



# July Exercise Tip

Many people like to claim that they just don't have enough time to exercise, but getting in your physical activity doesn't have to mean going to the gym for hours. Here are a couple of tips to get in a workout throughout your busy schedules!



- Try 5-10 minutes of jumping jacks whenever you can
- Take a brisk walk when picking up your newspaper in the mornings
- Do standing pushups while waiting for water to boil during dinner time
- While your child is at practice takes some walks around the field or gym
- Take the stairs every time you go to work or an appointment
- Walk to work if possible or walk to a restaurant at lunch hour
- During commercials of your favorite show, jog in place
- Do leg exercises and lifts with small weights while watching TV

## Cheesy Chicken Quesadilla Recipe

Makes: 12 servings

### Ingredients:

12 Tortillas, whole grain, 6"  
1 cup refried beans  
¼ cup chopped onion  
¼ cup + 2 Tbsp. Red taco sauce  
2 cups broccoli, chopped finely  
1 cup mushrooms, sliced  
2 oz. mozzarella cheese  
1 lb. chicken, cooked, diced  
Small amount of vegetable oil



### Directions:

1. Bake chicken in oven at 350 degrees F for about 45 minutes. Dice, set aside.
2. Brush the outside of the tortillas with a small amount of oil, place on baking sheet and bake at 350 degrees F for about 2 minutes on each side, until golden.
3. Heat refried beans and onion in medium saucepan over medium heat, stirring occasionally. Set aside.
4. Mix broccoli and mushrooms in large bowl.
5. Spread ¼ cup of bean mixture on each tortilla. Drizzle 1 Tsp taco sauce on top with ¼ cup vegetable mixtures.
6. Top with 1 Tbsp. of chicken and 1 Tbsp. of cheese. Fold tortilla in half if desired.
7. Return to oven just until cheese melts (about 2 minutes).

Enjoy this easy and nutritious meal when you're craving a restaurant quesadilla, you'll feel better about your choice and your body will thank you!

### Nutrition Information per serving: 1 quesadilla

Calories	212
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	35 mg
Sodium	367 mg
Carbohydrate	23 g
Dietary Fiber	2 g
Total Sugars	2 g
Protein	17 g

For more recipes and  
information on healthy  
nutrition habits, visit:  
[blt.tamu.edu](http://blt.tamu.edu)