

Smart-size Your Portions

A portion is what you serve yourself or what a restaurant gives you—you can also think of this as a “helping.”

The reality is that a portion is sometimes larger than it should be.

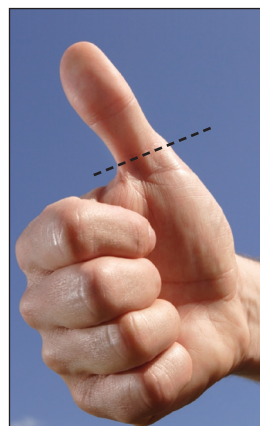
Use your hand as a guide to estimate a smart size portion.



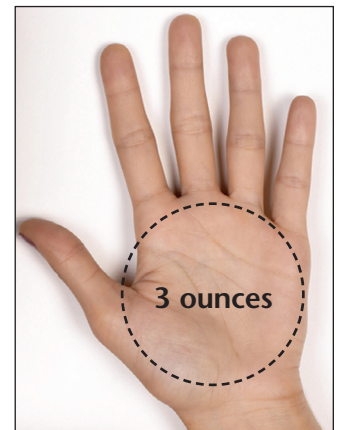
Because hand sizes vary, compare your fist size to an actual measuring cup.



Your fist is about the size of one cup or one ounce of cereal.



The palm of your hand is about the same size as 3 ounces of meat, fish, or chicken.



Your thumb is about the same size as 1 ounce of cheese.



A small handful of nuts is about 1 ounce. For pretzels, 2 handfuls equals about 1 ounce.




A handful of shredded cheese is about one ounce.

Chicken Quesadillas

Makes 4 servings | Serving Size: 1 quesadilla



165°F Chicken should be cooked to an internal temperature of 165°F.

 **Hint:** Try Fresh-Made Salsa from *Cooking with EFNEP*.

Ingredients

- 1 cup chopped, cooked chicken
- 2 tablespoons salsa
- 1/4 cup chopped onion
- Non-stick vegetable cooking spray
- 1/4 cup canned chopped green chili peppers (optional)
- 1/2 cup cheddar cheese, shredded (other cheeses are acceptable)
- 4 (10-inch) whole-wheat tortillas

Directions

1. Preheat electric skillet to 350°F.
2. Saute onions until tender.
3. Mix chicken, salsa, onions, and green chili peppers (optional).
4. Place 1/4 chicken mixture on half of a tortilla. Top with 1/4 cheese. Fold tortilla over mixture and seal edges.
5. Place in skillet sprayed with non-stick vegetable cooking spray.
6. Brown on one side at medium heat for approximately 3–4 minutes.
7. Turn tortilla over and brown other side.
8. Cut each folded tortilla into 3 wedges.

Nutrition information Per Serving

240 calories		Total Carbohydrate	24 g
Total Fat	8 g	Dietary Fiber	2 g
Saturated Fat	2.5 g	Sodium	360 mg
Protein	18 g		

 **Excellent Source of Calcium**

 **Good Source of Vitamin C**

Analyzed using Fresh-Made Salsa.



Child's Play

Take part in your children's activities. You can throw a Frisbee or a baseball, or play one-on-one basketball. Whatever they choose to do—join in! What day this week will you join your children in active play?