Roasted corn and chicken tostada recipe

Time: 20 minutes
Yield: 1 serving

Ingredients
1 (7-inch) whole wheat flour tortilla or flour tortilla
Nonstick cooking spray
⅓ cup frozen whole kernel corn
1 teaspoon vegetable oil
4 ounces boneless, skinless chicken breast, cut into bite-size pieces
½ teaspoon chili powder
¼ teaspoon ground cumin
¼ cup salsa
¼ cup canned black beans, rinsed and drained
1 cup shredded lettuce
2 tablespoons reduced-fat cheddar cheese
1 tablespoon fat-free sour cream

Directions
Lightly coat both sides of tortilla with cooking spray. Place on baking sheet. Bake at 400° F about 10 minutes or until crisp.

Meanwhile, in small nonstick skillet coated with cooking spray cook corn over medium-high heat for 1 to 3 minutes or until beginning to brown, stirring frequently. Remove from skillet. Set aside.

In same small skillet heat oil. Add chicken, chili powder and cumin. Cook and stir over medium-high heat for 2 to 3 minutes or until chicken is no longer pink. Stir in salsa, beans and corn. Heat through. Place tortilla on serving plate. Top with lettuce, chicken mixture, cheese and sour cream. Serve immediately.

For nutrition information and more great recipes, please visit SpecialK.com.
Weight management can be a challenge. But you can make it past those stumbling blocks to permanent weight management if you plan your strategies ahead of time.

**Challenge:** Skipping breakfast to cut calories.
**Solution:** This tactic backfires if you overeat from getting too hungry later. Plus, research shows that people who skip breakfast are more likely to carry extra pounds than those who eat breakfast. Instead, enjoy a quick and nutritious breakfast such as Kellogg’s® Special K® cereal, fat-free milk, and fruit. Eating on the go? Pack a Kellogg’s® Probiotic Shake or Protein Meal Bar in your purse or briefcase.

**Challenge:** Hitting the drive-through at lunch.
**Solution:** Take advantage of lighter menu choices by ordering a salad topped with grilled chicken and low-calorie dressing, a side of fruit, and a container of low-fat milk. If you really crave a burger, order the smallest size. No time to leave the office? Brown bag it with one of the many easy, oh-so-yummy recipes found at www.SpecialK.com.

**Challenge:** Grabbing a candy bar for an afternoon snack.
**Solution:** Stash nutritious, portion controlled snacks in the office fridge, your purse, the car – wherever you are when the snack urge hits.

**Challenge:** Skipping exercise because you can’t get to the gym.
**Solution:** Fit in fitness with “everyday moves” like walking to the store and climbing stairs. Do an exercise DVD at home or jump rope with the kids. Shoot for 30-60 minutes of physical activity five days a week.

**Challenge:** Pledging to “never again” eat chocolate or other favorite treats.
**Solution:** No more chocolate? No way! Giving up favorite foods isn’t just unrealistic – it’s unnecessary. Instead, manage your treats by enjoying a smaller portion now and then. Or enjoy a serving of Kellogg’s® Chocolately Delight Cereal, Kellogg’s® Chocolately Chip Cereal Bar, or Kellogg’s® Milk Chocolate Protein Shake.

**Challenge:** Giving up if you aren’t perfect.
**Solution:** A healthful lifestyle isn’t an “all or nothing” proposition. If you slip up, cut yourself some slack and get right back on track.

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**Secrets to lasting success**

Have you ever worked hard to reach your goal weight, only to see the pounds creep back on? If so, learn from members of the National Weight Control Registry—they’ve lost at least 30 pounds and kept them off for more than a year.

**Try their secrets to success:**
- Watch the amount of calories and fat you eat
- Eat breakfast every day
- Weigh yourself at least once a week
- Exercise about an hour a day
- Watch less than 10 hours of TV per week
- Keep a food journal to track what you’re eating and how you’re exercising

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**References**