

# EATING SMART AT HOME



## Smart-size Your Portions

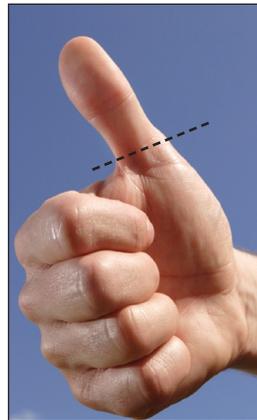
A portion is what you serve yourself or what a restaurant gives you—you can also think of this as a “helping.”

The reality is that a portion is sometimes larger than it should be.

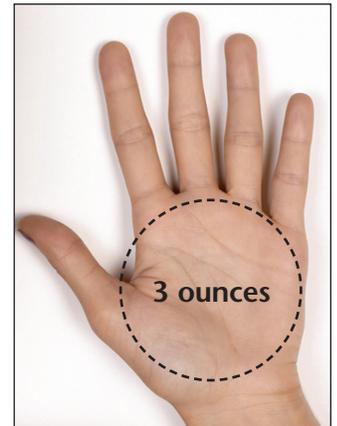
Use your hand as a guide to estimate a smart size portion.



Your fist is about the size of one cup or one ounce of cereal.



The palm of your hand is about the same size as 3 ounces of meat, fish, or chicken.



Your thumb is about the same size as 1 ounce of cheese.



Because hand sizes vary, compare your fist size to an actual measuring cup.



A small handful of nuts is about 1 ounce. For chips and pretzels, 2 handfuls equals about 1 ounce.



A handful of shredded cheese is about one ounce.



NC STATE UNIVERSITY



# CHICKEN QUESADILLAS

Makes 4 servings

Serving Size: 1 quesadilla

**Hint:**

Try Fresh-Made Salsa from *Cooking with EFNEP*.



## Ingredients

- 1 cup chopped, cooked chicken
- 2 tablespoons salsa
- 1/4 cup chopped white onion
- Non-stick vegetable cooking spray
- 1/4 cup canned chopped green chili peppers (optional)
- 1/2 cup Monterey Jack, Colby or other cheese, shredded
- 4 (10-inch) whole-wheat tortillas

## Directions

1. Preheat electric skillet to 350° F.
2. Mix chicken, salsa, onions, and green chili peppers (optional).
3. Place 1/4 chicken mixture on half of a tortilla. Top with 1/4 cheese. Fold tortilla over mixture and seal edges.
4. Place in skillet sprayed with non-stick vegetable cooking spray.
5. Brown on one side at medium heat for approximately 3–4 minutes.
6. Turn tortilla over and brown other side.
7. Cut each folded tortilla into 3 wedges.

## Nutrition information Per Serving

240 calories		Total Carbohydrate	24 g	 Excellent Source of Calcium
Total Fat	8 g	Dietary Fiber	2 g	
Saturated Fat	2.5 g	Sodium	360 mg	 Good Source of Vitamin C
Protein	18 g			

Analyzed using Fresh-Made Salsa.



## Eat Smart

# CHILD'S PLAY



Take part in your children's activities. You can throw a Frisbee or a baseball, or play one-on-one basketball. Whatever they choose to do—join in! What day this week will you join your children in active play?



## Move More