

Tasty balsamic chicken with peppers fast-to-fix

These days, eating right means eating light. According to nutritionists, this means boosting complex carbohydrate consumption to 55 percent of daily calories and limiting fats to no more than 30 percent. Translated into real food, it's far easier than it sounds.

Light yet richly flavored Balsamic Chicken and Peppers boasts great taste and only 307 calories per serving. To prepare, well-seasoned chicken is quickly sautéed, placed over fluffy rice and topped with a sauce of bell peppers, onions and garlic with a splash of balsamic vinegar.

SESAME-GINGER-CARROT RICE is an ideal accompaniment to any favorite meat, fish or poultry. Flecked with carrots and green onions, the fast-to-fix rice is speckled with ginger and sesame oil.

Top off any light and healthy meal with Raspberry Yogurt Parfaits, a delicious fruit-filled rice and yogurt dessert with only 100 calories per serving. Great at snack time, too.

For additional recipes that will help make eating healthy easy, Uncle Ben's Inc., official sponsor of the 1992 Olympic Games and champion of healthy eating for everyone, has created a new recipe folder, available

able free. "Light and Healthy Eating — The Winning Edge" contains great-tasting recipes, nutrition information and guidelines for selecting the right rice for every occasion. For a free copy, send name and address to: Uncle Ben's Light and Healthy Recipes, P.O. Box 1147, Chicago, IL 60611. Offer good while supplies last.

BALSAMIC CHICKEN AND PEPPERS

2 small whole chicken breasts, split, boned and skinned
1 tablespoon flour
1 teaspoon ground coriander
¼ teaspoon salt (optional)
1 tablespoon olive oil
1 small onion, cut into thin wedges
2 cloves garlic, minced
1 small red bell pepper, cut into short, thin strips
¼ cup reduced sodium chicken broth
¼ cup no-salt-added tomato sauce
2 tablespoons balsamic vinegar*
1 ½ teaspoons dried basil, crushed
1 ½ cups Uncle Ben's Brand Rice In An Instant
1 cup thinly sliced green onions with tops
Freshly ground black pepper

Pound chicken to ½-inch thickness. Rub with combined flour, coriander, and salt.

and, if desired, salt. Brown chicken in oil in 10-inch skillet over medium-high heat 2 minutes per side. Remove and reserve. Add onion, garlic and red pepper to skillet; cook and stir 2 minutes. Add broth, tomato sauce, 1 tablespoon of the vinegar, and the basil. Return chicken to skillet; spoon sauce over. Cover and cook over low heat 8 minutes. Meanwhile, cook rice according to package directions, adding green onions with rice. When chicken is cooked through, stir in remaining tablespoon vinegar; cook uncovered over high heat until sauce has thickened. Serve chicken over rice; top with sauce. Sprinkle with pepper to taste. Makes 4 servings.

* Red wine vinegar may be substituted for balsamic vinegar. Decrease amount to 1 tablespoon; add to skillet with tomato sauce.

Nutrition Information Per Serving: Calories 307, Protein 31g, Carbohydrate 34g, Fat 5g (15 percent of calories) and Sodium 180mg.

SESAME-GINGER-CARROT RICE
1 ½ cups water
¼ teaspoon salt (optional)
1 ½ cups Uncle Ben's Brand Rice In An Instant



Great-tasting balsamic chicken and peppers is boldly flavored, and "weighs in" at only 307 calories per serving.

1 cup shredded carrots
1 teaspoon sesame oil
1 teaspoon shredded fresh ginger root

1 green onion with top, thinly sliced
Bring water and, if desired, salt, to a boil in saucepan. Stir in rice, carrots, sesame oil and ginger. Cover and remove from heat. Let stand 5 minutes or until all water is absorbed. Sprinkle with green onion to serve. Makes 4 servings.

Nutrition Information Per Serving: Calories 145, Protein 3g, Car-

bohydrate 30g, Fat 1g (7 percent of calories) and Sodium 20mg.

RASPBERRY YOGURT PARFAITS
¾ cup water
¼ cup Uncle Ben's Brand Rice In An Instant
2 cartons (8 ounces each) raspberry low-fat yogurt
2 cups fresh raspberries

In small saucepan, bring water to a boil. Stir in rice, cover, remove from heat and set aside for 5 minutes, or until all liquid is absorbed; cool to room temperature. Stir in yogurt; chill at least 30 minutes. Just before serving, layer rice mixture and berries in parfait glasses or dessert dishes. Makes 8 servings.

Note: For variety, mix and match your favorite fruit flavored yogurt.

Nutrition Information Per Serving: Calories 100, Protein 3g, Carbohydrate 31g, Fat less than 1g (7 percent of calories), and Sodium 35g.

Nutritious milk, good to drink and cook with

"Drink your milk." We have heard that or maybe said that so many times it's important in a healthy diet because of the important nutrients it contains — calcium to name one.

A large share of the milk consumed in the United States is a beverage; however, milk is also an important ingredient for cooks. Due to its milkfat, milk adds moisture and richness to cakes, cookies and bread dough. It makes breads brown better, improves their keeping quality and gives a creamier softer crumb.

Milk is sometimes used as a soaking medium for fish or chicken livers. This soaking helps to get rid of strong flavors or provides the stick-em to coating for foods to be fried.

MILK PLAYS a major role in making sauces, and is the base liquid in most puddings and the base for ice cream and sherbets. Milk moistens breakfast cereal, sweetens coffee or tea and is the major part of other beverages like hot or cold cocoa, eggnog and milk shakes. Milk is also the starting point for yogurt and cheese.

Acidophilus milk is pasteurized skim or low-fat with a bacterial culture added. The milk is immediately packaged and cooled to prevent fermentation. When consumed the bacterial culture is activated at body temperature. Many people believe that these bacteria help maintain the balance of beneficial microorganisms in the intestinal tract.

Buttermilk is made by adding bacterial cultures to pasteurized milk (usually skim) to produce the acidity, body, flavor, and aroma. Yellow flecks in so-called buttermilk are bits of real butter. Buttermilk is the base to many creamy dressings and gives flavor and tenderness to pancakes, biscuits, quick breads and cakes. Evaporated milk is canned whole milk concentrate that has been heated to remove about 60 percent of the water. Evaporated milk can not contain less than 7.5 percent milkfat in this concentrate. One-half cup of evaporated can be reconstituted

with equal amount of water to make one cup whole milk. Sweetened condensed milk is a canned milk concentrate containing not less than 8 percent milkfat, with 40 to 45 percent sugar added. It can not be substituted for evaporated milk.



Lois Thieleke

home economist, Cooperative Extension Service

Due to its milk fat, milk adds moisture and richness to cakes, cookies and bread dough.

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IMAGINE A milk so stable that it needs no refrigeration. It's called U.H.T. (ultra high temperature) milk. This is a very popular milk in

Europe and starting to account for a fraction of the milk sales here. U.H.T. milk production requires temperatures of 275 degrees — 300 degrees Fahrenheit. It is exposed to this high temperature for only a few seconds but long enough to destroy all bacteria. The milk is then placed in aseptic packaging and is safe to drink for about six months. The nutritional value is the same as pasteurized milk.

Whole milk has to contain at least 3.25 percent milkfat and 8.6 percent solids that are not fat. Lowfat milk has had sufficient milkfat removed to bring the fat level to between 0.5 and 2 percent. Many people assume that "2 percent" means that 2 percent of the milk's calories come from fat. An eight-ounce glass of 2 percent milk has about 130 calories and five grams of fat, and 45 of the calories are derived from fat — 35 percent of the total. Whole milk derives about 50 percent of its calories from fat. So 2 percent milk is better, but not much.

Skim milk, also called nonfat milk, has had sufficient milkfat removed to bring the total to less than 0.5 percent. Powdered milk or nonfat dry milk is skim milk with the water removed. It reconstitutes readily in warm water. Instant nonfat dry reconstitutes readily in cold water. These products are convenient for their long shelf life. Fluid milk is perishable and needs refrigeration at less than 40 degrees Fahrenheit. Milk can be frozen in

most home freezers for up to three months. The water in the milk freezes first and may separate from the milk solids. After thawing stir or shake milk thoroughly. You may not like the taste for drinking but is fine for cooking.

POUR MILK into glasses only what is needed, so the balance is not left unrefrigerated. Milk can host many microbes and is easily contaminated. If milk is served to a pitcher, never pour contents back into original container but store separately in a covered container. Covering prevents absorption of other flavors from the refrigerator.

To scald milk, heat to just below the boiling point until tiny bubbles will form at the edge of the pan. Prevent skin formation on milk during heating by covering the pan.

There are many milk products available at the supermarket. Whether you drink your milk or cook with it, it is a healthy addition to the diet.

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