

Make Room For This Versatile Legume!

Peanuts And Peanut Butter Are Kitchen All-Stars

(NAPSA)—Looking for a delicious food that has the culinary flexibility to enhance everything from chicken to chocolate, from salads to smoothies? Chances are, you already have it stashed away in your kitchen pantry—peanuts and their sidekick, peanut butter. Yes, while enjoying a PB&J sandwich and munching on peanuts at the ballpark have helped spread the love of peanuts and peanut butter among generations past and present, there are many other delicious ways to enjoy their deliciously crunchy or velvety smooth qualities.

Because they have the dynamic ability to enhance both sweet and savory dishes, peanuts and peanut butter increasingly are being featured as key ingredients in everything from appetizers to desserts during meals throughout the day, including breakfast, lunch, dinner and even those in-between. Peanut butter also is showing up as the main attraction of an upscale meal, thanks to its versatile marinade-, sauce-, and soup-forming abilities.

So whether you like your peanuts salted or sweetened, your peanut butter crunchy or creamy, the National Peanut Board offers the following recipe to help you get creative in the kitchen with this versatile, all-American food. For more recipes, visit the National Peanut Board Web site at www.nationalpeanutboard.org.



Chocolatty Peanut Butter Fondue Makes 3 cups

3 cups (1 lb.) milk chocolate chips
1 cup heavy cream
½ cup creamy peanut butter
2 teaspoons vanilla extract
Dippers: banana chunks, pound cake cubes, strawberries

Melt chocolate chips with heavy cream over medium-low heat. Stir in peanut butter until melted. Remove from heat. Stir in vanilla. Transfer mixture to a fondue pot or small chafing dish over a low flame. Serve fondue warm with dippers on wooden picks.

Per serving: 151 calories, 10g fat (5g sat., 3g mono.), 12mg cholesterol, 32mg sodium, 13g carb., 0g fiber, 2g protein.