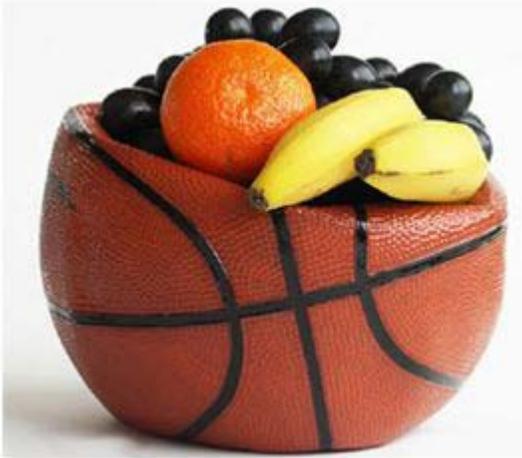


March: March brings the madness !



Basketball games, hot wings, chips & dip, and the consumption of unhealthy beverages like pop and alcohol, is at the top of the list of the eating madness. This is the time when many Americans are sitting on the couch watching countless hours of television. According to the Nielsen Company, total viewing of broadcast networks and basic cable channels increase to an average of 34 hours per person per week. Why are we not moving when we are watching people, who are jumping, running, moving from side to side? Let me guess, you are jumping out of the couch or chair as your favorite player makes the last minute shot; Swoosh! YES! Your team won the game as you are losing the game. The game I am speaking about is the game of life. Back to the couch or chair as we pick up a hot wing and a handful of chips.

Instead of going mad eating unhealthy foods, let's get mad about a healthy lifestyle. Living a healthy lifestyle does not mean you stop living. You can enjoy the same type of food just prepared differently. Let's take the most popular items on the menu of March Madness: wings, chips & dip.

Boneless Hot Wings and Dip: Ingredients:

8 oz. raw boneless skinless lean chicken breast, cut into 10 nugget-shaped pieces
1/4 cup Fiber One bran cereal (original), ground to a breadcrumb-like consistency in a blender or food processor
1 oz. (about 14 crisps) Pringles Light Fat Free Potato Crisps, Barbecue (or another fat-free BBQ-flavored potato chip)
3 tbsp. Frank's Red Hot Original Cayenne Pepper Sauce
dash onion powder
dash garlic powder
dash cayenne pepper
dash black pepper
dash salt

Directions:

Preheat oven to 375 degrees. Crush potato crisps completely and, in a small dish, mix with cereal crumbs. Add a dash of each of the seasonings and mix well. Place chicken pieces in a separate dish, and cover and toss with Frank's Red Hot. Spray a baking pan with nonstick spray. Give each chicken piece a shake (so it's not dripping with Red Hot), and then coat it evenly with the crumb mixture. Lay the battered nuggets on the baking

pan. Place in the oven, and bake for 10 minutes. Then flip the wings over, and return them to the oven for 10 more minutes, or until outsides are crispy and chicken is cooked throughout. MAKES 2 SERVINGS

Homemade 7-Layer Chip Dip: Ingredients

4 cups of shredded lettuce

4oz fat-free sour cream

1cup canned black beans; heated

10oz (about 2 /12 cups) butternut squash cubes

2 cups cherry tomatoes; chopped

1cup diced onion

4oz roasted red peppers (not packed in oil) chopped

1 pouch (4oz) Galaxy Veggie Shreds, cheddar (or another low-calorie cheddar cheese)

3 ½ tsp. taco seasoning

Optional: lime juice, salt, & pepper

Directions:

Begin by combining half of the tomatoes with all of the onion. If desired, season to taste with salt, pepper, and lime juice, set aside. Next, nuke squash in a covered microwave-safe dish with 2 tsp. water for 6 to 7 minutes (until squash is tender enough to mash). Use a fork or potato masher to mash squash to pulp. Mix in 1 ½ tsp. of the taco seasoning and set aside. In a skillet, spray a skillet sprayed with nonstick spray, combine Boca Ground Burger, tomatoes, and the remaining 2 tsp. of taco seasoning and cook until crumbles are defrosted and mixture is thoroughly heated. In a large dish, layer ingredients in this order: lettuce, butternut squash mixture, tomato/onion mix, sour cream, black beans, "meat mixture, cheese shreds, and red peppers. Serve hot or cold!

Living healthy does not have to be complicated or time-consuming. Little adjustments make a big difference over time. Reducing fat intake, cutting down on sugar, eating a piece of fruit instead of a candy bar and over time, these things can make a difference. Making small changes can help give you the motivation to make bigger ones.

Recipes provide by Hungry Girl: <http://www.hungry-girl.com/newsletters/raw/921>

