

Cut The Fat From Superbowl Snacks

(NAPSA)—You don't have to sack your guests' diets for them to enjoy the food at this year's Superbowl party. Just tackle their hunger with some great tasting, low fat snacks.

Don't worry, trimming the fat from your Superbowl menu does not have to mean passing on taste. You can make a variety of delicious, healthy snacks with items from the grocery store or that you may already have around the house. For example, Goya Food's Pica de Gallo Salsa or Salsita hot sauce can be served with baked tortilla chips for a tasty and more healthful alternative to potato chips and dip.

If you want something a bit more filling to satisfy your team of partyers, try this recipe for BBQ Chicken Breast Fajitas:

BBQ Chicken Breast Fajitas

- 1 pound chicken—boneless, skinless breast
- 6 white mushrooms, sliced
- 1 green or red pepper, cut into strips
- 1 medium onion, cut into strips
- 3 tbsp Goya Olive Oil
- ½ tsp Goya Adobo All Purpose Seasoning with Pepper
- 8 6-inch Goya Flour Tortillas

Garnishes

- Goya Salsa Picante Sauce
- Goya Salsita
- Nonfat sour cream

Cook

1. Preheat oven to 350°



BBQ Chicken Fajitas are a tasty and healthful way to kick off your Superbowl party.

2. In a skillet on medium, heat 2 tbsp. oil and cook onions and mushrooms until onions are golden. Stir in peppers and cook 1 minute. Shake on Adobo, remove from skillet and keep warm.

3. Add 1 tbsp. oil to skillet and turn heat to medium-high. Cook chicken to desired doneness. Remove from skillet and allow meat to cool for a minute before cutting against the grain, into thin slices.

4. Sprinkle tortillas with a few drops of water, wrap in foil and warm in preheated oven for 5 minutes.

5. On a large platter, arrange chicken, onion mixture and garnishes. Keep the tortillas warm in foil or a cloth napkin. Spoon chicken and onion mixture into center of tortilla. Add desired garnishes and wrap.

For more healthy superbowl recipes visit www.goya.com.