



Chicken Soft Tacos

- 3 (4 ounces each) skinless, boneless chicken breast halves
- Vegetable cooking spray
- ½ cup salsa, divided
- 1 small onion, chopped
- 1 (7 ounce) can no-salt-added corn, drained
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- 8 (6-inch) flour tortillas
- 1½ cups shredded lettuce
- 1 small tomato, chopped

Cut chicken into thin strips; set aside. Spray a large skillet with cooking spray.

Place skillet over medium heat; add chicken, onion, and salsa. Cook, stirring occasionally, about 5 minutes or until chicken is cooked through.

Stir in corn, chili powder, cumin, and garlic powder.

Simmer until slightly reduced, about 3 minutes. Spoon chicken mixture evenly into tortillas.

Divide lettuce and tomato among tortillas.

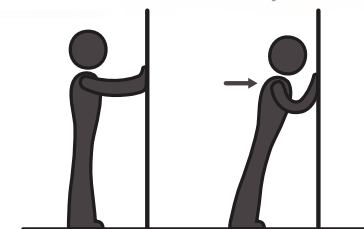
Yield: 4 servings (2 tacos per serving)

Nutrition Facts per Serving:
 Calories 331 (16% from Fat), Fat 6 gm,
 Protein 28 gm, Carbohydrate 45 gm,
 Fiber 4 gm, Cholesterol 49 mg,
 Sodium 717 mg



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

Wall Push Ups



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Check portion sizes on food labels	Get up early and go for a walk	Try frozen vegetables with no added fat or sauces	Try Tae Bo or do 10-30 wall push ups (pictured above) (Repeat 2-3 times)	Double your current intake of vegetables	Do 20-40 low-impact jumping jacks (step touch) (Repeat 3 times)	Plan menus for next week using the menu planner located in the back of the calendar
Do 20-30 crunches (Repeat 2-3 times)	Buy whole-grain bread	Go for a 20-30 minute walk	Eat off of smaller plates	Dance to your favorite song with the family	Have 1/2 cup unsweetened applesauce for a snack	Do 10-30 modified push-ups (on knees)
Eat a vegetarian meal	Hop on two feet for 1-3 minutes to music	Eat before you get too hungry	Do 10-30 chair squats	Keep to a regular eating schedule	Wake up at the same time every day	Buy natural peanut butter (no trans fat)
Kick a ball around for 20-30 minutes	Stop eating when you are full	Do 20-30 heel raises (Repeat 2-3 times)	Eat together as a family	Alternate knee lifts and kicks 30-50 times (Repeat 2-3 times)	Put low-fat salad dressing on the side	Go for a 20-30 minute hike
Try sugar-free mints or gum	Skip around the house	Make chicken tacos – skip the cheese (recipe above)	Go for a walk in the park or roller blade	Replace sweet drinks with water	Jump rope for 1-3 minutes	Find 1 item that is low-fat on a fast food menu

THIS MONTH'S HEALTHY DINING OUT TIP: To control portion size, avoid buffets and order from the menu (or choose appetizer portions).