

Healthy Eating

The Incredible Lightness Of Corn Starch

(NAPSA)—How do you make mouth-watering dishes lighter? Top-rated chef Cary Neff has a great tip. He recommends using corn starch as a guilt-free way to create your favorite dishes while allowing the naturally delicious flavor of the foods to come through. Naturally pure in flavor and aroma, corn starch makes a perfect substitute in low-fat cooking. It thickens with a satiny smoothness and glossy appearance without masking the flavor of your favorite foods.

Pure in flavor and gluten-free, when used according to directions, corn starch is a foolproof thickener that will help you create consistently smooth gravies and sauces.

In his book, *Conscious Cuisine*, Neff focuses on new approaches to cooking sinfully delicious foods, without the fat and calories. Neff often uses corn starch rather than butter and flour to reduce overall fat.

Try this healthy and delicious stir-fry favorite:

FRESH VEGETABLE STIR-FRY

- 1 Tbsp. Argo corn starch
- 1 tsp. salt
- $\frac{2}{3}$ cup cool chicken broth
- 3 Tbsp. corn oil
- $\frac{1}{4}$ lb. green beans, cut into 1 $\frac{1}{2}$ -inch pieces
- 3 small onions, cut into wedges
- 1 large clove garlic, minced
- 1 medium zucchini, sliced
- 1 large green or red pepper, cut into thin strips
- $\frac{1}{2}$ cup thinly sliced carrots
- 1 tomato, cut into wedges
- $\frac{1}{4}$ cup minced fresh basil



Create a sizzling one-skillet meal with this flavorful vegetable stir-fry recipe.

1. In small bowl stir Argo corn starch, salt and broth until smooth; set aside.
2. In large skillet heat corn oil on medium-high heat. Add green beans, onions and garlic; cook, stirring quickly and frequently (stir-fry) 2 minutes. Add zucchini, pepper and carrots; stir-fry 2-to-3 minutes or until all vegetables are tender-crisp.
3. Stir corn starch mixture; add to skillet. Stirring constantly, bring to boil over medium heat and boil 1 minute.
4. Stir in tomato, basil and lemon juice; cook 1 minute or until tomato is heated through.

Makes 6 servings

Whether you're thickening gravy, sauces and glazes, or preparing a decadent pie or cake dessert, Argo corn starch will help deliver delicious results that will please every crowd. Consumers can find many more versatile and healthy recipes on www.argostarch.com.