SPRING RENEWAL  
Raise your hand if you aren't thrilled to death that Spring began last week.  
That's what I thought: This year's winter, more than most, has made us yearn for some  
-- any -- signs of Spring's arrival. But the usual prelude seems to have  
evaporated in the piles of snow -- not one crocus do I see peeking out through  
the earth.   
We have been teased by some beautiful days--quickly erased from our memories by  
blasts of arctic cold and bursts of snow that blanket our towns.   
  
Still, have any of us stopped hoping? When we are fumbling to shut off the  
morning alarm, don't we notice that a little more light has begun creeping into  
the bedroom as the sun begins its ascent? (This is so much kinder on the body  
and soul than the pitch darkness of winter mornings.) And if we strain our ears  
a bit, can't we hear a few birds chirping their excitement?   
Spring can be unpredictable and fickle, especially in the beginning. It usually takes  
a while for the season to settle in, take charge, and deliver what we know it  
is so capable of bringing about. I guess we are not unlike this season of  
promise: We have a mission and know what we want to achieve. We might get off  
to a good start but it sometimes is quickly erased by our human deficiencies.   
A while back on Oprah, a woman guest advised us to “choose what we want most over  
what we want now." So often our nows push our mosts clear out of sight,  
out of mind. But, if we think of our mosts as seeds we have planted, we might  
take steps to ensure that these seeds take root. We will be mindful to tend to  
them, nurture them--see to it that they flourish.   
Spring is the season of renewal. Are we up to the challenge? There's nothing wrong  
with recommitting to goals that might have fallen by the wayside. Especially if  
we are recommitting in week 12 as opposed to 52. (Let's see, where do I begin.  
The walking plan? I keep starting and stopping. The clean-one drawer-a week  
plan? I'm only up to drawer #3. The back-to-eating-right plan? I'm still having  
to hold in my breath pulling up the zipper on my favorite slacks!)   
Springtime does revitalize the body and mind. Let's take advantage of this wake up call.   
**As a matter of fact, I hear drawer #4 calling my name.  
  
Gluten-Free Meals**  
This meal can work with a gluten-free diet. You asked, we listened! Whether you want your recipes naturally gluten free or gluten free with some ingredient swaps, we've got you covered.   
**Shredded Chicken and Cheese Quesadilla**  
7 PointsPlus Value

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| Ingredients | *PointsPlus Value* |

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| 2 medium corn tortilla(s) | 3 |
| 6 Tbsp gluten free salsa (divided) | 0 |
| 2 oz cooked boneless skinless chicken breast(s) shredded | 2 |
| 2 Tbsp low fat shredded cheddar cheese (gluten free variety) | 1 |
| 1 medium uncooked scallion(s) chopped | 0 |
| 1 Tbsp jalapeño pepper(s) diced | 0 |
| 1 cup(s) mixed greens | 0 |
| 1/2 cup(s) uncooked bell pepper(s) chopped | 0 |
| 1/4 cup(s) (sliced) fresh radish(es) | 0 |
| 1 tsp olive oil | 1 |
| 1 tsp fresh lime juice or to taste | 0 |
| 1 pinch table salt | 0 |
| 1 pinch black pepper | 0 |

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| Instructions |  |

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| Spread 1 tortilla with 2 tablespoons salsa; sprinkle with chicken, cheese, scallion and jalapeno. Cover with 2nd tortilla; cook in a skillet or oven until heated through. Toss together greens, peppers, radishes, oil and lime juice; season to taste. Cut quesadilla into 4 wedges; serve with remaining 1/4 cup salsa.   *The ingredients in these meals are generally gluten-free however, please check the ingredient labels of specific brands you purchase to be 100% certain.* |