

NOVEMBER

Now that you're a few months into the school year, you may be thinking about mixing things up a bit in your classroom. Maybe a new seating arrangement? A class incentive? How about some healthy new eating habits, too? **Eat Smart Month** is the perfect time to start. Read on to find simple ideas you can try right away.

Make One Change for the Better

Try these **simple switches** for ingredients in your favorite recipes:

- 1 cup of whole milk → 1 cup fat-free or low-fat milk plus one tablespoon of liquid vegetable oil
- 1 tablespoon of butter → 1 tablespoon soft margarine or ³/₄ tablespoon liquid vegetable oil
- a whole egg → 2 egg whites or ¹/₄ cup cholesterol-free egg substitute



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Nutrition Tips

- ✓ Deeply colored fruits and vegetables—like spinach, carrots, peaches and berries—tend to be higher in vitamins and minerals than others, such as potatoes and corn.
- ✓ The extra calories in sugary drinks can not only pack on the pounds, but they usually don't provide important nutrients.
- ✓ Reduce sodium by cutting back on the salty six: breads and rolls, cold cuts and cured meats, pizza, poultry, soup, and sandwiches.

Take the Healthy Eating Quiz at heart.org/nutrition.

Oven-Fried Chicken with Roasted Potato Wedges

Serves 4

Ingredients

Oven-Fried Chicken

- Nonstick Cooking spray
- 1 whole, skinless chicken, cut into 8 pieces (or use 8 individual skinless, pieces of chicken)
- 1 cup fat-free buttermilk
- 1 egg (beaten)
- ¹/₂ cup whole-wheat flour
- ¹/₂ tsp. black pepper
- 1 tsp. paprika

Roasted Potatoes

- Nonstick Cooking spray
- 2 large potatoes (peeled if desired, cut into ¹/₄-inch-wide strips)
- ¹/₂ tsp. garlic powder
- ¹/₂ tsp. dried parsley



Directions

Oven-Fried Chicken

1. Preheat oven to 425°F. Spray a wire rack with nonstick cooking spray and place over a baking sheet.
2. Cut chicken in to 8 pieces (2 breasts, 2 thighs, 2 drumsticks, 2 wings).
3. In a shallow dish, combine buttermilk and egg, whisk well.
4. In a separate shallow dish combine flour, paprika and pepper, stir well.
5. One piece at a time, dip chicken in buttermilk mixture, then coat with flour and place on baking rack.
6. Lightly spray chicken with cooking spray and bake 30 minutes, turn chicken and bake 20 minutes more until center reaches a safe temperature of 165 degrees. (Optional: If you prefer darker brown 'crispy' chicken, turn on the oven's broiler for the last 2 minutes but keep an eye on the tenders so they don't burn!)

Roasted Potatoes

1. After chicken is done, keep oven at 425°F. Spray a baking sheet with nonstick cooking spray. Arrange potato wedges on cookie sheet so none overlap and coat lightly with cooking spray.
2. In a small bowl, mix garlic powder, pepper and parsley.
3. Sprinkle herb mixture over potatoes and bake for 15 minutes.
4. Stir and bake 15 minutes more until wedges pierce easily with a fork.

Nutrition Analysis (per serving)

Calories	461
Total Fat	7.5 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	2.0 g
Cholesterol	167 mg
Sodium	209 mg
Carbohydrates	43 g
Fiber	4 g
Sugars	2 g
Protein	55 g

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