

## Five Simple Steps to Eating Healthy in the Spring:

### 1. Spring-Clean Your Diet

It's the perfect season to "spring-clean" your diet! Skip the chips and candy bars—enjoy springtime fruits like strawberries and pears instead.

### 2. Drink Water Instead of Sugary Drinks

Cut calories by drinking water or sugar-free beverages. Soda, energy drinks and sports drinks are loaded with sugar and empty calories.

### 3. Explore Healthy Cooking Alternatives

Cook your favorite dish in a healthier way. For example, cook with olive oil instead of butter or margarine, and try baking instead of frying.

### 4. Enjoy Springtime Fruits and Vegetables

When shopping for fresh fruits and vegetables this spring, try springtime favorites such as broccoli, tomatoes, strawberries, onions and peppers.

### 5. Compare Sodium in Foods

Use the Nutrition Facts label to choose lower-sodium versions of foods like soup, bread and frozen meals. Select canned foods labeled "low sodium," "reduced sodium" or "no salt added."



## Healthy Recipe of the Season: Cilantro Lime Roasted Chicken

### Healthy Cooking Technique of the Season: Roast Your Vegetables!

Roasting vegetables is easy, delicious and healthy.

1. Preheat the oven to 400°F.
2. Cut up vegetables and place them on a baking sheet. Lightly coat with olive oil, salt and pepper. Vegetables can be touching but should not be piled on top of one another.
3. Roasting times vary, but 30–60 minutes works for most vegetables.

**TIP:** If you are in a rush, use the broiler and cut the cooking time in half.

#### Serving Size

1/2 breast, 1 thigh, or 1 drumstick + 1 wing = 130 calories.  
This recipe serves 6.

#### Ingredients

Cooking spray  
2 1/2 -pound whole chicken, cut into 8 pieces  
2 tablespoons chopped cilantro  
1 lime, zested and juiced  
1 tablespoon honey  
2 cloves garlic, minced  
1/2 teaspoon ground pepper  
(optional: 1/2 teaspoon salt)

#### Directions

1. Preheat oven to 375° F. Coat a baking dish with cooking spray.
2. Remove the skin from the chicken and cut it into 8 pieces (2 breasts, 2 wings, 2 thighs and 2 drumsticks).
3. Arrange the chicken in a single layer in the baking pan.
4. In a small bowl, whisk together the cilantro, lime zest, lime juice, honey, garlic, ground pepper and salt (optional). Pour this mixture evenly over the chicken pieces.
5. Bake for 45–50 minutes or until the internal temperature of the largest piece of chicken is 165°.

**Side Dish Suggestion:** Frozen tri-color pepper mixture, steamed.