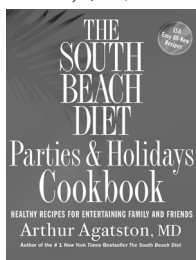


COOKBOOK CORNER

Plenty of Reasons (And Recipes) To Party

(NAPSA)—Special occasions can make it difficult for even a faithful dieter to stick to a weight-loss regimen. Fortunately, for the millions of Americans who want to avoid those holiday and party pitfalls, a new cookbook offers delicious and nutritious ways to take part in the festivities without compromising your weight-loss plan.

“The South Beach Diet Parties & Holidays Cookbook” (Rodale Books, \$25) offers up more than 20



menus and 150 all-new recipes, along with practical entertaining tips and cooking techniques, that don't compromise texture, color, flavor or

presentation, so you can enjoy any party or holiday deliciously and nutritiously.

“Depriving yourself of delicious foods is a thing of the past,” says cardiologist Arthur Agatston, M.D., developer of The South Beach Diet. “This cookbook has a variety of healthy dishes prepared with good fats, good carbohydrates, lean sources of protein, and plenty of fiber to keep you satisfied and allow you to celebrate any party or holiday without guilt.”

This mouthwatering recipe can be a great addition to any holiday occasion or enjoyed at any time:

Sweet Potato-Feta Rounds

(Prep Time: 20 minutes)

(Cook Time: 25 minutes)

3 long, thin sweet potatoes, peeled (about 1½ pounds)

1 Tbsp. plus 1 tsp. extra-virgin olive oil

1 garlic clove, minced

4 ounces reduced-fat feta cheese, crumbled (¾ cup)

2 Tbsp. chopped fresh chives
Freshly ground black pepper

Heat oven to 450°F. Line a baking sheet with parchment paper or foil. Cut potatoes



Mitch Mandel/Rodale Images

“The South Beach Diet Parties & Holidays Cookbook” offers plenty of suggestions for party foods that fit into a healthy lifestyle.

into 30 (¾-inch-thick) rounds. With a melon baller, carefully scoop a pocket into each potato piece, being careful not to scoop through bottoms; discard scooped-out portion.

Combine potato pieces, 1 Tbsp. oil and garlic in a large bowl and toss to coat. Spread potatoes on baking sheet, scooped-out side up, and roast until just tender and edges start to brown, 18 to 20 minutes.

Meanwhile, mash feta, chives and remaining oil together in a small bowl. Season with pepper to taste.

Remove potatoes from oven and fill each pocket with a heaping ½ teaspoon cheese mixture. Return to oven and bake until heated through, about 5 minutes. Serve warm.

Makes 10 (3-piece) servings.

Nutrition per serving: 80 calories, 2.5 g fat, 3 g protein, 11 g carbohydrate, 2 g fiber, 150 mg sodium.

The recipe is from “The South Beach Diet Parties & Holidays Cookbook” by Arthur Agatston, M.D., with permission from Rodale, Inc. The book is available where books are sold or at (800) 848-4735.

To learn more about The South Beach Diet and related cookbooks, visit www.southbeachdiet.com.