

A Better-For-You BBQ

(NAPSA)—Fresh, seasonal vegetables don't just taste great; they're ripe for grilling.

Registered Dietitian Pamela Nisevich Bede says that it's easy to prepare a BBQ your entire family will love, especially when it includes great-tasting chicken and seasonal vegetables that are full of flavor—not additional calories.

"Grilling vegetables is not only a smarter way to prepare them, it's a simple way to add flavor and variety to your BBQ." Bede adds, "Preparing delicious veggies is effortless, especially when you use *I Can't Believe It's Not Butter! Spray*." With 0g fat, 0 calories and no partially hydrogenated oils, the spray adds delicious taste without additional calories per serving.*

You may care to try these seasonal favorites in an easy-to-prepare *Rosemary-Orange Grilled Chicken and Veggies* recipe.

- **Bell Peppers:** Choose firm, brightly colored varieties with tight skin that are heavy for their size. Avoid dull, shriveled or pitted peppers.

- **Summer Squash (yellow or zucchini):** Look for squash with a slightly prickly but shiny skin. The skin should be firm and free of cuts and bruises.

- **Eggplant:** Choose eggplants that are heavy for their size, without cracks or discolorations.

Rosemary-Orange Grilled Chicken and Veggies

4 servings

Prep time: 20 minutes

Cook time: 15 minutes

- 1 lb. boneless, skinless chicken breasts, cubed
- 1 small eggplant, cut into 1-inch cubes
- 2 medium red, green and/or yellow bell peppers, cut into 1½-inch squares
- 1 medium yellow squash, cubed



Vegetables are great when grilled with rosemary-orange chicken.

- 30 sprays *I Can't Believe It's Not Butter! Spray Original*, divided
- 1 tsp. chopped fresh rosemary
- 1 tsp. grated orange peel
- 2 Tbsp. orange juice

Spray chicken and vegetables with 15 sprays of *I Can't Believe It's Not Butter! Spray Original*, then toss with rosemary and orange peel. Alternately thread chicken and vegetables on skewers.* Grill or broil chicken and vegetables, turning once, 8 minutes or until chicken is thoroughly cooked and vegetables are just tender.

Arrange chicken and vegetables on serving platter. Spray with remaining 15 Sprays, then drizzle with orange juice.

Nutrition Information per serving: Calories 170, Calories From Fat 15, Saturated Fat 0g, Trans Fat 0g, Total Fat 2g, Cholesterol 65mg, Sodium 100mg, Total Carbohydrate 9g, Sugars 5g, Dietary Fiber 3g, Protein 28g, Vitamin A 40%, Vitamin C 150%, Calcium 2%, Iron 8%

*If using wooden skewers, soak in water at least 30 minutes prior to use.

**I Can't Believe It's Not Butter! Spray* contains 0g fat (0g saturated fat, 0g trans fat) and 0 calories per serving. 1 serving = 1 spray for topping and 5 sprays for cooking.