Health Holiday

Entertaining Made Easy...From The Bayless Family To Yours!

(NAPSA)—Tis the season for family togetherness...in the kitchen! With the holidays fast approaching, the National Pork Board enlisted celebrity chefs Rick and Lanie Bayless to help families prepare a holiday meal with ease.

Chef and owner of Frontera Grill and Topolobampo restaurants in Chicago, Rick and his daughter Lanie, ages 16, co-authored a family-friendly cookbook, “Rick and Lanie’s Excellent Kitchen Adventures,” and are putting their cooking and entertaining skills to the test for the holidays.

According to Lanie, “Growing up in a house full of chefs, cooking together has always been a long-standing tradition for us and it’s one of my favorite parts of the holidays. I love that we get to spend time together in the kitchen making memories that our whole family can enjoy.”

Take advice that this father-daughter duo shared with us on how to easily entertain for any occasion this year, and enjoy doing it together,

• Kids In The Kitchen: Get the entire family involved in preparing the holiday meal. “When Lanie was a youngster, we encouraged her to help pull ingredients out of the pantry, measure and stir them together. Now she’s a very savvy cook and we have great memories sharing quality bonding time in the kitchen,” said Rick.

• Keep it Simple: Recipes don’t have to be complicated or time-consuming. Keep the menu simple with straightforward recipes that everyone can cook themselves, such as this Bayless family favorite, Chipotle-Glazed Ham with Cherry-Jicama Salsa.

• Love Your Leftovers: On holiday morning, the kitchen is juicy and lean, and a great choice for the holidays,” said Lanie.

Recipe:

Chilean-Glazed Ham with Cherry-Jicama Salsa

1 turkey-size cooking bag

3-ounce servings of ham.

1/2 cup diced peeled jicama

1 cup chopped dinged brown cherries*

1/4 cup apple cider vinegar

1/2 cup chopped cilantro

To set oven to 250 degrees F. Remove ham from packaging; allow steam to escape. Place the ham in a 13 x 9-inch baking dish. Bake for 30 to 40 minutes, until the temperatures near the bone reads 140 degrees F. on an instant-read thermometer.

Recipe:

Cherry-Jicama Salsa

1/2 cups finely chopped red onion

1/2 cups diced peeled jicama

1 cup chopped dinged brown cherry

1/4 cup apple cider vinegar

1/2 cup chopped cilantro

Place the ham in a 13 x 9-inch baking dish. Bake for 30 to 40 minutes, until the temperatures near the bone reads 140 degrees F. on an instant-read thermometer. Tent the foil and let rest for 15 minutes before slicing.

Set oven to 250 degrees F. Remove ham from packaging; allow steam to escape. Place the ham in a 13 x 9-inch baking dish. Bake for 30 to 40 minutes, until the temperatures near the bone reads 140 degrees F. on an instant-read thermometer. Tent the foil and let rest for 15 minutes before slicing.

In a large bowl, stir together the onion, jicama, cherries, vinegar, salt and pepper. Mix and set aside.

The winds and waves are always on the side of the ablest navigators.

—Edward Gibbon

Life is raw material. We are artisans. We can sculpt our existence into something beautiful, or we can let ourselves go into ugliness. It’s in our hands.

—Cathy Better

Gas-Saving Tips For Cold Weather

(NAPSA)—Baby it’s cold outside, but according to experts at the nonprofit National Institute for Automotive Service Excellence (ASE), today’s vehicles no longer require those 20-minute warm-ups of old. Avoid the temptation of a toasty passenger cabin and you’ll save gasoline. ASE offers other tips as well:

• Observe speed limits. Speeding decreases your miles per gallon.

• Drive gently. Sudden accelerations guzzle gas. Anticipate traffic stops and slow down to match the speed of the car ahead and adjust your speed gradually.

• Monitor tires. Underinflated or poorly aligned wheels waste fuel by forcing the engine to work harder.

• Reduce excess weight. Remove unnecessary items from the vehicle. Less weight means better mileage.

• Consolidate trips and errands. Also, try to travel when traffic is light so you can avoid stop-and-go conditions.

• Keep your engine “tuned up.” Replace filters and fluids as recommended to improve performance problems (rough idling, poor acceleration, etc.) corrected.

ASE was founded to improve the quality of automotive service and repair and is the voluntary testing and certification of automotive technicians. ASE-certified technicians wear blue and white ASE shoulder insignia; their employers are allowed to display the blue and white ASE sign. Visit www.ase.com for more car care tips.