

MOVING MORE, EVERY DAY, EVERYWHERE, WATCHING LESS



# Simple Solutions to Help You and Your Family Watch Less Television

- 1 Get the TV out of the bedroom.
- 2 Plan how much TV you and your family are going to watch.
- 3 Set clear limits and be a good TV role model.
- 4 Make a list of activities you want to do instead of watching TV.
- 5 Don't keep the TV on all the time, tune into specific shows.
- 6 Eat together as a family WITHOUT the TV.
- 7 Watch with your children. Discuss the shows and the advertising.



NC STATE UNIVERSITY



# CHICKEN AND CHEESE ENCHILADAS



Makes 8 servings

Serving Size: 1 enchilada

## Hint:

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

## Ingredients

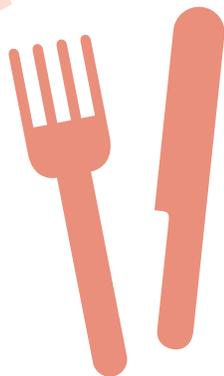
- 1 medium onion, chopped
- 1 tablespoon margarine
- 1½ cups leftover chicken or turkey, cooked and shredded
- 1 (13-ounce) jar salsa, divided
- 1 package (3-ounce) 1/3 less fat cream cheese, cubed
- 1 teaspoon ground cumin
- 8 whole-wheat flour tortillas (6-inch)
- 2 cups (8 ounces) extra-sharp, low-fat, cheddar cheese, shredded and divided
- Non-stick cooking spray

## Directions

1. Preheat oven to 350° F (unless you choose to use the microwave). Lightly spray baking dish.
2. Cook and stir onion in margarine in large skillet until tender.
3. Stir in chicken, 1/4 cup salsa, cream cheese and cumin. Cook until thoroughly heated.
4. Stir in 1/2 of shredded cheese.
5. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up.
6. Place seam side down in 12 x 7 inch baking dish. Top with remaining salsa and cheese. Be sure to completely cover enchiladas with salsa and cheese.
7. Bake at 350° F for 15 minutes or microwave 3 to 5 minutes or until heated through.

## Nutrition information Per Serving

211 calories		Protein	17 g
Total Fat	7 g	Total Carbohydrate	20 g
Saturated Fat	2.5 g	Dietary Fiber	2 g
		Sodium	380 g



## Eat Smart

# MAKE A PLAY FOR IT

Go to the park or playground with your family and take a Frisbee or a ball. Once in the park, you may see other activities that encourage you and your family to have fun and move more. Make a commitment to go to the park or playground once this week with your family.



## Move More