

DO IT & DIET

Enjoy The Good Life—Like The French

(NAPSA)—Here's food for thought: The French have the lowest average body weight per capita in the Western world, yet they are known for eating foods many American dieters crossed off their menus years ago.



So what's the secret? Research suggests it may have to do with not only the quality and freshness of the foods French people eat, but also the way they are combined. That's the theory put forth in a book called "The French Diet: The Secrets of Why French Women Don't Get Fat" (DK Publishing, \$20) by renowned scientist Michel Montignac.

The book focuses on the net glycemic index values of combined foods eaten as a meal—what Montignac calls the "glycemic outcome." For example, the book says you can have a glass of wine before dinner, but that it's better to first eat a small chunk of hard cheese, so that the metabolic reaction that leads to weight gain is minimized.

Fans of the approach say it encourages people to savor eating and to discover new tastes, rather than focusing on the "can'ts" and "don'ts" of dieting. The book offers this distinctively French recipe:

Turkey Cutlets in Cream Sauce

Serves 4

Preparation: 10 minutes

Cooking time: 15 minutes

4 turkey cutlets, pounded thin

½ cup dry white wine

1 4-ounce (or half of an 8-ounce) container plain yogurt

1 tablespoon Dijon mustard

1 tablespoon olive oil

1 tablespoon fresh chopped parsley

In a frying pan, brown the turkey cutlets over medium heat in olive oil for 8 to 10 minutes, turning over halfway through the cooking time.

Season with salt and pepper. Keep warm on a serving platter.

Mix the mustard with the yogurt.

Add white wine to the frying pan and stir to release the drippings. Cook briefly, then stir in the mustard-yogurt mixture. Heat gently for a few minutes.

Pour the sauce onto the cutlets, garnish with parsley and serve.

For more information, visit www.dk.com.