

MOVING MORE, WATCHING LESS



Simple Solutions to Help You and Your Family Watch Less Television

- 1** Get the TV out of the bedroom.
- 2** Plan how much TV you and your family are going to watch.
- 3** Set clear limits and be a good TV role model.
- 4** Make a list of activities you want to do instead of watching TV.
- 5** Don't keep the TV on all the time, tune into specific shows.
- 6** Eat together as a family **WITHOUT** the TV.
- 7** Watch with your children. Discuss the shows and the advertising.



CHICKEN AND CHEESE ENCHILADAS



Makes 8 servings

Serving Size: 1 enchilada

Ingredients

- 1 medium onion, chopped
- 1 tablespoon margarine
- 1 1/2 cups leftover chicken or turkey, cooked and shredded
- 1 (13-ounce) jar salsa, divided
- 1 package (3-ounce) 1/3 less fat cream cheese, cubed
- 1 teaspoon ground cumin
- 8 flour tortillas (6-inch)
- 2 cups (8 ounces) extra-sharp, low-fat, cheddar cheese, shredded and divided
- Non-stick cooking spray

Directions

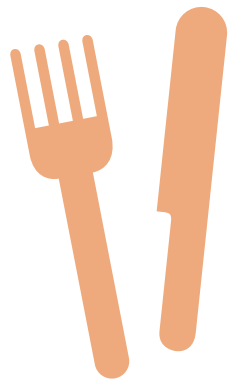
1. Preheat oven to 350° F (unless you choose to use the microwave). Lightly spray baking dish.
2. Cook and stir onion in margarine in large skillet until tender.
3. Stir in chicken, 1/4 cup salsa, cream cheese and cumin. Cook until thoroughly heated.
4. Stir in 1/2 of shredded cheese.
5. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up.
6. Place seam side down in 12 x 7 inch baking dish. Top with remaining salsa and cheese.
7. Bake at 350° F for 15 minutes or microwave 3 to 5 minutes or until heated through.

Nutrition information Per Serving

280 calories
Total Fat 9 g
Saturated Fat 4 g

Protein 19 g
Total Carbohydrate 25 g
Dietary Fiber 1 g
Sodium 760 g

 **Excellent Source of Calcium**



Eat Smart

MAKE A PLAY FOR IT

Go to the park or playground with your family and take a Frisbee or a ball. Once in the park, you may see other activities that encourage you and your family to have fun and move more. Make a commitment to go to the park or playground once this week with your family.

Move More

