

1 JANUARY



Tex-Mex Chicken Chili

- Vegetable cooking spray
- 1 large onion, chopped
- 1 (15 oz.) can no-salt-added diced tomatoes, undrained
- 1 (4½ oz.) can chopped green chilies, drained
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon granulated garlic powder
- 2 (14 oz.) cans no-salt-added chicken broth
- 2 skinned, boned chicken breast halves, cut into 1-inch pieces (about 2 cups)
- 2 (15 oz.) cans Great Northern beans, drained
- ¼ cup chopped fresh cilantro or parsley

Coat a Dutch oven with cooking spray. Add onion, coat with cooking spray, and cook over medium heat until onion is tender.

Stir in tomatoes, chilies, chili powder, cumin, and garlic powder.

Gradually stir in chicken broth. Bring to a boil; add chicken, cover, reduce heat, and simmer 10 minutes or until chicken is no longer pink.

Add beans; cover and simmer 20 additional minutes. Remove from heat; add cilantro.

Yield: 12 (2 cup) servings

Nutrition Facts per Serving:

Calories 133 (7% from Fat), Fat 1 gm, Protein 13 gm, Carbohydrate 19 gm, Fiber 5 gm, Cholesterol 18 mg, Sodium 110 mg



Look for exercise guidelines, menu planner, and a nutrition/exercise log in the back of the calendar.

Modified push up



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Write at least one nutrition & exercise goal for the year	Replace ½ hour of TV with family time	Skip dessert for 1 week	Have you started your monthly exercise log?	Don't forget to start a food log	Do 20-40 jumping jacks or low impact jumping jacks (step-touch) (Repeat 2-3 times)	Try a new fruit
Do 10-30 modified push-ups (pictured above)	Drink 1 cup of water before meals	Play "Simon Says" with your family	Find a sugar-free replacement for juice and soda	Dance to your favorite song	Make family meals last at least 20 minutes	Do 10-30 modified push ups
Share an entrée with someone else	Do 30 alternating knee lifts and kicks (Repeat 2-3 times)	Eat before you get TOO hungry	Do 20 chair sits (don't sit all the way on the chair)	Keep to a regular eating schedule	Walk up and down the stairs in your house 5 times	Make a low-fat chili recipe (recipe above)
Play flash light tag indoors	Stop eating when you are full	Do 15 crunches (Repeat 2-3 times)	Eat a low-fat food for a snack	Stretch after morning warm up	Eat cereal that contains whole grains	Go to a mall and walk for 20-30 minutes
Eat sweet foods in small amounts	Use a softball to play catch indoors	Don't eat second helpings	Do wall sit-Hold for 30 seconds and work up to 90 seconds	Check out www.healthydiningfinder.com	Play "Follow the Leader" indoors	Every time you eat, sit at the table and chew slowly

THIS MONTH'S HEALTHY DINING OUT TIP: Order water, fat-free or 1% milk,

unsweetened tea, sugar-free soda or any drink without sugar.