

Cooking Corner Tips To Help You

Mouthwatering Meal Planning That Make Sense

(NAPSA)—One recipe for successfully managing diabetes and making your meals healthier may be to read an authoritative new book.

The Diabetes Food & Nutrition Bible, written by Hope S. Warshaw, a certified diabetes educator and registered dietitian, and cookbook author Robyn Webb, is a comprehensive food and nutrition resource for people with diabetes.

The book brings readers up to date on the latest advice for meal planning, carbohydrate counting, vitamins, minerals and food preparation. Readers can learn about Nutrition Superstars—foods such as avocados and wheat germ—that deliver a superior dose of nutrients. There are hundreds of tips on ways to work such healthy food choices into meals.

The book contains more than 100 luscious recipes such as Chive Corn Pudding, Fruit Shakes, Chinese Ginger Salmon and Vegetable Burritos.

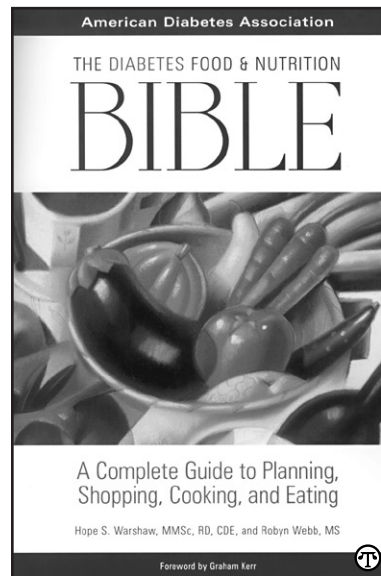
This sumptuous recipe for Grilled Chicken Breasts with Fruit Salsa sizzles with flavor and captures the book's light, flavorful style.

Grilled Chicken Breasts With Fruit Salsa

**Serving Size: about 4 ounces,
Total Servings: 4**

Fruit Salsa

- 2 cans (8 oz. each) crushed pineapple, packed in juice, drained**
- 1 mango, peeled and cubed**
- ½ papaya, peeled and cubed**
- 2 Tbsp rice vinegar**
- 1 Tbsp finely minced cilantro**
- 1 Tbsp minced red pepper**



A new cookbook can serve as a valuable resource for people with diabetes.

- 2 whole chicken breasts, boned, skinned, halved (10 oz. meat each)**
- 2 tsp olive oil**

Garnish: kiwi slices

1. In a medium bowl, combine salsa ingredients. Cover and refrigerate for 1 hour.

2. Preheat an oven broiler or outdoor grill. Brush the chicken breasts with the olive oil. Grill or broil the chicken about 7 minutes per side or until no pink remains.

3. To serve: Place fruit salsa on a plate using a few spoonfuls per person. Top with a cooked chicken breast. Garnish with kiwi slice.

For ordering information, call toll-free 1-800-232-6733 or visit <http://store.diabetes.org>.