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### ☀ Eating Healthy While Eating Out

## Recipe:

### ☀ Chicken Fingers and Green Beans with Tahini Sauce



Questions? Comments?  
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## Eating Healthy While Eating Out

*Summer is around the corner which means family vacations and road trips requiring us to eat outside the home. Before you eat at a fast-food restaurant, take a look at these tips for eating healthy while eating out:*

- **Before you go, look at the menu online and plan the meal.** Look for items lower in calories, sodium, and added sugars.
- **Pay attention to portion sizes.** Due to large portions, one meal at a fast food restaurant may contain as many calories as a child needs for a whole day. Decrease portion size by sharing your meal, putting half of your meal in a takeout container for a later meal, and resisting the urge to "clean your plate."
- **Avoid sugary drinks.** A large soda may contain 17 teaspoons of sugar and several hundred calories. Consider water or unsweetened tea instead of soda, fruit punch, or a shake.
- **Choose items that are grilled or baked over fried or breaded.**
- **Go light on sauces** like mayonnaise and ketchup which contain sugar, fat, and salt.
- **Skip the cheese.**
- **Look for fruit, vegetable, and salad** with low calorie dressing options.



*Adapted from [Healthychildren.org](http://Healthychildren.org). Choosing This, Not That: Healthy & Unhealthy Choices at Fast Food Restaurants. Last updated 12/29/2016.*

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## Let's Get Cooking

# Chicken Fingers and Green Beans with Tahini Sauce

### Ingredients:

8 chicken breast tenders (about 1.25lbs)  
½ tsp black pepper  
½ tsp salt  
3 Tbsp flour  
2 eggs, lightly beaten  
¾ cup whole-wheat panko (Japanese breadcrumbs)  
½ tsp grated lemon rind  
¼ cup grated parmesan cheese  
Cooking spray  
2 tsp olive oil  
12 ounces trimmed, fresh green beans  
2 Tbsp fresh lemon juice  
3 Tbsp mayonnaise  
2 Tbsp ketchup  
1 Tbsp tahini



### Instructions:

1. Preheat broiler to high with oven rack 6 inches from heat.
2. Sprinkle chicken with pepper and ¼ teaspoon salt. Place flour in a shallow dish. Place eggs in a second shallow dish. Combine panko, rind, and Parmesan in a third shallow dish. Gently dredge chicken tenders in flour, shaking off excess. Dip in egg; dredge in panko mixture, pressing to adhere. Coat chicken with cooking spray.
3. Heat oil in a large skillet over medium-high. Add chicken to pan; cook 5 minutes on each side or until golden and cooked through.
4. Arrange beans on a jelly-roll pan; lightly coat beans with cooking spray. Broil 5 to 6 minutes or until tender and lightly charred, turning beans halfway through cooking. Toss with 1 tablespoon lemon juice and remaining ¼ teaspoon salt.
5. Meanwhile, combine remaining 1 tablespoon lemon juice, mayonnaise, ketchup, and tahini. Serve sauce with chicken and green beans.

Recipe from [CookingLight.com](http://CookingLight.com)

