) 25,000

EASY HUMMUS

Try this tasty hummus dip recipe in place of ranch—something new for your veggies.

1 15-ounce can of chick peas (garbanzo beans)

1 tablespoon lemon juice

1 tablespoon olive oil

½ tsp. salt

¼ cup water

¼ tsp. paprika

Place the first five ingredients in a blender or food processor. Blend until smooth. Serve in a bowl, sprinkled with paprika.



Healthy Habit:

INCREASE YOUR PHYSICAL ACTIVITY

5.

Experts at the American Academy of Pediatrics (AAP) say that kids need more playtime. Spontaneous, free play—whether it’s chasing the dog, playing with blocks, or just romping on the floor—is important. Besides boosting kids’ physical activity, unstructured play lowers stress, builds creativity, nurtures individual interests and talents, develops problem-solving skills, and most important of all, adds joy to life.

Conversation Starter

GO FOR 60, EVERY DAY. You need at least 60 minutes of activity every day. This includes playtime, exercise, and just moving around!

TRANSPORT YOURSELF. Bike or walk to the library, to work, to school. Start a “walking school bus” in your neighborhood. Take the stairs—always—both up and down. And when you do drive somewhere, pair it with a walk. Choose parking spots at the far end of the lot. Return shopping carts at the stand farthest away from your car.

PLAY, PLAY, PLAY. Allow for lots of unstructured time for active play. Break out the balls, jump ropes, and Hula Hoops. Stroll the dolls or take the dog for a walk. Head for the backyard, park, or rec center. Have fun!

MAKE IT A FAMILY AFFAIR. Adopt active habits that everyone can do. Walk each night after dinner—or play tag or ping-pong. Vacuum and sweep together. Do yoga or aerobics together every morning. Get a family pass, and hit the swimming pool or recreation center a few times a week.

REV IT UP—GET AEROBIC! For 20 to 30 minutes every day, do something—anything!—that gets your heart pumping: biking, running, playing basketball, fast walking, skating, etc. To stay motivated, sign up for a fun run, a charity bike ride, or the school track team.

STRETCH YOUR BODY. Stretch a little every day, and set aside time for a stretching activity 2 or 3 times a week. Yoga, pilates, martial arts, dance, and gymnastics all help with flexibility. Or do the old favorites like toe touches, lunges, and side bends. Just remember to start off slowly with each stretch and back off if you feel pain. Relax. Smile.

BUILD STRENGTH. Do strength exercises twice a week. Calisthenics like push-ups, pull-ups, sit-ups, and knee bends are best and easiest for most people. If you want to lift weights, keep them light. Teens and kids shouldn’t use heavy weights unless a coach or other trained professional can help them lift safely.

Yeah, well, but...

“IT’S BORING.”

It doesn’t have to be. Get a portable radio or music player. Bring a friend along. Switch activities, routes, locations, or times for exercise. Get creative—and keep moving.

“I’M TOO TIRED...”

Once you get into a routine, you’ll find that exercise actually gives you more energy.

“I’M TOO FAT TO EXERCISE.”

No one’s too fat (or clumsy, or old, or funny-looking) to be active. Our bodies were made to move! Being active may help you lose weight or get more coordinated—but most importantly, it’ll help you be healthier and feel better about the body you have.

“I CAN’T STAY MOTIVATED.”

Nothing motivates like success. Set small, realistic goals for yourself—say 10-minute walks every day this week, 15-minute walks the next, and so on until you reach your long-term goal. Track your progress and celebrate each milestone as you go!

Blueberries with Lemon Cream

4 SERVINGS 1/2 cup each **ACTIVE TIME** 10 minutes **TOTAL TIME** 10 minutes

Blending vanilla yogurt and reduced-fat cream cheese creates a topping that’s as virtuous as it is delicious. Any fresh berry can be used in this recipe.

4 ounces reduced-fat cream cheese, (Neufchâtel)
3/4 cup low-fat vanilla yogurt
1 teaspoon honey

2 teaspoons freshly grated lemon zest
2 cups fresh blueberries

- Using a fork, break up cream cheese in a medium bowl. Drain off any liquid from the yogurt; add yogurt to the bowl along with honey. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest.
- Layer the lemon cream and blueberries in dessert dishes or wine glasses. If not serving immediately, cover and refrigerate for up to 8 hours.

NUTRITION Per serving : 156 Calories; 7 g Fat; 4 g Sat; 0 g Mono; 22 mg Cholesterol; 19 g Carbohydrates; 6 g Protein; 2 g Fiber; 151 mg Sodium; 189 mg Potassium; 1 Carbohydrate Serving **EXCHANGES** 1 fruit, 1 fat (saturated)

From *EatingWell*: Spring 2003, “The EatingWell Diabetes Cookbook” (2005) www.eatingwell.com/recipes/blueberries_with_lemon_cream.html



Healthy Habit:

EAT MEALS TOGETHER as a FAMILY

6.

Eating together is pretty basic—and pretty cool. Many studies have confirmed that children who eat regular meals with their parents are more likely to get enough nutrients in their daily diets. They typically also maintain a healthy weight, do better in school, and stay away from cigarettes, alcohol and drugs. And maybe most importantly, these kids are more apt to be happy with their present life and prospects for the future.

Conversation Starter

What can we do as a family?

Research links eating meals as a family to a wide range of positive health effects in children and teens.

- **MAKE AN APPOINTMENT FOR THE FAMILY DINNER.** Busy families have to make an effort to eat together. But it can be done. Post a family schedule in the kitchen. Rearrange your day, if needs be.
- **HAVE EVERYBODY HELP WITH COOKING.** Even young children can help with cooking healthy foods at home—stirring, pouring, and washing foods as needed. Older children and teens can take over cooking duties some nights of the week.
- **WHEN THINGS GET COMPLEX—KEEP MEALS SIMPLE.** Try things like bean burritos, homemade pizzas, baked chicken, salad, pasta with red sauce, whole-wheat pancakes, and grilled fish. Make a list of six or seven quick healthy meals to work from.
- **LIMIT FAST FOOD.** Make it a family rule to eat fast food less than two times a month. You'll save money, feel better—and probably find that a simple homemade meal is just as fast.
- **SIT DOWN AND SLOW DOWN.** Meal times should be restful, not rushed. Enjoy your food—and enjoy the company (without the TV on!). Aim to stay at the table for at least 30 minutes.
- **EAT ONLY IN THE DINING ROOM OR KITCHEN.** If you're eating in every room of the house, you're probably eating all the time. (You're probably dropping a lot of crumbs on the carpet, too.)
- **DON'T EAT IN THE CAR.** Plan enough time to go into the restaurant and sit down to eat. If you're traveling, look for a park or rest stop to picnic in.
- **STOP GRAZING. TEENS AND ADULTS USUALLY NEED THREE MEALS AND ONE SNACK A DAY.** Set meal and snack times—and don't allow yourself to graze in between times. Drink water to tide you over.

Q & A

1. WHAT ARE DOCUMENTED BENEFITS FOR KIDS WHO EAT DINNER WITH THEIR FAMILIES?

- A) Better grades B) Decreased rates of substance abuse
C) Decreased stress and tension in the home D) All of the above

2. **TRUE** or **FALSE**: Families that eat dinner together tend to eat more fruits and vegetables.

3. **TRUE** or **FALSE**: Younger children that eat dinner with their families frequently are less likely to be overweight.

4. WHAT PERCENT OF FAMILIES EAT TOGETHER TWO OR FEWER DAYS A WEEK?

- A) 5% B) 10% C) 15% D) 20%

FAMILY PIZZA

1 pkg. quick-rising yeast, (2¼ teaspoon),
such as Fleischmann's RapidRise
¾ cup whole-wheat flour

¾ cup all-purpose flour
¾ teaspoon salt
¼ teaspoon sugar

½ cup hot water,
(120-130°F)
2 teaspoon extra-virgin olive oil

1. Combine yeast, whole-wheat flour, all-purpose flour, salt and sugar in a food processor; pulse to mix. Combine hot water and oil in a measuring cup. With the motor running, gradually pour in enough of the hot liquid until the mixture forms a sticky ball. The dough should be quite soft. If it seems dry, add 1 to 2 tablespoons warm water; if too sticky, add 1 to 2 tablespoons flour. Process until the dough forms a ball, then process for 1 minute to knead.
2. Transfer the dough to a lightly floured surface. Coat a sheet of plastic wrap with cooking spray and place it, sprayed-side down, over the dough. Let the dough rest for 10 to 20 minutes before rolling.
3. Place a pizza stone or inverted baking sheet on the lowest oven rack; preheat oven to 500°F or highest setting. Roll and top the pizza as desired (we suggest a 13-inch circle) and bake the pizza until the bottom is crisp and golden, 10 to 14 minutes. Serve immediately.



Healthy Habit:

BE POSITIVE ABOUT FOOD and DON'T CRITICIZE ABOUT WEIGHT 7&8

FOOD IS A FAMILY AFFAIR. And experts agree that how your family thinks and talks about food and bodies can have a big impact on your health now and in the future. Unfortunately, some of the most well-meaning practices—like restricting food or focusing on body weight—can end up being harmful. They can actually promote the behaviors and poor self-image they aim to prevent.

Conversation Starter

FORGET “FORBIDDEN FOODS.” Being overly restrictive about certain “bad” foods can really backfire. It creates pressure to be perfect and can lead to all kinds of unhealthy behavior. So be moderate. Plan for treats from time to time. If you make good food choices and have reasonable portions most of the time, you’re doing great.

DON’T USE FOOD AS A REWARD, BRIBE, OR PUNISHMENT. This can lead to “comfort eating”—overeating when you’re stressed—and other unhealthy behaviors. Instead, reward or motivate yourself (or your kids) with an activity: a trip to the park, a hike with a friend, a matinée.

STAY AWAY FROM FAD DIETS. Beware of eating plans that promise to help you drop weight, build muscle, or lose (or gain) inches in a “quick and easy” way. Such diets rarely work in the long term—and they can be unsafe. Instead, build lifelong healthy habits for eating and activity.

LEARN ABOUT NUTRITION. Take a class or read a book on nutrition. Find out how different foods nourish your body. Be food-friendly, not food-phobic!

GROW IT YOURSELF. Start a garden in your yard or in containers on your porch or windowsill. Growing your own vegetables is a fun way to get some exercise, bone up on biology, and share time with your family. It’s also a great reminder that food is healthy and nurturing, not harmful.

WATCH WHAT YOU SAY ABOUT YOURSELF. Don’t criticize your own body—even as a joke. Don’t compare your own weight, size, or shape to someone else’s. Being healthy means being positive about yourself. Accept your uniqueness!

WATCH WHAT YOU SAY ABOUT OTHERS. Don’t make negative remarks about other people’s bodies, either. Show appreciation for each person’s unique personality, coloring, and body shape and size. Ask others in your family to do the same.

BE REALISTIC. It’s normal and healthy for your body to change over time. So let your doctor help you determine if your weight is right for you and what your goals should be. For example, even if you’re too heavy right now, a realistic goal might be weight maintenance, not weight loss. It’s normal for kids to gain some weight just before puberty or a growth spurt. You may be able to grow into your weight.

FOCUS ON HEALTH. Focus on lifelong, healthy habits—not numbers on the scale. Don’t ask what others weigh, and don’t over-praise a drop in a friend or family member’s clothing size. Try to be the healthiest you can be, for your own sake and as a positive example to others.

Q & A

1. **TRUE** or **FALSE:** Restricting food or focusing on body weight can end up being harmful.
2. **TRUE** or **FALSE:** Fad diets—or quick and easy plans that promise to help you drop weight—rarely work in the long term.
3. **TRUE** or **FALSE:** It is normal for kids to gain some weight just before puberty or a growth spurt. You may be able to grow into your weight.
4. **TRUE** or **FALSE:** Treats are okay from time to time.

Stir-Fried Spicy Chicken Tenders

4 SERVINGS 1 cup each **ACTIVE TIME** 15 minutes **TOTAL TIME** 30 minutes (including 15 minutes marinating time)

A bag of frozen peppers and onions can be a quick start to a stir-fry; here, it’s combined with almost fat-free chicken tenders for a speedy dinner. Serve this dish with warm polenta rounds or brown rice.

1 teaspoon sugar

1 teaspoon paprika

1/2 teaspoon salt

1/2 teaspoon freshly ground pepper

1/4 teaspoon cayenne pepper

1 pound boneless, skinless chicken breast tenders, cut into 2-inch pieces (see variation)

1 tablespoon canola oil

1 16-ounce package frozen bell pepper and onion mix

1. Combine sugar, paprika, salt, pepper and cayenne in a medium bowl. Add chicken and toss to coat. Cover and refrigerate for 15 minutes or overnight.
2. Heat oil in a large nonstick skillet over high heat. Add pepper-and-onion mix and cook, stirring occasionally, until the vegetables are soft, 5 to 7 minutes. Add the spice-rubbed chicken and cook, stirring, until no longer pink in the center, 3 to 5 minutes. Serve hot.

VARIATION Make Stir-Fried Spicy Beef by using 1 pound of stir-fry beef or thinly sliced top round steak instead of chicken in this dish.

NUTRITION Per serving: 196 Calories; 5 g Fat; 1 g Sat; 2 g Mono; 66 mg Cholesterol; 8 g Carbohydrates; 28 g Protein; 2 g Fiber; 392 mg Sodium; 292 mg Potassium **EXCHANGES** 1 vegetable, 3-1/2 lean meat

From *EatingWell*: February/March 2005, “The Healthy in a Hurry Cookbook” www.eatingwell.com/recipes/stir_fried_spicy_chicken_tenders.html