

# Kickin' Chicken with Fries

**SERVES**

**MENU**

Check this out! You get your workout *in and* your family fed all in less than 45 minutes! Your family will ask for this again and again!

4

KICKIN' CHICKEN  
OVEN FRIES  
MIXED VEGETABLES  
APPLESAUCE

**Preheat oven to 450°.**

**Arrange oven racks to accommodate both a cookie sheet and a 9" x 13" pan.**

**1 cup** salsa *or* Picante sauce  
**1 T** firmly packed brown sugar  
**1/2 T** Dijon mustard

Mix together in a 2 cup measuring cup.

**4** skinless, boneless, chicken breast (halves)

Place chicken in a 9" x 13" baking dish. Pour sauce over chicken. Put in oven.

**1 bag** (24 oz) Ore Ida® potato wedges\*

Spread out on cookie sheet. Place in oven. Set timer for 25 minutes.

**1 bag** (16 oz) mixed vegetables  
**2 T** water

Place in microwave safe dish, cover, and set to cook on high for 12 minutes. (You will be allowing the vegetables to sit in the oven 10 minutes longer.)

*Jump on your treadmill (or stationary bike) for a quick 22 minutes. (Take the first 2 minutes to warm up.)*

**16 oz** applesauce, unsweetened

At the sound of the timer, check chicken to see if it's done. Cook 5 more minutes if necessary. Open the applesauce and set the table. It's Kickin' Chicken time!



**EXCHANGE VALUES**

4 Starch    3 Meat    2 Veg.    — Fruit    — Milk    — Fat

\* If you prefer, make the home-made version of *Oven Fries* (page 78).

**Nutrition information for — 1 chicken breast half, 1 cup fries, 1 cup mixed vegetables**

**Preparation Time — 15 min.**

**Oven / Exercise Time — 22 min.**

Calories .....	490	Fat .....	7 g	Fiber .....	10 g	Sodium .....	460 mg	Total Carbohydrate .....	73 g
Calories from Fat .....	12%	Saturated Fat .....	1.5 g	Cholesterol .....	68 mg	Protein .....	35 g	Sugars .....	24 g