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HAPPY BIRTHDAY MY PLATE

June marks the first anniversary of the USDA MyPlate icon. To celebrate the month, the Center for Nutrition and Policy Promotion is offering a number of resources to encourage people to think about their food choices in order to lead healthier lifestyles. Receive daily tweets on healthy eating, read blog postings on its website at www.choosemyplate.gov, and experiment in the kitchen with healthy recipes. Youth will be entertained with the computer “Blast Off” game and teens can check out the winning U tube videos from the MyPlate video contest. My favorite are the music videos - Wrap Rap, Fruit & Vegetable Pokey, and Fruit Veggie Swag.

As you plan your summer activities peruse the new resources on the Choose My Plate site to make celebrations healthy and active. Kid friendly recipes are available like the one’s here. Enjoy and join the party!

WATERMELON ICE

1 cup cubed seedless watermelon
1/2 cup cracked ice
3 teaspoons sugar
A squeeze of lime juice
In a blender, place cracked ice, sugar, lime juice, and watermelon. Process until well blended. Pour in a cup and place into freezer until slushy and ready to serve. Makes 1 serving, about 1 cup each.

**BAKED CHICKEN NUGGETS**

1 1/2 pounds chicken thighs, boneless, skinless
1 cup cornflakes, crushed
1 teaspoon paprika
1/2 teaspoon Italian herb seasoning
1/4 teaspoon garlic powder
1/4 teaspoon onion powder

Remove skin and bone; cut thighs into bite-sized pieces.

Place cornflakes in plastic bag and crush by using a rolling pin. Add remaining ingredients to cornflakes. Close bag tightly and shake until blended. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly. Makes 8 servings, 3 ounces each.

**Conventional Method:**
Preheat oven to 400°F. Lightly grease a cookie sheet. Place chicken pieces on cooking sheet so they are not touching. Bake until golden brown, about 12 to 14 minutes.

**Microwave Method:**
Lightly grease an 8- by 12-inch baking dish. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.

**Note:** To remove bone from chicken thighs; Place chicken on cutting board. Remove skin from thigh. Turn chicken thighs over. Cut around bone and remove it.

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