

Cooking Contest Corner

Ten-Year-Old Wins Grand Prize In Recipe Contest

(NAPSA)—Here's a look at a kid who certainly loves fruits and vegetables—for a surprising, extra reason. She's Lauren Assayag, a 10-year-old who became the grand prize winner in the Dole 5 A Day Kids Recipe Contest.

The contest invited kids five to 12 to submit favorite, healthful fruit or vegetable recipes. Her "Mango Avocado Salsa Chicken Strips" earned her a \$10,000 savings bond.

Lauren's recipe had the top score among 403 entries, receiving high marks in all four judging categories—creativity, taste, healthfulness and ease of preparation.

"This recipe stood out as really tasty, colorful, fun, and easy to make," said Amy Myrdal, M.S., R.D., director of the Dole 5 A Day Program. "Plus, it's very nutritious. One serving offers a full 5 A Day serving of fruits and vegetables and is rich in potassium, vitamin A, vitamin C, iron, vitamin E and fiber—nutrients most kids don't get enough of."

Mango Avocado Salsa Chicken Strips

Yield: 6 servings

- 4 boneless, skinless chicken breasts, cut in strips
- 1 teaspoon garlic powder
- $\frac{3}{4}$ cup plus 2 tablespoons DOLE® Pineapple Orange Juice
- 1 teaspoon plus 2 tablespoons chopped cilantro
- 2 tablespoons plus 2 teaspoons olive oil
- 1 DOLE mango, peeled, pitted and diced
- 1 small DOLE avocado, peeled, pitted and diced
- 1 tomato, diced
- $\frac{1}{4}$ medium-sized jicama, diced



A tasty mix of chicken, mango and avocados can provide a full day's serving of fruits and vegetables. For one youngster, it also provided a \$10,000 prize.

3 tablespoons diced green onion

Sprinkle chicken strips with garlic powder and place in resealable plastic bag with $\frac{3}{4}$ cup juice and 2 teaspoon cilantro. Marinate in refrigerator 30 minutes to 3 hours. Remove chicken and discard remaining marinade. Heat 2 tablespoons olive oil in a large skillet. Add chicken and cook over medium heat; stirring until lightly browned and cooked through, about 4 to 5 minutes. Mix together remaining ingredients, and top chicken with salsa. Serve.

Calories, 292; Total Fat, 13 g; Saturated Fat, 2 g; Cholesterol, 66 mg; Sodium, 92 mg; Potassium, 827 mg; Total Carbohydrate, 17 g; Dietary Fiber, 4 grams; Protein, 29 grams; Vitamin A, 55% DV; Vitamin C, 59% DV; Vitamin E, 10% DV; Iron, 15% DV

For details on this year's recipe contest, see www.dole5aday.com.