

FOOD

20-Minute Chicken Creole

Makes 4 Servings

- 4 medium chicken breast halves, skinned, boned, and cut into 1-inch strips*
- 1 1/4 oz. can tomatoes, cut up**
- 1 cup low-sodium chili sauce
- 1 1/2 cups chopped green pepper (1 large)
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 1 Tbsp. chopped fresh basil or 1 tsp. dried basil, crushed
- 1 Tbsp. chopped fresh parsley or 1 tsp. dried parsley
- 1/4 tsp. crushed red pepper
- 1/4 tsp. salt
- Nonstick spray coating

Nutritional Analysis
(per serving)
calories: 255
total fat: 3 g
saturated fat: 0.8 g
carbohydrates: 16 g
protein: 31 g
cholesterol: 100 mg
sodium: 465 mg
dietary fiber: 1.5 g



Spray deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 3 to 5 minutes or until no longer pink.

Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer covered for 10 minutes. Serve over hot, cooked rice or whole wheat pasta.

*You can substitute 1 lb. boneless, skinless, chicken breasts, cut into 1-inch strips, if desired.

**To cut back on sodium, try low-sodium canned tomatoes.

"Down Home Healthy: Family Recipes of Black American Chefs," National Cancer Institute; National Heart, Lung, and Blood Institute.

Tips for Low-Carb Shopping

Most nutritious foods in store's perimeter

If you're controlling your carbs, you'll want to adopt new strategies at the supermarket as well as in the kitchen. The following tips can help you streamline the process and ensure that you fill your shopping cart with all the right foods:

Do the majority of your shopping along the perimeter of the store - that's where you'll find the most nutritious, lowest carb foods. Be careful when selecting prepared salads from the deli counter—even those you might think are acceptable, such as tuna, egg and cucumber salads, can contain added sugar. Avoid salads with pasta, potatoes and grains.

Milk is high in carbs and is not acceptable during the initial phases of the Atkins low carb diet. Instead, keep an eye out for a new category of controlled-carb dairy drinks that taste like milk. Low-carb yogurts and smoothies are also available in the dairy section.

Be careful with condiments. Almost all brands of ketchup, barbecue sauce, teriyaki sauce, marinades, and sweet and sour sauce contain added sugars. Look for low-carb versions, or stick with naturally low-carb items like oils, vinegar and mustard.

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Set an ambiance for holiday entertaining

SPARKLING PUNCH

(Makes about 30 half-cup servings)

For the Punch

- 2 bottles Welch's Sparkling White Grape Juice Cocktail, chilled
- 1 can (11.5 ounces) Welch's Frozen Concentrated Cranberry Juice Cocktail
- 3 cups cold water
- 3 cans (12 ounces each) ginger ale, chilled

For the Ice Ring

- 6 ounces Welch's Frozen Grape Juice
- 12 ounces water
- 8 or 9 lemon slices

How do you make your holiday party memorable? Create a festive atmosphere that will boost your guests' holiday cheer.

Some tips to make your party stand out this season are to start your theme outdoors with wreaths, lights or lawn decorations.

Don't ignore the importance of lighting by stringing lights along walls and banisters. Turn off overhead lights to create a cozy atmosphere. Spruce up

your table with a centerpiece—anything from a fancy floral arrangement to brightly colored candles can add charm to a dining table.

Decorate with holiday versions of food and drinks to use food as decorations and fun treats for guests.

For example, Welch's Sparkling Grape Juice Cocktail, available in red or white grape flavor, comes in a package of two nutcracker-themed bottles for the holidays. These decorative bottles added a whimsical touch to your holiday table and the non-alcoholic juice can be enjoyed by all. Add some spice this sparkling beverage with the following recipe.

In a punch bowl, combine Sparkling White Grape Juice Cocktail, Frozen concentrated Cranberry Juice Cocktail and water. Gently stir in ginger ale. To prepare the ice ring, combine Welch's Frozen Grape Juice with water and mix well.

Place slices of lemon in bottom of an 8-inch mold. Pour small amount of grape juice over slices and allow to freeze.

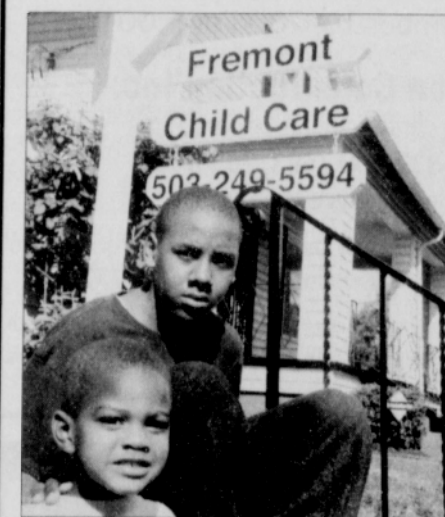
Add remaining grape juice and freeze solid. When ready to serve, unmold the ice ring and place it in the punch, lemon side up. Serve immediately.

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