



# Extension Nutrition Programs

## FSNEP/EFNEP

### *Healthy Eating, Healthy You!*

*Healthy Eating, Healthy You* is the theme for March National Nutrition Month. Americans are eating out more frequently, according to USDA surveys. Lack of time to cook and the variety of restaurant choices are just two of the reasons noted in the survey. But restaurants are in the business of selling food, *not necessarily offering nutritious choices*. Here are some healthy, easy and inexpensive dinner options for smaller households.

#### **South of the Border Chicken (serves 2)**

4 chicken legs  
1 package taco seasoning mix  
1/4 cup shredded cheddar cheese

Shake the taco seasoning into a large plate and roll the chicken legs in the seasoning to coat.

*To microwave:* place the chicken in a microwave safe dish with the fatter parts towards the outside of the dish for even cooking and cover with wax paper. Microwave on HIGH for 8-11 minutes (times may vary). Sprinkle with cheese. Return to microwave for an additional 45 seconds on HIGH, if you have a food thermometer, the internal temperature should be 180°. **or**

*To bake:* preheat a conventional oven to 350° and bake the chicken in an oven

safe pan for 30 minutes. When the chicken is pierced with a fork the juices will be clear, if the chicken is done.

*Serve with a crisp green salad and cornbread. For a Mexican twist, try adding kidney beans and corn to your salad.*



## Denver Omelet

(serves 2)

- 3 Tablespoons chopped green pepper
- 2 Tablespoons chopped onion
- 2 teaspoons margarine or butter
- 3 eggs, scrambled
- ½ cup fully cooked chopped ham
- 1 Tablespoon milk
- salt and pepper to taste

Combine green pepper, onion and margarine in a small microwave-safe bowl. Microwave on HIGH 2 minutes. Stir in eggs, ham, milk and seasoning. Pour into

two small, oiled saucers. Microwave on HIGH 2 minutes. Push cooked eggs toward the center of dish and continue cooking an additional 2 minutes. The internal temperature should reach 165° on a food thermometer. Let stand for 2 minutes before serving. *Add some fresh or canned fruit or a fruit smoothie to round out your meal.*

## Baked Potatoes

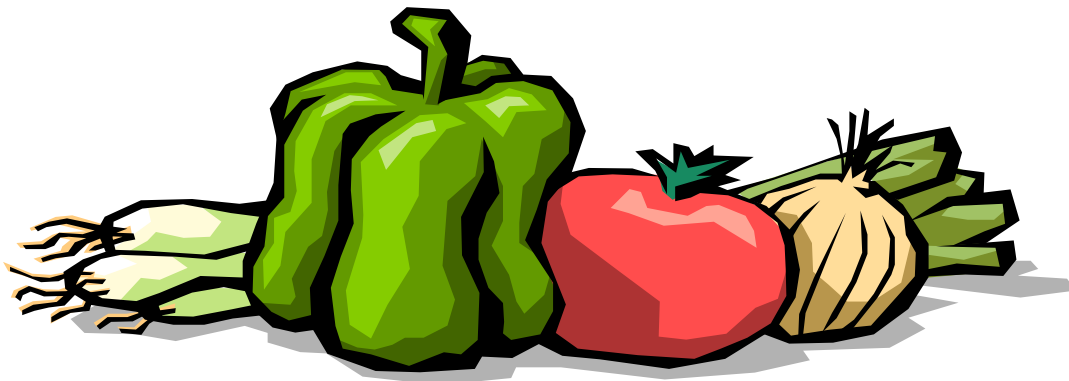
To bake white potatoes or sweet potatoes in a conventional oven:

1. Wash, scrub and pierce with a fork.
2. Wrap in aluminum foil.
3. Bake at 425° for 40-60 minutes.
4. Let potatoes "rest" for an additional 5 minutes.

To bake white or sweet potatoes in a microwave oven:

1. Wash, scrub and pierce *on all sides*.
  2. Cook on high and turn over after half the cooking time.
- 1 potato ..... ..3-5 minutes
  - 2 potatoes ... ..6-9 minutes
  - 3 potatoes ... ..8-11 minutes
  - 4 potatoes ... ..12-15 minutes

**Healthy eating helps you get the most out of life.  
Match your food choices with your lifestyle and individual requirements.  
Make moderation your goal.  
Develop a personal fitness plan that fits your lifestyle.**



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The programs of the Montana State University Extension Service are available to all people regardless of race, creed, color, sex, handicap or national origin.

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