

Kickin' Chicken with Fries

Hands-on - 15 min. Oven/Exercise - 22 min. **Serves 4**

Check this out! You get your workout in and your family fed all in less than 45 minutes!
Your family will ask for this again and again!

Menu

Kickin' Chicken with Fries
Green Beans



Preheat oven to 450°. Arrange oven racks to accommodate both a baking sheet and a 9" x 13" baking dish.

1 cup	salsa or picante sauce	Mix together in a 2-cup measuring cup.
1 T	firmly packed brown sugar	
1/2 T	Dijon mustard	

4	(4 oz each) boneless, skinless chicken breast	Place chicken in a 9" x 13" baking dish. Pour sauce over chicken. Put in oven.
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1 bag	(24 oz) <i>Ore Ida</i> potato wedges*	Spread out on nonstick baking sheet. Place in oven. Set timer for 25 minutes.
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1 bag	(16 oz) frozen green beans	Place in microwave-safe dish, cover and cook on high 12 minutes. (You will leave the vegetables set in microwave 10 minutes longer.)
2 T	water	

*Jump on your treadmill or stationary bike for a quick 22 minutes.
(Take the first 2 minutes to warm up.)*

At sound of timer, check chicken to see if it's done. Cook 5 more minutes if necessary.
It's Kickin' Chicken time!



** If you prefer, make homemade version of Oven Fries (page 275).*

Nutrition information for 1 chicken breast, 1 cup fries, 1 cup green beans

Calories	393	Fat	5 g	Fiber	7 g	Sodium	355 mg	Total Carbohydrate	54 g
Calories from Fat	12%	Saturated Fat	1.3 g	Cholesterol	66 mg	Protein	33 g	Sugars	8 g