

## BUSY PEOPLE'S GUIDE TO

## Eating Healthy Fast &amp; Easy

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Does this sound familiar? You got stuck in afternoon traffic (why is there always an accident by the Sears Distribution Center?), had to pick the kids up from baseball practice, and finally, get home at 6pm. You're tired, the kids are asking "What's for dinner?", and everyone is hungry. Tempting, isn't it, to just call for pizza yet again? What starts as a "just this one time" occurrence soon turns into a weekly, or even two to three times a week habit of take-out food that is way too high in saturated fat, salt and calories. If you have children, they are developing a lifelong habit of eating this way, not to mention how expensive it can get. You don't feel great about it, but what else can you do?

Well, a journey of a thousand miles starts with a single step. Corny, but true. Everyone is busy, but people can always find time for what they find important. Are your health and your family's health important? Make time, just an hour, on the weekend or on your day off, to prepare healthy food in

advance. Once you get started, you'll be surprised how easy it is to do, and how quickly you can have healthy, fast meals during the week. You'll save time, money, and most importantly, you and your loved ones will be healthier. Give yourself and your family time to get used to healthier eating. It takes anywhere from 3 to 6 weeks to make new habits so keep at it, experiment, and have fun! You'll feel good knowing that you're developing healthy lifestyle habits for yourself and your family. So let's get started!

### ***You can do it!***

- ♦ ***Remember, if you keep doing what you've always done, you'll keep getting what you've always gotten. Change how you eat, and you'll see a change!***
- ♦ ***Resist the urge to fall back-keep persisting and you'll find in time you and your family will prefer healthier foods.***

fast and easy recipe



corner

Here's an easy, healthy, delicious recipe to get you started, and it's kid-approved!

**Salsa Chicken**

Adjust the heat by the salsa. Mild salsa is great for the kids, but you can use hot salsa if you like it hot!

Also good served as a dip with baked tortilla chips. You'll be sitting down to eat in 20 minutes!

6 skinless, boneless chicken breasts

1- 1 1/2 c. salsa

1 can fat-free refried beans

1 c. low-fat shredded cheddar cheese

Optional: fat-free sour cream, lettuce, olives, tomatos

6 whole wheat tortillas, heated up in microwave

If using pre-cooked chicken, thaw chicken first. Shred or cut into bite-sized pieces. Put into a skillet

sprayed with Pam. Over medium heat, cook chicken, beans, and salsa until heated through. Take off of heat and top with cheese. If using raw chicken, cut into bite-sized pieces. Put into skillet sprayed with Pam and cover. Cook over medium heat for 8 minutes or until cooked through. Add beans and salsa and cook 4-5 minutes or until heated. Sprinkle cheese on top. Serve with whole wheat tortillas.

Makes 6 servings. Stats per serving, including tortilla (from calorieking.com):

354 cal., 37 g. protein, 31 g. carbohydrates, 8 g. fat, 5 g. fiber

***"You can get anywhere if you simply go one step at a time."***  
***- Dave Ramsey***

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