



Delightful Food Ideas

Change Your Mood With Food

(NAPSA)—People who treat their bodies well actually have an easier time juggling life's challenges and feel better while they do it.

According to Dr. Connie Gutterson, R.D., nutrition instructor at the Culinary Institute of America in Napa Valley, you can naturally control your productivity and mood using a simple formula of moderate exercise combined with a balanced diet rich in the right fats, nutrients and minerals. Good fats, including monounsaturated fats and omega-3 fats, help your system absorb essential vitamins and have been linked to counteracting depression, as well.

Foods such as California Black Ripe Olives, fish, nuts and avocados are rich in these beneficial fats. They also add great flavor to a variety of dishes, making cooking healthfully more like a hobby and less of a chore.

This recipe for Tomato Fennel Braised Chicken loaded with California Black Ripe Olives is simple and full of flavor. It can provide a healthful boost that's ready whenever you are.

Tomato Fennel Braised Chicken

- 1 Tbsp. olive oil
- 4 (4-5 oz) boneless, skinless chicken breast halves
- 2 medium bulbs fennel, cut into 2-inch wedges
- 2 Tbsp. thinly sliced garlic
- 1 lb. roma tomatoes, quartered and seeded
- 1 cup California Black Ripe Olives, whole, pitted
- 1 cup low-sodium chicken broth
- ½ cup white wine
- 1 Tbsp. chopped rosemary
- Salt and pepper to taste



Chicken, black ripe olives and tomatoes make for a quick and delicious dish bound to bring smiles to the table.

In a large, high-sided, oven-proof sauté pan, heat olive oil over medium-high heat. Add chicken and brown for 3-4 minutes on each side. Transfer to a clean plate. Place fennel in pan and brown for 3-4 minutes until golden. Add garlic and cook for an additional 1-2 minutes.

Return chicken to pan, add tomatoes, California Black Ripe Olives, chicken broth, wine and rosemary and bring to a boil. Season with salt and pepper to taste, cover, place in a 400-degree oven for 20 minutes until cooked through. Serves 4.

Nutritional Analysis Per Serving: Calories 293, Fat 9g, Cholesterol 82mg, Sodium 675mg, Carbohydrate 16g, Protein 36g, Calories from fat 28%

For more delicious recipes and nutritional information, visit www.calolive.org.