Mango-Curry Chicken Salad is a quick go-to meal for a busy weeknight dinner or weekend lunch. Kickin’ Sweet Potato Fries are a tasty side you’ll want to make again and again. Top it all off with our Lighter Lemon Bars that are sure to impress.

Go to the park and play on the swings or throw a frisbee around.
**ENTREE MANGO-CURRY CHICKEN SALAD**

**INGREDIENTS**
- 2 1/2 cups chicken breasts
- 1/2 cup plain yogurt, fat-free
- 1 teaspoon curry powder
- 1/2 cup mango, cubed
- 1 cup cranberries, dried, sweetened
- 1/2 cup walnuts, coarsely chopped
- 1/3 cup mozzarella cheese, cubed

**PREP**
- Grill chicken breasts; cut into small pieces and set aside. In a medium bowl, blend yogurt and curry with a whisk. Stir in chicken, mango, cranberries, walnuts and mozzarella cheese. Mix well and serve on lettuce leaves or whole grain crackers, if desired.

**TIP**
Yogurt is a great way to add bone building calcium to your favorite recipes when used in place of dressings and sour cream.

**Nutrition facts per serving:** Calories: 381, Total Fat: 13 g, Cholesterol: 77 mg, Sodium: 163 mg, Potassium: 415 mg, Calcium: 172 mg, Total Carbohydrate: 34 g, Fiber: 3 g, Protein: 35 g, Vitamin D: 4 IU

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**SIDE KICKIN’ SWEET POTATO FRIES**

**INGREDIENTS**
- 2-3 sweet potatoes
- 1 tablespoon of olive oil, light
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper

**PREP**
- Preheat oven to 425° F. Cut potatoes lengthwise into thin wedges (microwave potatoes for 2 minutes to make cutting easier). Put potato wedges in a gallon zippered bag and pour olive oil over them. Add Parmesan cheese and seasonings and shake. Arrange potatoes in a single layer on a cookie sheet. Bake for about 25 minutes. Turn potato wedges over at the 10 minute mark. For the last 10 minutes, switch the oven to broil to make the potato wedges crispy.

**Nutrition facts per serving:** Calories: 145, Total Fat: 6 g, Cholesterol: 8 mg, Sodium: 181 mg, Potassium: 335 mg, Calcium: 120 mg, Total Carbohydrate: 20 g, Fiber: 3 g, Protein: 5 g, Vitamin D: 0 IU
DESSERT LIGHTER LEMON BARS

Serves: 16 (2 inch square bar per serving)

INGREDIENTS
Nonstick cooking spray 1/2 teaspoon finely grated lemon zest
3/4 cup all-purpose flour plus 2 tablespoons 2 tablespoons lemon juice
2/3 cup granulated sugar plus 2 tablespoons 1 1/2 tablespoons water
1/2 stick cold butter, cut into 1/2-inch cubes 1/4 teaspoon baking powder
1 egg 1 tablespoon powdered sugar
1 egg white

PREP
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Coat an 8x8x2 inch baking pan with nonstick spray; set pan aside. In a small mixing bowl, combine 3/4 cup flour and 2 tablespoons sugar; cut in butter until crumbly. Pat mixture onto the bottom of prepared pan. Bake in a preheated 350° F oven for 15 minutes.

> Meanwhile, in the same bowl, combine egg and egg white. Beat with an electric mixer on medium speed until frothy. Add remaining sugar and flour, lemon zest, lemon juice, 1 1/2 tablespoons water, and baking powder. Beat on medium 3 minutes or until slightly thickened. Pour mixture over baked layer in pan. Bake an additional 20 to 25 minutes or until edges are light brown and center is set. Cool in pan on a wire rack. Sift powdered sugar over top. Cut into 16 bars. Store in refrigerator.

Nutrition facts per serving: Calories: 84, Total Fat: 2 g, Cholesterol: 17 mg, Sodium: 40 mg, Potassium: 15 mg, Calcium: 4 mg, Total Carbohydrate: 16 g, Fiber: 0 g, Protein: 1 g, Vitamin D: 2 IU