



Juicy chicken: Combine lemon, orange and lime juice to make a fruity marinade for grilled chicken.

AMERICAN INSTITUTE FOR CANCER RESEARCH

Citrus grilled chicken light meal

Face it, Americans love to grill. Not only do we love the delicious flavors grilling produces, we love that it's easy to clean up as well. By following a few simple guidelines, we can love it for the healthy foods it provides, too.

When grilling meat, don't allow fat to drip on the coals, since this produces flare-ups that deposit cancer-causing particles right back on your food. It's best to grill lowfat foods, avoid heavily oil-based sauces and basting liquids, and cook over moderate heat. Also, avoid charring your food, and remove any blackened parts from meat before serving.

When it comes to healthy grilling, what you cook is as important as how you cook it. Use leaner cuts of meat and poultry, removing all visible fat and skin before grilling. Plan meals with less meat, more fish and especially more vegetables. A variety of grilled vegetables makes a great lunch or supper. Use herbs, spices and fruit juices for flavor. Try sautes and vegetable purees in place of fatty sauces.

Chicken is an extraordinarily versatile grilling favorite. Make chicken burgers with ground, skinless chicken breast, combined with bread crumbs, finely chopped scallions, curry powder, minced garlic and applesauce. Season with pepper and cook on

the grill in an oiled wire basket. Serve on split, grilled rolls, topped with more applesauce. For an Oriental flavor, make your chicken burgers with ground chicken breast, bread crumbs, finely chopped scallions, minced garlic, sugar, soy sauce and sesame oil. Serve with a low-fat honey-lemon mayonnaise.

Kebabs are always a hit. Use cubes of skinless, boneless chicken breast, coated in a mixture of sautéed garlic, honey, canola oil, lemon juice and finely chopped fresh oregano. Thread on skewers, alternating with cherry tomatoes and other favorite vegetables, and grill.

There are superb recipes for grilled chicken breasts in the cuisines of nearly every country in the world. From Argentina comes a recipe that involves marinating the chicken in the refrigerator in a mixture of non-fat plain yogurt, finely chopped fresh mint, minced garlic cloves, ground cumin and a few drops of hot red pepper sauce. Grill the coated chicken, and serve it with grilled tomatoes and yellow summer squash.

This recipe for citrus grilled chicken is perfect for a light summer meal.

CITRUS GRILLED CHICKEN

- 1 cup orange juice
- 1/4 cup lemon juice
- 1/4 cup lime juice

- 2 cloves garlic, minced
- 1 tsp. ground coriander
- 4 boneless, skinless chicken breast halves
- 4 medium white potatoes, cut into 1/4-inch slices
- 2 medium zucchini, cut into 1/4-inch slices
- 8 spring onions, cut into 1/4-inch pieces
- Lemon pepper seasoning
- 2 teaspoons butter or margarine
- 4 canned pineapple rings

Combine juices, garlic and coriander in shallow glass dish. Add chicken, cover and marinate in refrigerator no more than 2 hours.

Layer potatoes, zucchini and onion on 4 sheets of double thick heavy duty foil. Sprinkle with lemon pepper seasoning and dot with 1/2 teaspoon butter or margarine. Top each sheet with a chicken breast and pineapple ring. Spoon several tablespoons of the marinade over each chicken breast. Seal each packet with another sheet of double thick foil.

Grill 12 to 15 minutes, then turn and grill an additional 12 to 15 minutes or until chicken is done.

Nutrition information: Each of the 4 servings contains 374 calories and 5 grams of fat.

Information and recipe from the American Institute for Cancer Research

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Summer breakfasts can include oatmeal

BY THE ASSOCIATED PRESS

There's no reason to abandon oatmeal breakfasts during the summer. Just switch from a warm bowl of oats to muesli, a cold and creamy cereal created by the Swiss.

Muesli requires no cooking and can be stored in the refrigerator for several days. You can use quick or old-fashioned oats when making muesli; each is an equally good source of fiber.

Summer Muesli With Berries gets its creamy texture from vanilla low-fat yogurt, while peaches and fruit juice add natural sweetness. Just before serving, top with blueberries or raspberries.

SUMMER MUESLI WITH BERRIES

- 2 cups oats (quick or old-fashioned, uncooked)
- 1 1/2 cups peach nectar or orange juice

- 1 1/3 cups coarsely chopped, peeled fresh peaches (about 2 medium)
- 8 ounces vanilla low-fat yogurt
- 1/4 teaspoon ground nutmeg
- Blueberries, raspberries or other fresh berries (frozen peaches and berries, thawed, can be substituted for fresh fruit)

Combine all ingredients except berries in large bowl; mix well.

Cover, refrigerate 8 hours or overnight.

Serve cold, topped with berries. Store covered in refrigerator up to four days. If cereal thickens, thin with fat-free milk. Makes 4 servings.

Nutritional information per 1 cup serving: 270 cal. (36 cal. from fat), 4 g total fat, 1 g saturated fat, 5 mg chol., 40 mg sodium, 8 g pro., 52 g carbo., 6 g dietary fiber.

Recipe from: Quaker Oats.

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