

By Anne Louise Bannon

# Desperate Housewives — Burritos to the Rescue



Working on a hit TV series like ABC's *Desperate Housewives* means really long hours — a 16 hour shift on a good day. And, as anyone with a strenuous job knows, eating right while working late can become an act of desperation.

But for Nicollette Sheridan, who plays vixen Edie on the series, the prospect of wearing a Brazilian bikini this past season was more than enough motivation to get back on her treadmill. "I'm sort of a mixed bag," she says of her eating habits. "I do enjoy healthy food, and I'll do the carbs and the protein and the vegetables and the salad — and then I have to have my two scoops of vanilla chocolate chip Haagen Dazs with hot fudge fix every day on the way home. Or the pizza."

And she also confessed that since hitting 40, she's added a few pounds. "I'm actually heavier than I've ever been in my life," she says. Like most people, Sheridan knows what to do; it's just actually doing it that gets in her way.

Her co-star Felicity Huffman, a.k.a. Lynette Scavo, figures it has a lot to do with working so late. The character of Lynette is the harassed mother of four, including the abominable twins. In real life, Huffman is raising two kids with her husband, actor William H. Macy.



When asked how she eats healthfully on such a rigorous schedule, Huffman says, "I don't. I wish I could, because I'm acting with all these incredibly skinny actresses, but I just don't. I mean, it's two o'clock in the morning when we get off work, and someone mentions pizza and I'm on board." Fortunately, Huffman doesn't think there will be any flesh-baring scenes in her future. "I don't think so," she laughs. "I've had two children. It wouldn't be pretty."

If Marcia Cross is eating better than her co-stars, it's not because the actress

is like her character, the all-too-perfect Bree Van De Kamp. "I don't cook, no," she confesses. "I actually think of Whole Foods as my kitchen." Cross says that she and Bree really have very little in common. "I'm not naturally organized and neat," she says, adding that some days she wishes Bree's fastidiousness would rub off on her.

For Edie, Lynette and Bree — and all housewives, desperate or not — we've concocted these tasty burritos. They can be made ahead and kept in the freezer for a quick grab-and-go lunch or dinner. . .or even as a snack at 2am. \*



## Desperate Housewife Chicken Burritos

### ■ LOW SATURATED FAT

You can use any kind of cooked chicken you have on hand — rotisserie chicken is particularly good. And the next time you make brown rice, cook some extra for these. Finally, if you can't find canned chile sauce at your local grocer, use enchilada sauce — it's essentially the same stuff.

- 4 large whole wheat flour tortillas (about 12" in diameter)
- 2 cups chopped rotisserie chicken
- 1/2 cup canned chile sauce
- 2 cups cooked brown rice
- 1 cup (4 ounces) shredded low-fat cheddar cheese
- 1 cup sliced black olives

1. Microwave tortillas 30 seconds to soften.
2. Place 1/2 cup chicken on tortilla; top with 2 tablespoons chile sauce, 1/2 cup rice, 1/4 cup cheese and 1/4 cup olives. Repeat

procedure with remaining ingredients. Fold in the sides of the tortilla. Fold the edge of the tortilla closest to you over the folded sides and the fillings. Pull it back into the fillings to make it tight, and then roll it away from you. Wrap it in waxed paper, seal with masking or freezer tape and toss it in the freezer.

3. To reheat one, place burrito in the microwave, still wrapped, for 3 minutes on medium power. Be careful, the fillings will be hot.

**Serves 4. Per serving:** 466 calories, 126 calories from fat, 14g fat, 3g saturated fat, 58mg cholesterol, 50g carbs, 5g fiber, 31g protein, 964mg sodium, 165mg calcium, 4mg iron

### DietMatch™ TIPS

#### ■ VEGETARIAN ■ FIBER BOOST

Substitute chicken with canned beans (-50 calories, -5g fat, +6g fiber).

#### ■ LOWER FAT

Substitute cooked chicken breast for the rotisserie chicken (-5g fat)