

Cooking Corner

Tips To Help You

Getting More Veggies Into Meals—Imagine the Salsabilities

(NAPSA)—Pizza for breakfast? Why not? Mixing up your meal ingredients can be a delicious and nutritious way to add more vegetables to your diet.

According to a survey from Pace Foods, maker of Pace picante sauce and salsas, almost 60 percent of the respondents said they eat only one or two vegetables per day instead of the recommended three to five vegetables and two to four fruits.

Consumption is down, say survey respondents, because parents have less time to cook and kids are not necessarily wild about vegetables. Fortunately, a little ingenuity can add vegetables in ways so delicious that children may not even suspect they're eating food that's good for them.

A good way to sneak more vegetables to your kids is with salsa, which can be used as a take-out food topper, ingredient or as a dip. A half cup of salsa is equal to a full serving of vegetables. With 10 calories and no fat per two tablespoon serving, salsa can add flavor to meals without adding fat.

Here are three recipes full of salsabilities—Southwestern Potato Topper, Texas Chicken with Black Bean Salsa and Breakfast Pizza:

Pace® Southwestern Potato Topper

Prep Time: 15 min.

- 4 large hot baked potatoes, split
- 1 cup Pace® Chunky Salsa*
- ½ cup plain nonfat yogurt



Kids will love this breakfast pizza, sizzling with flavor and packing a vegetable punch thanks to the addition of salsa.

- ¼ cup sliced pitted ripe olives
- ¼ cup sliced green onions

TOP each potato with salsa, yogurt, olives and green onions. Serves 4.

To bake potatoes, pierce potatoes with fork. Bake at 400°F for 1 hr. or microwave on HIGH 10½ to 12½ min. or until fork-tender.

**Also delicious with Pace® Cilantro Chunky Salsa.*

Pace® Texas Chicken with Black Bean Salsa

Prep/Cook Time: 20 min.

- 1 tbsp. vegetable oil
- 4 boneless chicken breast halves
- 1 jar (16 oz.) Pace® Chunky Salsa
- 1 can (16 oz.) black beans, rinsed and drained
- 1 can (8 oz.) whole kernel corn

- 2 tbsp. chopped fresh cilantro

HEAT oil in skillet. Add chicken and cook until browned.

ADD salsa, beans and corn. Heat to a boil. Cover and cook over low heat 5 min. or until done. Stir in cilantro.

Serves 4.

Pace® Breakfast Pizza

Prep/Cook Time: 25 min.

- 1 tbsp. butter or margarine
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- ¼ cup chopped Canadian bacon
- 1 (12") ready-to-eat pizza crust
- 8 eggs, beaten
- ¼ tsp. pepper
- ¾ cup Pace® Picante Sauce
- ½ cup shredded Cheddar cheese
- 2 tbsp. chopped fresh cilantro

PREHEAT oven to 400°F.

HEAT butter in skillet. Add onion, pepper and bacon and cook until tender.

PLACE crust on pizza pan or baking sheet. Place in oven to warm.

ADD eggs and pepper to skillet. Cook and stir until eggs are almost set. Spread over pizza crust and top with picante sauce. Sprinkle with cheese.

BAKE 5 min. or until cheese melts. Sprinkle with cilantro. **Serves 6.**