




Recipe of the month


Chicken & Black Bean Enchiladas



Nonstick cooking spray
3/4 cup black beans, rinsed and drained
2 tsp. chili powder (or to taste)
1 tsp. ground cumin
1 jalapeno, minced (optional)
1 cup prepared salsa
4 8-inch whole-wheat flour tortillas
1 cup cooked shredded chicken breast
2 oz. shredded Mexican cheese blend or reduced fat Monterey Jack cheese
1/2 cup chopped scallions



Preheat oven to 400°F. Coat shallow baking pan with cooking spray and set aside. In a large bowl, combine beans, chili powder, cumin, jalapeno, and 1/2 cup of salsa. Mash with a fork until blended. Spoon mixture onto center of each tortilla. Place chicken over bean mixture. Roll up tortillas, fold in ends, and place side by side in bottom of prepared pan. Top with remaining salsa, cheese, and scallions. Cover with foil and bake 20 minutes. Uncover and bake 10 more minutes.



SERVES 4. Per Serving: 375 calories, 8 g fat, 46 g carbohydrate, 27 g protein, 10 g fiber, and 741 mg sodium.

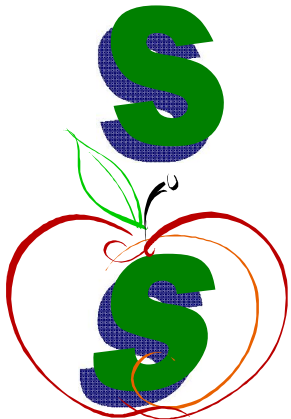


Tip of the Month



Move More

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great when you're up to it. Meanwhile, move more. Thought for the day: Cha, Cha, Cha.... Then do it!



"He who has health has hope, and he who has hope has everything." -Arabian Proverb