

Warm Up with "Chili in a Hurry"



- 1 tsp. olive oil
 - 1 small red onion, chopped
 - 1 red bell pepper, seeded and chopped
 - 1 green bell pepper, seeded and chopped
 - 2 cloves garlic, minced
 - 1 jalapeño pepper, seeded and finely chopped
 - 1 tsp. cumin
 - 1-1/2 Tbsp. chili powder
 - 1 tsp. creole seasoning
 - 1 lb. ground turkey breast, browned
 - 2 cans (28 oz. each) whole tomatoes
 - 1 cup chicken stock (fat-free/low salt)
 - 1 can (15 oz.) black beans, drained
- Serve with cooked brown rice, nonfat sour cream, and cilantro.

Spray a large, heavy saucepan with cooking spray and heat over medium heat. Add the olive oil, onions, and bell peppers; sauté until softened, about four to five minutes. Add garlic, jalapeño pepper, cumin, chili powder, and seasoning; sauté about two minutes more.

Add cooked turkey to sautéed vegetables and mix together. Add tomatoes and break up with spoon while sautéing.

Add chicken stock; reduce heat to low and bring to a simmer, stirring often. Cook another 15 minutes; add drained black beans. Heat through.

When serving, scoop 1/3 cup cooked brown rice into a bowl and ladle 1-1/2 cups of chili on top. Top with 1 Tbsp. nonfat sour cream and garnish with cilantro. Makes 8 servings.

Each serving contains: 255 calories, 21 g. protein, 2 g. fat, 35 mg. cholesterol, 38 g. carbohydrates, 485 mg. sodium. Calories from fat 7 percent

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her new book, *When Your Hormones Go Haywire*, provides natural solutions for women over 40.



Win Big with Your Tailgate Party

Football season is prime time for tailgating parties – a common form of entertainment for many sports fans. Teams of tailgaters plan elaborate and elegant menus to kick off the game before the actual game begins. The key to not fumbling your healthy diet at a tailgate party is to team up great taste and good nutrition.

Here are a few strategies on how you can have a healthy tailgate party:

- ❖ Plan your "starting line-up" wisely. Decide what your menu will be ahead of time and include plenty of lean meats, fruits, and vegetables on your winning line-up. Foods that you might consider include fresh vegetables with low-fat dip, fruit kabobs, unbuttered popcorn, dried fruits, pretzels with mustard dip, baked tortilla chips with salsa, whole-grain breads, and lean meats for sandwiches.
- ❖ Don't select high-calorie or high-fat foods to be on your "team." Remember the importance of substituting low-fat, low-sodium options.
- ❖ Avoid the "piling it on" penalty. Re-

member portion control by not filling your plate too full and stopping eating when you're full. *Tip:* Use smaller plates for your party.

- ❖ Use wise "plays" concerning alcohol consumption. Moderate your alcohol

intake or avoid it altogether. Drink plenty of water and fruit juices instead.

- ❖ Take a step back and look at your choices before digging in. Take only the foods you want to eat.

- ❖ Once you've eaten, keep your mouth busy by chewing sugar-free

gum or nibbling on sugar-free candy to decrease your need to eat more.

Here are some safety tips to keep in mind: • Before, during, and after preparing foods, wash your hands. Have antibacterial cleaners or towelettes for people to use. • Keep cold foods cold. • Store drinks and food in separate coolers. • Use a thermometer if you're cooking raw meats, and be sure to cook them to their proper temperature. • After the party, dispose of all perishable foods that have been unrefrigerated for more than two hours.



MANGO CHICKEN SALAD SANDWICHES

Makes 2 servings

- 1-1/2 Tbsp. light mayonnaise
- 1 Tbsp. minced celery
- 1 Tbsp. chopped fresh cilantro or parsley
- 2 tsp. fresh lemon juice
- 1 Tbsp. chopped red bell pepper
- 1/2 tsp. creole seasoning
- 2/3 cup peeled and diced mango
- 1 can (6 oz.) of water-packed chicken*, drained
- 2 green or red leaf lettuce leaves
- 2 whole-wheat English muffins, split

- and toasted
- 1 Tbsp. slivered almonds, toasted



*You may substitute fresh crabmeat or water-packed solid white tuna.

Combine the first six ingredients in a bowl; stir well. Add mango and chicken; toss gently to coat. Arrange one lettuce leaf on each muffin half, top with 3/4 cup chicken mixture, and sprinkle with almonds. Place on a plate and enjoy!

From Pamela Smith's *Eat Well, Live Well*. Visit www.pamsmith.com for more information.

Each serving contains: 408 calories, 30 g. protein, 9 g. fat, 70 mg. cholesterol, 51 g. carbohydrates, 744 mg. sodium. Calories from fat 20 percent

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