

Nutritionists Warm Up To Chili



Kasha Chili is a great way to spice up your menu and add low-fat protein to your diet.

(NAPSA)—Nutritionists say there's good news for people who get a charge out of chili. When made with the right ingredients, the delicious dish can be an easy way to spice up a healthy diet.

That's because chili is often packed with vitamins and when it's made vegetarian style, it can be a low fat way to add protein to your diet as well.

One of the healthiest—and tastiest—ways to make vegetarian chili is with Kasha. Kasha comes from the buckwheat plant, which belongs to the same family as rhubarb. The hulled buckwheat seeds, or groats, have a natural coating of fiber-rich bran. After roasting, which brings out a distinctive flavor, they are called “kasha.”

Studies show buckwheat proteins and carbohydrates may help reduce the risk of diabetes, heart disease and breast and colon cancer, and can assist in lowering blood pressure. Considered to have the most balanced protein available in any plant source, this “super grain” is a perfect addition to diets of people with a strong interest in healthful eating.

Kasha can be found in supermarkets in the kosher section or alongside other grains. It's frequently used to add flavor and nutrition to a variety of dishes, including this first place winner in the Taste of Health “Chili Cook-Off Competition.”

Kasha Chili

1 (28 oz.) can stewed tomatoes
3 cups vegetable broth
1 (14½ oz.) can pinto beans
1 tbsp. chili powder
1 tsp. paprika
1 tsp. crushed or minced garlic
1 tsp. cumin
½ tsp. ground oregano
½ tsp. celery salt
¼ tsp. pepper
¾ cup Wolff's Whole Kasha
(uncooked)

In a large skillet: add tomatoes, broth and spices. Bring to a light boil for 10 minutes. Add kasha, cover and reduce to a simmer. Simmer for 10 to 15 minutes or until kasha is tender. Serve hot.

For more recipes and nutrition information, visit www.thebirkettmills.com.