

Fabulous Food

A Nut That's Good To Eat And Good For You

(NAPSA)—The idea that delicious food can be good for you is not as “nutty” as it sounds. Georgia pecans are delicious and nutritious, a fitting food for those interested in staying fit.

A one-ounce serving of pecans contains 196 calories, 2.7 grams of dietary fiber and over 19 vitamins and minerals including vitamin A, vitamin E, calcium, potassium and zinc.

“Studies suggest a one-ounce daily serving of pecans may lower ‘bad’ cholesterol levels, decrease blood pressure and fight against prostate and breast cancer,” says Kathleen Zelman, nutrition director for Web MD.

This retro-inspired but modernly flavored dessert is best made at least 30 minutes ahead of serving, allowing time for the gingersnap crumble to soften slightly.

For more delicious Georgia pecan recipes, visit www.georgiapecansfit.org.

Black Cherry, Gingersnap and Georgia Pecan Parfait

Prep time: 10 minutes

Cooking/Baking time: 0 minutes

Serves 4

Ingredients:

- 8 gingersnaps**
- ½ cup Georgia pecan halves, toasted if desired**
- 2 (6 oz each) containers nonfat black cherry yogurt**
- ¾ cup fat-free whipped topping**
- 2 kiwifruit, peeled and chopped**
- 1 black cherry for garnish (optional)**

In a medium-size resealable plastic bag, combine gingersnaps and ¼ cup pecans; seal bag. With a rolling pin or large heavy spoon, gently pound



Black Cherry, Gingersnap and Georgia Pecan Parfait is mouth-wateringly delicious and made with nutritious ingredients.

mixture to crumble cookies and pecans. (The mixture should be somewhat coarse, not finely ground.) Set aside.

In a small bowl, mix all yogurt together. Add whipped topping and gently fold into blend. Do not overmix. To assemble in individual 6- to 8-ounce glass serving pieces, spoon 2 tablespoons gingersnap-pecan mixture into bottom of each glass. Top each with ¼ cup yogurt mixture. Portion the chopped kiwifruit into each glass and top with about another ¼ cup yogurt mixture to use all that's remaining.

Top each serving with remaining gingersnap-pecan mixture. Coarsely chop remaining ¼ cup pecan halves and sprinkle on top for garnish. Refrigerate parfaits at least 30 minutes or up to two hours. Serve chilled.

Nutrition information per serving—calories: 254; protein: 6g; carbs: 30g; saturated fat: .5g; monounsaturated fat: 7g; polyunsaturated fat: 2g; cholesterol: 1mg; fiber: 2.5g; sodium: 150mg.