

Healthy Idea: Kick The Kids Off The Couch!

(NAPSA)—Studies show that over the course of a year, children spend more time watching TV than they do in school or participating in any activity other than sleeping. To break the couch habit, you can look for budget-friendly outdoor activities or healthy at-home alternatives.

A few ideas might include a day at the zoo or hiking and swimming. And because activities can work up an appetite, you can “cook up” some recipes that the whole family can create together. Here’s a nutritious recipe that’s modeled after kids’ favorite restaurant foods using Sanderson Farms 100 percent Natural Chicken. It has no added sodium, which is so important to health-conscious families these days:

Cheesy Chicken Quesadilla Dippers *Serves 4*

- 6 Sanderson Farms chicken tenders**
- 1 tablespoon canola oil**
- 1½ teaspoons adobo seasoning or any low-sodium seasoned salt**
- 4 8-inch flour tortillas**
- 1 cup shredded low-fat Monterey Jack cheese**
- ½ cup prepared mild tomato salsa**
- 1½ cups skim milk**
- 8 ounces processed cheese made with 2 percent milk**

Preheat gas grill or grill pan with medium heat.

Preheat oven to 300° F.

In a resealable bag, combine chicken tenders with canola oil and adobo seasoning.

Massage chicken through the bag, evenly coating the tenders with spices.



An active day can lead to creating a dish together that the whole family can enjoy.

Grill the chicken over medium-high heat for 3 minutes per side or until chicken is cooked through. Chicken should be cooked to an internal temperature of 165° F.

Remove from heat and dice.

Dipping Sauce:

In a small saucepan, heat the skim milk over medium heat and whisk in the processed cheese until the mixture thickens.

Once the sauce has thickened, remove from heat. Cover the cheese sauce with plastic wrap so it touches the surface of the sauce. This keeps the sauce from forming a thin film over the top. Set aside.

Place tortillas on a metal sheet pan; layer half of each tortilla with shredded cheese, diced chicken, salsa and more shredded cheese. Fold in half. Place in preheated oven and cook for 5 minutes or until the cheese is melted and the tortillas are light golden brown. Remove from oven and cut into handheld triangle pieces. Serve with low-fat cheese dipping sauce.

For more recipes, visit www.sandersonfarmsrecipes.com.