

PREVENTION

FITNESS NEWS

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by Michele Stanten Michele Stanten is Prevention's fitness editor.

Sneak in a Workout

Exercise *and* get dinner on the table in under an hour

Fitting in a workout at the end of the day just got easier. Nutrition expert Zonya Foco, RD, author of *Lickety-Split Meals* (ZHI Publishing, 1998), has created a dynamite concept called "oven-exercise-eat." She has developed healthy low-fat recipes that have to be baked in the oven for at least 20 minutes. So you have time to exercise while they cook, and your family doesn't have to wait until 8 o'clock to eat. Here are two, along with workout ideas.



KICKIN' CHICKEN WITH FRIES

1 c salsa or picante sauce	Preheat the oven to 450°F.
1 Tbsp packed brown sugar	
1/2 Tbsp Dijon mustard	Mix together.
4 skinless, boneless chicken breast halves	Pour the sauce over the chicken. Place the chicken in a 13" x 9" baking dish. Put it in the oven.
1 bag (24 oz) Ore Ida potato wedges	Spread them out on a cookie sheet. Place them in the oven. Set a timer for 25 minutes.
1 bag (16 oz) mixed vegetables	Place the veggies in a microwave-safe dish, cover, and set to cook on high for 12 minutes. (You will be allowing the veggies to sit in the oven until the rest of the dinner is complete.)
2 Tbsp water	

EXERCISE TIME
22 minutes



16 oz applesauce, unsweetened

- > Pop in one of *Prevention's* exercise videos. (See p. 24.) Each can be done in 20 minutes or less.
- > Alternate 1-minute intervals of stairclimbing, crunches, jogging in place, push-ups, jumping jacks, and squats. Repeat three times. Don't forget to warm up first.
- > Put on your favorite CD, and dance around the house.

At the sound of the timer, check the chicken to see if it's done. Cook for 5 minutes longer, if necessary. Open the applesauce, and set the table.

NUTRITION INFORMATION for 1 chicken breast half, 1 c fries, 1 c mixed vegetables, 1/4 c applesauce: 515 cal, 35 g pro, 73 g carb, 7 g fat, 2 g sat. fat, 68 mg chol, 10 g fiber, 460 mg sodium

CHICKEN AND BEAN ENCHILADAS

1 can (16 oz) fat-free refried beans	Preheat the oven to 350°F. Combine in a medium bowl, gently breaking the chicken up.
1 can (10 oz) chunk white chicken, rinsed and drained	
8 8" flour tortillas	Place 1/2 cup of the bean mixture in a long single row on a tortilla. Roll up. Place in a 13" x 9" baking dish. Repeat with the remaining tortillas.
1 can (10 oz) enchilada sauce	Pour the sauce over the enchiladas.
1/2 c reduced-fat shredded Cheddar cheese	Sprinkle the cheese over the enchiladas. Place them in the oven. Set the timer for 30 minutes.
EXERCISE TIME 30 minutes	
<ul style="list-style-type: none"> > Rake leaves, or plant some bulbs. > Take a walk around your neighborhood, or hop on the treadmill. > Play basketball or tag with your kids or spouse. 	
Corn Cantaloupe, honeydew, or watermelon	When the timer goes off, allow the enchiladas to cool for a few minutes while you heat the corn and slice the melon.
1/2 c low-fat sour cream Minced fresh onion (optional) Chopped green pepper (optional)	Serve the enchiladas with 1 Tbsp of sour cream over each, and sprinkle with onion and green pepper, if using.

NUTRITION INFORMATION for 1 enchilada with 1 Tbsp sour cream, 1/2 c corn, 1 c melon cubes: 360 cal, 20 g pro, 58 g carb, 7 g fat, 2 g sat. fat, 23 mg chol, 8 g fiber, 600 mg sodium



Recipes reprinted by permission from *Lickety-Split Meals: For Health-Conscious People on the Go!* by Zonya Foco, RD (ZHI Publishing, 1998), \$23.95. To order a copy, call the publisher toll-free at (888) 884-5326, or go to www.prevention.com/links.

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TOP: HILMAR; BOTTOM: KURT WILSON

KURT WILSON (2)