

Cooking Corner

Tips To Help You

Tough Economic Times Inspire Home-Cooked Meals

(NAPSA)—Score one for those who argue this recession is unlike those of the past. The latest telling point: home-cooked meals. Whereas past generations of Americans turned to frozen dinners when times were tough, these days, cutting back means skipping restaurants and, instead, whipping up dishes you'd never mistake for glutinous-looking Salisbury steak in a tray.

"This time, people are buying ingredients and cooking from scratch," says Dr. Liz Sloan of Sloan Trends, which follows changes in things such as eating habits.

Of course, there's home cooking and then there's home cooking. The best meals use healthy ingredients while still managing to keep total costs in check—as does this inspired take on marinated chicken breasts created by celebrity chef Nick Stellino.

"Spending less on meals doesn't have to mean skimping on taste," says Stellino, host of the new PBS TV show "Nick Stellino Cooking with Friends."

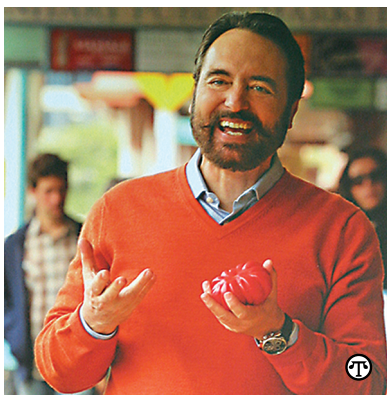
Sweet Lime and Blueberry Pomegranate Vinegar-Marinated Chicken Breasts

Serves 4

- 4 (6-ounce) boneless, skinless chicken breasts, rinsed and patted dry
Sweet Lime and Blueberry Pomegranate Vinegar Marinade recipe
1 medium lime, cut in wedges

Preparation

1. Pour the marinade over the chicken breasts and turn pieces several times to coat evenly. Marinate 30 minutes.
2. Preheat a lightly oiled



Chef Nick Stellino shops for ingredients.

grill rack or grill pan, using Pompeian Extra Light Tasting Olive Oil, over medium-high heat. Remove chicken from marinade (discarding excess marinade). Cook chicken 4-6 minutes on each side or until no longer pink in center.

3. Serve with lime wedges.

Sweet Lime and Blueberry Pomegranate Vinegar Marinade

Serves 4 (makes about ¾ cup marinade total)

- ¼ cup Pompeian Blueberry Pomegranate Infused Red Wine Vinegar
½ cup packed mint leaves
1 Tbsp. grated lime rind
3 Tbsp. lime juice
2 Tbsp. Pompeian OlivExtra® Plus with Omega-3 DHA
1½ Tbsp. sugar
¾ tsp. salt

Preparation

Combine all ingredients in a blender, secure with a tight-fitting lid and puree until smooth.

For more recipes and information, visit www.pompeian.com.