

Sweet and Tangy Chicken Legs

What You'll Need

- 4 chicken leg quarters, skinned
- 3 tablespoons vinegar
- 1/2 teaspoon garlic powder
- 4 tablespoons low-sodium soy sauce
- 1/2 cup unsweetened applesauce
- cooking spray

Serves 4

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Coat baking dish with cooking spray. Place chicken legs in dish.
- 3 Mix remaining ingredients together in a small bowl and coat chicken legs with the mixture.
- 4 Cover dish with aluminum foil and bake for 45 minutes and until a meat thermometer inserted into the thickest part of the chicken reaches 165 degrees.

Nutrition Facts

Serving Size (190g)	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 45
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	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 500mg	21%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 3g	
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Protein 27g	
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Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 8%



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Navigating Fast Food and Restaurants

Limiting how often you go out to eat is an important part of staying healthy. Take a look at these tips to help you stay healthy when you do go out to eat or when you are eating on the run.

- » Look for items that have nutrition information. Don't see it? Ask for it.
- » Avoid going to all-you-can-eat buffets or all-you-can-drink soda fountains. It's difficult to resist the temptation to overeat.
- » Skip the starters. Send back the bread basket and wait for your meal.
- » Avoid unlimited soda or other sugar-sweetened beverages. If the server asks you if you want another beverage, ask for a glass of water.
- » Control your portions! Share a meal or pack half of it to go before you start eating. Avoid large or super-sized portions.
- » Plan ahead — check out the menu ahead of time and figure out what you want to eat.
- » Ask questions — request healthier food preparation (baked, broiled or grilled) and ask for healthier ingredients (vegetable toppings, tomato-based sauces, mustard).
- » Ask for salad dressings on the side.