

# Win \$5,000! 8<sup>th</sup> Annual Kretschmer Recipe Contest

(NAPS)—*Mex-Italian Chicken Salad* is a scrumptious example of what judges will look for in this year's *Kretschmer* Wheat Germ "Delicious and Easy" Recipe Contest. The chicken is baked with a wheat germ, cheese and cumin coating, then served over crisp romaine lettuce, black beans and corn tossed with chunky salsa and Italian dressing.

This year the contest features three brand NEW recipe categories: 1) **Spectacular Main Dish Salads**; 2) **Magnificent Meatless Main Dishes**; and 3) **Delicious Warm-Weather Desserts**.

Check out [www.kretschmer.com](http://www.kretschmer.com) to learn more about this exciting contest. Beginning January 15, 2001 until April 30, 2001, contest entries can be submitted in one of three ways: 1) **mail** entries to KRETSCHMER WHEAT GERM RECIPE CONTEST, P.O. Box 3305, Chicago, IL 60654; 2) **e-mail** entries to [KWGContest@aol.com](mailto:KWGContest@aol.com) OR 3) visit the Web site at [www.kretschmer.com](http://www.kretschmer.com) and enter **online**.

To receive the complete contest rules, simply use any of the methods above. If requesting by mail, please include a **stamped, self-addressed, business-size envelope**.

## Mex-Italian Chicken Salad 4 Servings

1 cup plus 2 tablespoons  
*Kretschmer* wheat germ,  
divided  
¼ cup grated Parmesan  
cheese  
1 teaspoon ground cumin  
½ cup lowfat buttermilk  
1 pound chicken breast  
tenders  
Cooking spray  
6 cups romaine lettuce, torn  
into bite-size pieces  
1 cup canned black beans,  
drained



1 cup frozen whole kernel  
corn, thawed, drained  
1 red bell pepper, cut into  
strips  
¼ cup medium or mild  
chunky salsa  
¼ cup reduced-calorie  
Italian dressing

Heat oven to 375°F. In shallow dish, combine 1 cup wheat germ, cheese and cumin; mix well. Pour buttermilk into second shallow dish. Dip chicken into buttermilk, then into wheat germ mixture, coating thoroughly. Lightly spray chicken on both sides with cooking spray; place on large baking sheet. Bake 15 to 18 minutes or until chicken is no longer pink. While chicken bakes, combine lettuce, beans, corn and pepper in large bowl. Combine salsa and dressing; pour over salad mixture, tossing to coat. To serve, transfer salad to large platter. Sprinkle with remaining 2 tablespoons wheat germ; top with chicken.

**COOK'S TIP:** 1 pound boneless, skinless chicken breasts, cut into 1-inch wide strips, can be substituted for chicken breast tenders.

**NUTRITION INFORMATION:** (1/4 of recipe) Cal. 410, Cal. From Fat 80, Fat 9g, Sat. Fat 2.5g, Chol. 70mg, Carbo. 41g, Fiber 11g, Sodium 590mg, Protein 44g.