

A Fresh Start for Food and Fitness

We're making it easy for you to keep (or make!) New Year's resolutions to get active and choose nutritious and delicious foods by sharing good — and good for you — recipes in our monthly Kitchen Road Maps. This month, we've got a sweet and tasty recipe that will satisfy any snacker in your house! Plus, tips from our friends at the Alliance for a Healthier Generation will help you and your family make physical activity a healthy habit in the New Year.



Whole Wheat Sweet Cinnamon Chips with Creamy Honey Dip (Serves 4)

This easy snack is a tasty alternative to regular chips and dip. Visit www.yum-o.org to add a recipe for Spicy Whole Wheat Chips with Green Yogurt Dip and enjoy a sweet and savory mix!

1 package whole wheat tortillas	1/2 cup sugar
Cooking spray	1 cup nonfat Greek-style yogurt
3 tablespoons cinnamon	1 tablespoon honey

Pre-heat the oven to 400°F.

Stack all the tortillas on top of each other and cut them into 6-8 wedges. Place them on a baking sheet and spray them with cooking spray, sprinkle with cinnamon and sugar and toss to evenly coat.

Spread them out in one even layer and bake until golden and crispy, about 10 minutes. While the chips are baking, mix the honey into the yogurt and set aside for dipping. When the chips are ready, sit down with a bowl of sweet and crispy chips with a nice creamy dip!

Recipe courtesy of Rachael Ray and Yum-o!



TIPS FROM OUR FRIENDS AT THE ALLIANCE FOR A HEALTHIER GENERATION

Helping your family get — and stay — healthy isn't always easy, but it helps to get active together. The New Year is the perfect time to start fresh and make a plan! Here are tips to help your family incorporate physical activity into each day.

GAME OF THE WEEK! Spend a Saturday or Sunday afternoon visiting an indoor or outdoor pool, skating rink, basketball court or sports field at a local gym, school, park or community center.

BREAK IT UP! You don't have to do it all at once. Look for opportunities to get moderate and vigorous activity for 10 or 15 minutes several times throughout the day. Add physical activity to things you already do, such as walking or biking to school or errands; or make a quick stop at the park to play on the way home from other activities.

TACKLE CHORES! Do housework or yard work together. A race to see who can put toys away the fastest or jumping in the leaves in the yard are great ways to add some fun, too!

Don't forget to check back at www.yum-o.org for the next edition of the Yum-o! Kitchen Road Map!

Recipes courtesy of Rachael Ray and Yum-o! may not align with the nutritional guidelines of the American Heart Association.



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 Generation**

