

Cooking Corner Tips To Help You

Three Hassle-Free, Nutritious Dinner Tips

(NAPSA)—At the end of a busy day, creating a quick and easy meal that pleases even the pickiest of eaters doesn't have to be a culinary challenge. Pamela Nisevich, MS, RD, offers three hassle-free dinner tips with a nutritious twist. With a little color and a few simple switches, you can serve a no-fuss, convenient family meal that satisfies everyone.

1. Eat the Rainbow—Make a bland dinner better by adding colorful, nutrient-rich vegetables. Ask the kids to add color from their favorite vibrant-colored veggies—yellow corn, green beans, red tomatoes, orange carrots—let them create their rainbow.

2. Please the Picky—Add better-for-you ingredients to their favorite meals gradually—add finely chopped veggies into meatballs, use ground turkey for burgers or try low-fat cheese. Replace butter with a soft spread such as Shedd's Spread Country Crock® in a traditional recipe. With 70 percent less saturated fat than butter and a fresh butter taste, cooking with Country Crock® is an easy switch.*

3. Bake, Don't Fry—Choose roasting and baking over frying. Even formerly fried favorites can be tasty and kid friendly. A simple recipe, such as *Crispy Baked Chicken Fingers*, goes great with a side of steamed broccoli or green beans and will prove to be a family favorite that satisfies your desire for something quick and nutritious for dinner.



Crispy Baked Chicken Fingers

4 servings

Prep Time: 10 minutes

Cook Time: 12 minutes

Ingredients:

- 1 lb. boneless, skinless chicken breasts, cut into strips**
- 2 Tbsp. Shedd's Spread Country Crock® Spread, melted**
- 3 cups whole grain wheat flakes cereal, crushed OR whole grain bread crumbs**

Directions:

- 1. Preheat oven to 425°.**
- 2. Toss chicken with Spread in large bowl, then evenly coat with cereal. Arrange chicken on cookie sheet. Bake 12 minutes or until chicken is thoroughly cooked. Serve with Pasta Sauce.**

Nutrition Information per serving: Calories 180, Calories From Fat 60, Saturated Fat 1.5g, Trans Fat 0g, Total Fat 7g, Cholesterol 75mg, Sodium 230mg, Total Carbohydrate 5g, Sugars 1g, Dietary Fiber 1g, Protein 25g, Vitamin A 10%, Vitamin C 25%, Calcium 0%, Iron 25%

*Regular and Churn Style have 60 calories, 7g fat, 2g saturated fat, and 0g trans fat per serving. Butter has 100 calories, 11g fat, 7g saturated fat, and 0g trans fat per serving.