

Low-Carb Counters Can Include Pickles In Their Diet

(NAPSA)—Low-carb diets have never been more popular—and two recent studies in the prestigious *New England Journal of Medicine* found that those practicing a low-carb, high-protein diet are losing weight without raising their cholesterol.

The diet has become so popular that food products that previously were much maligned—steak and eggs, to name two—are enjoying increased levels of consumption. Even the American Heart Association has relaxed dietary recommendations on eggs.

Pickled vegetables fit perfectly into meals for those following this low-carb, high-protein eating pattern. Pickles, pickled peppers and sauerkraut have very few carbohydrates, if any. They also have no fat and few calories and pack a powerful flavor punch—just the thing for adding interest to virtually any meal. The wide range of pickled products available means there is a variety of flavors and textures that will suit any taste and every type of recipe or occasion.

Now, Pickle Packers International, the trade association for the pickled vegetable industry, features a low-carb section on its www.ilovepickles.org web site. Recipes, as well as suggestions for using the juices of pickles, pickled peppers and sauerkraut for marinating, are included.

Whether you're looking for something to add just the right spark to a recipe or thinking about a garnish or out-of-hand snack, you'll find that pickles, pickled peppers and sauerkraut can provide a convenient solution to your dill-emma. Please note that there are now many sweetened pickle products that are being made with Splenda®—good news for carb counters and diabetics.

Here are two recipes to get you started:

Cuban Chicken Salad

4 chicken breast halves, bone in



- 1 carrot, chunked
- 1 stalk celery, chunked
- 1 small onion, unpeeled, quartered
- Coarse salt
- 12 whole peppercorns
- ½ teaspoon red pepper flakes
- ½ cup mayonnaise
- ¼ cup yellow mustard
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon dark chili powder
- Salt and pepper
- 2 medium dill pickles, minced
- Julienned dill pickle strips

Place cleaned chicken in a large pot; cover with water and add carrot, celery, onion, salt and peppers. Bring to a boil, cover, and reduce to a simmer. Simmer for 1½ hours until very tender. Remove from heat; cool.

Remove chicken meat from bones and tear into bite sized pieces; place meat in a medium sized bowl. In a small bowl, combine mayonnaise, mustard, cumin, coriander, chili powder and pickle. Season to taste with salt and pepper. Pour mayonnaise mixture over chicken and gently toss to coat. Refrigerate for at least 1 hour before serving.

Serve over a bed of salad greens. Garnish with julienned strips of dill pickle. Serves 6

Calories 430; total fat 27g; saturated fat 5g; cholesterol 120mg; sodium 950mg; total carbohydrates 4g (dietary fiber 2g, sugars 1g) protein 42g

Pork Loin With Sauerkraut And Beets

- 2 pound center cut boneless pork loin
- Dry Rub
- 1 can (15 ounces) whole beets, drained with juice reserved
- ½ cup dry white wine (or water)
- 2 cups drained sauerkraut

Dry Rub: Mix together 1 tablespoon each coarse salt, dry mustard and freshly ground pepper.

Preheat oven to 350°F. Press Dry Rub onto surface of meat; roast in roasting pan for 40 minutes or until juices run clear (to 150°F). Transfer meat to a large platter and allow to rest 15 minutes before slicing.

Meanwhile, pour half of the beets into the roasting pan; add wine. Over medium heat, boil juices about 5 minutes, stirring to loosen meat pieces on pan bottom.

Reserve 6 beets for garnish and puree the remaining beets in a blender; add juices from pan. Set aside.

Combine sauerkraut and remaining beet juice in saucepan and simmer until juice is absorbed. Place the 6 reserved beets on top of the kraut to warm.

Cut pork into 12 slices. Divide pureed beet and juice mixture among 6 plates. Top each "puddle" of sauce with 2 slices of pork. Divide kraut mixture among plates. Slice 6 beets and fan one on each plate. Serves 6

Calories 290; total fat 11g; saturated fat 4g; cholesterol 90 mg; sodium 1380mg; total carbohydrate 7g (dietary fiber 3g, sugars 3g); protein 34g

For more pickle recipes, send a self-addressed stamped business envelope to: Recipes, PO Box 767, Holmdel, NJ 07733.