

# 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.**

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

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

*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**

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