

EXTRA, EXTRA "EAT ALL ABOUT IT"

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WHEN YOU EAT HEALTHY, YOUR CHILDREN EAT HEALTHY!

A FAMILY AFFAIR

1. HAVE REGULAR FAMILY MEALS.
2. SERVE A VARIETY OF HEALTHY FOODS AND SNACKS.
3. BE A ROLE MODEL BY EATING HEALTHY YOURSELF.
4. AVOID BATTLES OVER FOOD.
5. INVOLVE KIDS IN THE PROCESS.

KIDS KORNER:

CHICKEN FINGERS WITH DIPPING SAUCES:

INGREDIENTS:

- 1 CUP FAT-FREE OR LOW-FAT PLAIN YOGURT
- 1 POUND CHICKEN TENDERS, ALL VISIBLE FAT DISCARDED
- VEGETABLE OIL SPRAY

COATING MIXTURE:

- ½ CUP YELLOW CORNMEAL
- 1/3 CUP PLAIN DRY BREAD CRUMBS
- 2 TABLESPOONS ALL PURPOSE FLOUR
- 1 TABLESPOON PLUS 1 TEASPOON SHREDDED OR GRATED PARMESAN CHEESE
- 1 TEASPOON PAPRIKA
- ½ TEASPOON DRIED BASIL, CRUMBLed
- ½ TEASPOON GARLIC POWDER
- ¼ TEASPOON SALT

CREAMY HONEY MUSTARD SAUCE:

- ¼ FAT-FREE OR LIGHT SOUR CREAM
- 1 TABLESPOON PLUS 1 TEASPOON DUON MUSTARD
- 1 TABLESPOON HONEY

DIRECTIONS:

PUT THE YOGURT IN A MEDIUM BOWL. ADD THE CHICKEN, STIRRING TO COAT. SET ASIDE.

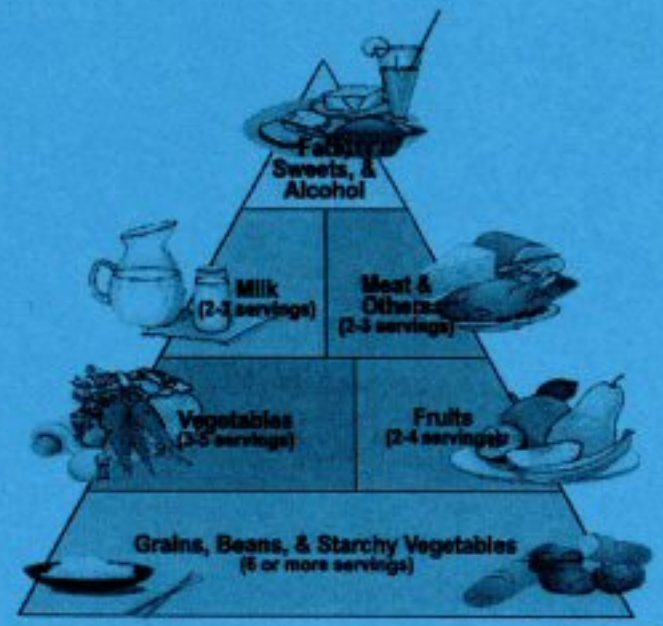
PREHEAT THE OVEN TO 375 F. LIGHTLY SPRAY A BAKING SHEET WITH VEGETABLE OIL SPRAY.

IN ANOTHER MEDIUM BOWL, STIR TOGETHER THE COATING MIXTURE INGREDIENTS. DIP ONE PIECE OF CHICKEN AT A TIME IN THE COATING MIXTURE, TURNING GENTLY TO COAT. ARRANGE THE CHICKEN IN A SINGLE LAYER ON THE BAKING SHEET. LIGHTLY SPRAY THE CHICKEN WITH VEGETABLE OIL SPRAY. BAKE FOR 20 MINUTES, OR UNTIL THE CHICKEN IS NO LONGER PINK IN THE CENTER AND THE COATING IS CRISP.

- MEANWHILE IN ANOTHER BOWL, WHISK TOGETHER ALL THE INGREDIENTS FOR THE CREAMY HONEY MUSTARD SAUCE.



ANYONE FOR A LITTLE SALSA?



SNACK TIME:

- FRESH, FROZEN, OR CANNED VEGETABLES AND FRUIT SERVED EITHER PLAIN OR WITH LOWFAT OR FAT-FREE CHEESE OR YOGURT.
- DRIED FRUIT, SERVED WITH NUTS OR SUNFLOWER OR PUMPKIN SEEDS.
- BREADS AND CRACKERS MADE WITH ENRICHED FLOUR AND WHOLE GRAINS, SERVED WITH FRUIT SPREAD OR FAT-FREE CHEESE.
- FROZEN DESSERTS, SUCH AS NONFAT OR LOWFAT ICE CREAM, FROZEN YOGURTS, FRUIT SORBET, POPSICLES, WATER ICE, AND FRUIT JUICE BARS

SALSA FRESCA:

- 1 ½ c finely chopped tomatoes
- 1 fresh Anaheim Pepper, seeded and finely Chopped or 4 oz can diced green chile peppers
Drained
- ¼ c chopped green sweet pepper
- ¼ c sliced green onions
- 3-4 Tbls snipped fresh cilantro or parsley
- 2 Tbls lime juice or lemon juice
- 1-2 fresh jalapeno, serrano, Fresno, or banana peppers, seeded and finely chopped
- 1 clove garlic, minced

In a medium bowl, stir together tomatoes, Anaheim pepper, sweet pepper, green onions, cilantro, lime juice, jalapeno peppers, garlic, 1/8 tsp. salt, and 1/8 tsp of ground black pepper.

Cover and chill at least 1 hour before serving. Serve as a dip for chips or as a condiment for main dishes.

Makes about 3 cups.

NUTRITION ANALYSIS: PER TABLESPOON: 2 cal, 0 G TOTAL FAT (0 G SAT FAT), 0 MG CHOL, 6 MG SODIUM, 1G CARB, 0 G FIBER, 0 G PRO.

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