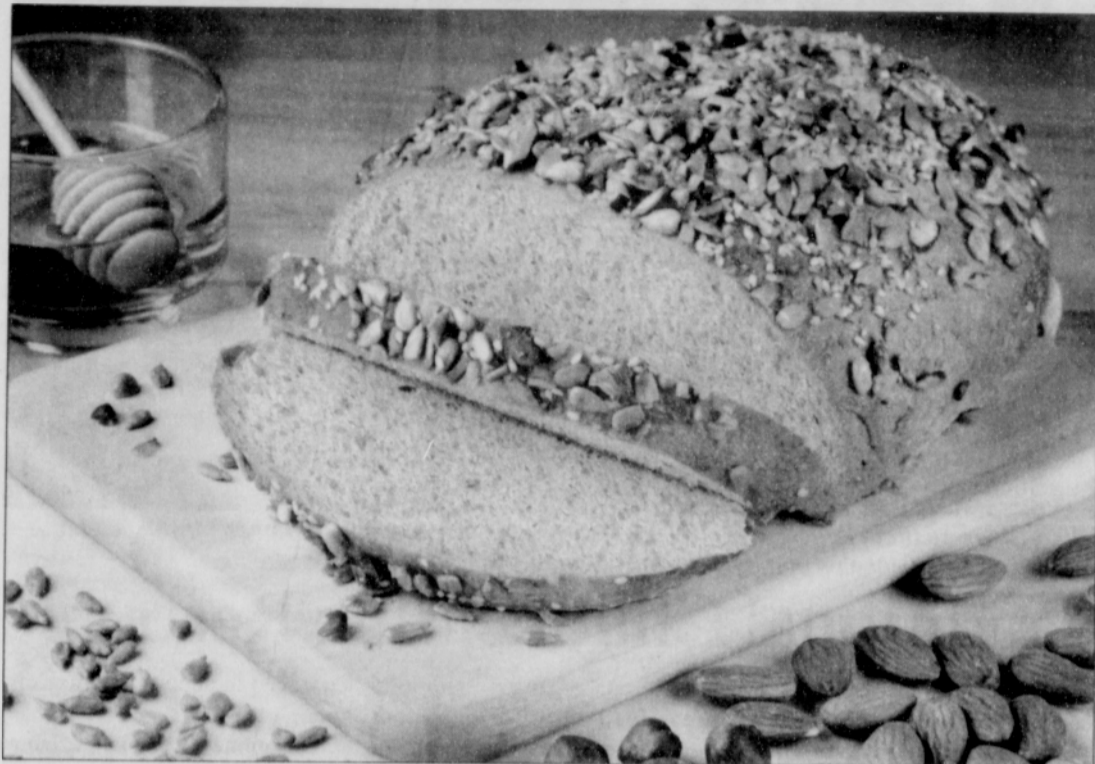


Honey Nut Seed Bread

An irresistible, hearty high-fiber recipe



You'll love the sweet crumb and delicate cinnamon-flavored bread with a crunchy topping of honey, nuts and seeds.

Directions

In a large bowl, combine 1 cup all-purpose flour, whole wheat flour, dry milk, undissolved yeast, salt, and cinnamon.

Heat water, honey, and butter until very warm (120°F to 130°F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1/2 cup all-purpose flour, seeds and almonds; beat 2 minutes at high speed. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, 8 to 10 minutes. Cover; let rest 10 minutes.

Divide dough in half; form each into an oval loaf. Place on 2 greased baking sheets. Brush tops with 1/4 cup honey; sprinkle with seeds and almonds. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes.

Bake at 350°F for 25 minutes or until done. Remove from sheets; cool on wire racks.



This tangy South-west-inspired salad is light, refreshing and quite filling. It offers a harmony of colors, textures and vegetarian protein sources for an easy summer meal you can feel good about serving up for company or brown bagging for lunch on the go.

Light Summer Meal

Cool off with Southwest Salad

INGREDIENTS

- 6 Tbsp reduced-calorie mayonnaise
- 3 Tbsp cilantro, fresh, finely chopped
- 3 Tbsp water
- 1 medium scallion(s), minced
- 1 1/2 Tbsp fresh lime juice
- 2 tsp sugar
- 1/2 tsp chili powder
- 15 oz canned black beans, rinsed and drained
- 1 1/2 cup cooked corn kernels, fresh or frozen
- 2 cup grape tomatoes
- 1 medium sweet red pepper(s), cut into thin strips (about 1 1/2 cups)
- 8 cup romaine lettuce, cut into thick shreds (about 2 hearts)

POINTS® value: 2
Servings: 8
Prep. Time: 25 min
Cooking Time: 0 min
Difficulty: Easy

INSTRUCTIONS

To make dressing, whisk mayonnaise, cilantro, water, scallion, lime juice, sugar and chili powder together in a small bowl until smooth. Transfer to a jar or a plastic container with a tight-fitting lid and refrigerate until ready to use.

In a large bowl or food storage container, layer remaining ingredients in order listed. Cover and refrigerate. (Note: Storing this salad in layers instead of tossing it immediately and keeping the dressing separate helps to keep the salad fresh. It can be stored up to 4 days in the refrigerator.)

To serve, spoon salad ingredients into a bowl, shake dressing and then drizzle over salad; toss. Yields about 2 cups of salad and 1 1/2 tablespoons of dressing per serving.

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INGREDIENTS (Makes 2 Loaves)

Dough:

- 2-1/2 to 3 cups all-purpose flour
- 2-1/2 cups whole wheat flour
- 1/2 cup nonfat dry milk
- 2 envelopes Fleischmann's RapidRise Yeast
- 2 teaspoons salt
- 2 teaspoons ground cinnamon
- 2 cups water
- 1/3 cup honey
- 1/4 cup butter or margarine
- 1/4 cup sunflower seeds
- 1/4 cup chopped almonds
- 1 tablespoon sesame seed

Seed Topping:

- 1/4 cup honey
- 1/4 cup sunflower seeds
- 1/4 cup chopped almonds
- 1 tablespoon sesame seed

Nutrition Information

Serving Size: one slice; 1/24 of recipe
Serving Weight: 2.4 ounces (69 grams)
Calories: 170
Total Fat: 5 g
Saturated Fat: 1.5 g
Cholesterol: 5 mg
Sodium: 220 mg
Carbohydrates: 28 g
Dietary Fiber: 3 g (1.3 g / oz)
Sugars: 8 g
Protein: 5 g

Weight Watchers Renovation

Southern-style oven friend chicken



With chicken this crisp and flavorful, you won't notice that it's baked, not fried.

POINTS® value: 5
Servings: 4
Prep. Time: 15 min
Cook Time: 20 min
Difficulty: Moderate

INGREDIENTS

- 1/2 cup all-purpose flour
- 1/4 tsp table salt
- 1/8 tsp cayenne pepper
- 3 oz buttermilk
- 3/4 cup cornflake crumbs
- 1 pound uncooked boneless, skinless chicken breast(s), four 4-oz pieces

INSTRUCTIONS

Preheat oven to 365°F. Lightly coat an 8 X 8 X 2-inch baking dish with nonstick cooking spray; set aside.

Combine flour, salt and cayenne pepper together in a medium-size bowl. Place buttermilk and corn flakes crumbs in 2 separate shallow bowls.

Roll chicken breast halves in flour mixture and evenly coat each side. Next dip chicken into buttermilk and then corn flakes crumbs.

Place coated chicken breasts in prepared baking dish. Bake until chicken is tender and no longer pink, about 20 minutes (there is no need to flip the chicken during baking). Yields 1 breast per serving.

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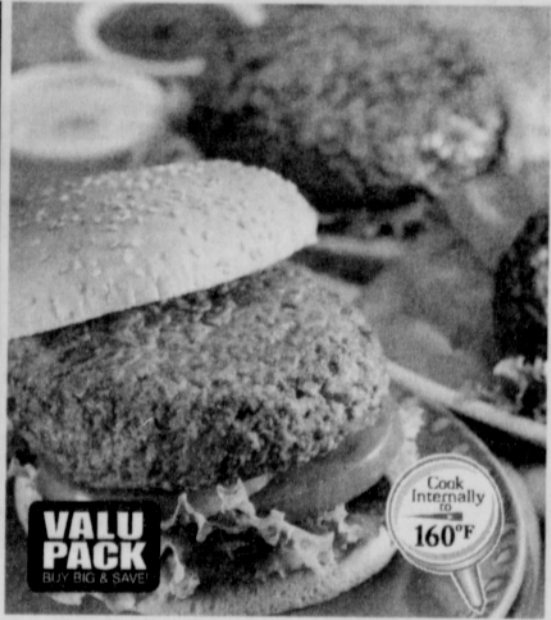


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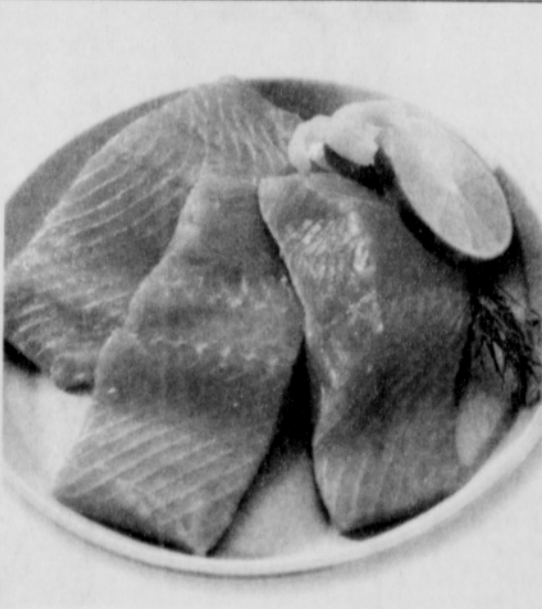
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