

Fabulous Food



Think Outside The Cereal Bowl

(NAPSA)—It may be time to think outside the bowl when it comes to breakfast cereal. Not only can a bowl of cereal be a nutritious breakfast option, it can be used as an unexpected recipe ingredient.

Melissa d'Arabian, Food Network star and host of "Ten Dollar Dinners," has created a series of classic recipes with a creative cereal twist.

As a mother of four, d'Arabian understands that cooking creative dishes that are easy on the wallet and tasty can be a challenge. With inspiration from Kellogg's cereals, she has created a series of videos to show the versatility and value you can get from cooking with cereal. These delicious and nutritious recipes can help at-home cooks create a new spin on mealtime with simple, cost-effective dishes.



Try including cereal in your favorite side dishes.

Kellogg's Corn Flakes Cheese Wafers

Prep Time: 10 minutes
Total Time: 2 hours, 25 minutes
Servings: 18

Ingredients

2 cups Kellogg's Corn Flakes cereal
1 cup (4 oz.) finely shredded cheddar cheese

½ cup unsalted butter*, softened and cut into small pieces
1 cup all-purpose flour
½ teaspoon salt*
¼ teaspoon cayenne pepper
¾ cup Kellogg's Corn Flakes cereal (crushed to ½ cup)

Directions

1. In food processor bowl, process 2 cups Kellogg's Corn Flakes cereal and cheese until crumbly. Add butter. Process until combined. Add flour, salt and cayenne pepper. Process until dough forms.

2. Turn out onto lightly floured surface. Knead for 5 to 6 strokes. Shape into long rolls with 1-inch diameter. Wrap in plastic wrap. Refrigerate at least 2 hours.

3. Remove plastic wrap. Cut rolls into ¼-inch-thick slices. Place on ungreased baking sheets. Sprinkle crushed cereal on tops. Bake at 400°F about 10 minutes or until lightly browned. Transfer to wire rack. Cool completely.

*Note: If desired, instead of using unsalted butter, use lightly salted butter and decrease the salt to ¼ teaspoon.

All-Bran Chicken Roulades

Prep Time: 25 minutes
Total Time: 55 minutes
Servings: 4

Ingredients

1 pound thin-sliced, boneless, skinless chicken breasts
¼ teaspoon salt
¼ teaspoon pepper
1 small onion, chopped
3 tablespoons butter or margarine



Use breakfast cereal in unexpected ways.

1 clove garlic, minced
½ cup Kellogg's All-Bran Original cereal
¾ cup chicken broth
1 tablespoon lime juice
1 tablespoon chopped fresh cilantro
1 teaspoon grated lime peel

Directions

1. Sprinkle chicken pieces with salt and pepper. Set aside.

2. In large skillet, cook onion in butter over medium heat about 3 minutes or until softened. Add garlic. Cook and stir for 1 minute more. Stir in Kellogg's All-Bran Original cereal, broth, lime juice, cilantro and lime peel.

3. Spread cereal mixture on one side of each chicken piece. Tightly roll up. Place, seam side down, in 13x9x2-inch baking dish coated with cooking spray. Bake at 350° F about 30 minutes or until chicken is no longer pink. For food safety, internal temperature of the chicken should reach at least 165°F. Diagonally cut into thick slices. Arrange on serving plates.

For nutrition information and more great recipes, visit www.kelloggs.com/Melissa.