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Section

LIFE



IN RELIGION

Whites ask for forgiveness in the slave trade. See 6B

PEANUT BUTTER

What Two Can Do for You!

FAMILY FEATURES

Peanut butter has been a pantry staple in households for generations. While best known for its starring role in the classic peanut butter and jelly sandwich, it is also a nutrient dense food that can be used in a variety of dishes and snacks as part of a healthy lifestyle.

Just one serving of peanut butter — two tablespoons — provides eight grams of protein, two grams of fiber, 10 percent of the USDA Reference Daily Intake (RDI) of vitamin E and 12 percent of the RDI of magnesium. Additionally, the USDA's new MyPyramid recognizes the importance of varying dietary protein sources and suggests that peanut butter, along with nuts and other nut butters, may be substituted for meat or poultry in meals. Peanut butter is cholesterol free and contains zero grams of trans-fats per serving.

"When consumed as part of a balanced diet and exercise regimen, the dietary fat in peanut butter promotes satiety, or a feeling of fullness, a factor that can curb hunger and contribute to weight loss," according to Kelli Calabrese, *Personal Fitness Professional's* 2004 Personal Trainer of the Year for Online Training.

Today's grocery store is full of a wide variety of peanut butters to meet everyone's tastes and dietary needs, from crunchy to creamy, from sweetened to natural. For your next meal or snack on the go, open a jar of your favorite variety of peanut butter and see what two tablespoons can do for you.

For more ways to enjoy peanut butter, visit www.smuckers.com or www.jif.com. For more fitness tips from Kelli Calabrese, visit www.kellicalabrese.com.



Peanut Chicken Lettuce Roll-Ups



Strawberry Banana-Nut Breakfast Bruschettas

TIPS

- Get creative with a peanut butter sandwich and add ingredients like shredded coconut, honey, chopped apples, shredded carrots or diced celery.
- Combine peanut butter with high-fiber foods, like whole grain bread or apple slices, for a satisfying snack.
- Oil separation occurs in natural peanut butter, so simply stir the oil back in to fully enjoy the product.
- Keep a jar handy at work or in the gym bag to curb hunger pangs.

Peanut Chicken Lettuce Roll-Ups

Preparation time: 15 minutes, Cooling time: 45 minutes

- 1 (3 ounce) package ramen noodles (any flavor)
- 1/4 cup Crisco® No-Stick Cooking Spray
- 1 1/2-inch piece peeled fresh gingerroot, grated
- 2 cloves garlic, minced
- 3 tablespoons Smucker's® Natural Creamy Peanut Butter
- 1/3 cup rice vinegar
- 1/4 cup reduced-sodium soy sauce
- 2 cups coarsely chopped cooked chicken
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped water chestnuts
- 4 green onions, sliced diagonally into 1/4-inch slices
- 2 tablespoons chopped cilantro
- 12 leaves green leaf lettuce, washed and dried
- 1 cup Smucker's Low Sugar Sweet Orange Marmalade, if desired

Break ramen noodles, save flavor packet for another use if desired. Cook noodles according to package directions; drain. Spray a large nonstick skillet with no-stick spray. Add ginger and garlic and cook on medium-high heat 1 minute. Add the peanut butter, rice vinegar and soy sauce, stirring over medium heat until well combined. Remove pan from heat. Add chicken, noodles, peppers, water chestnuts, onions and cilantro. Mix to combine well. Cool; cover and refrigerate. To serve, top each lettuce leaf with noodle salad; turn in sides and roll up. If desired, heat 1 cup marmalade in a microwave-safe bowl on HIGH (100-percent power) for 20 seconds or until melted. Serve as a dipping sauce for roll-ups.

Makes 12 rolls

Peanut Butter and Banana Cream Smoothie

Preparation time: 10 minutes

- 1/3 cup Jif® Reduced Fat Creamy Peanut Butter
- 1/3 cup mashed ripe banana
- 1-1/2 cups premium low-fat sugar-free vanilla ice cream
- Lite or fat-free whipped topping

Combine peanut butter, banana and ice cream in blender container. Cover and blend until smooth. Pour into two tall glasses. Garnish with whipped cream, if desired.

Makes 2 servings



Asian Noodles With Chili-Nut Sauce

Asian Noodles With Chili-Nut Sauce

Preparation time: 10 minutes, Cooling time: 10 minutes

- 3 tablespoons Smucker's Natural Chunky Peanut Butter
- 1/4 cup reduced-sodium soy sauce
- 1 to 2 tablespoons Chinese chili oil
- 1/4 cup rice vinegar
- 2 tablespoons dark brown sugar
- 1 (10-ounce) package Chinese wheat noodles or 1/2 pound package whole wheat spaghetti, cooked according to package directions
- 4 green onions, sliced diagonally into 1/4-inch slices
- 1/2 cup chopped red bell pepper
- Toasted sesame seeds for garnish

Combine peanut butter, soy sauce, chili oil, rice vinegar and brown sugar in large bowl. Stir to blend well. Toss drained noodles with chili-nut sauce, onions and peppers. Cool noodles to room temperature. To serve, place noodles on serving platter, garnish with sesame seeds.

Note: Chinese chili oil and wheat noodles are available in your grocer's Asian food aisle.

Makes 6 servings

Variation: Add 2 cups chopped cooked chicken.

Strawberry Banana-Nut Breakfast Bruschettas

Preparation time: 25 minutes

- 1 loaf French baguette bread
- 1 cup cold skim milk
- 1 (4 serving size) package banana crème fat-free sugar-free instant pudding & pie filling
- 1/4 cup Simply Jif® Creamy Peanut Butter
- 1/2 cup chopped ripe banana
- 1/2 cup chopped fresh strawberries, drained
- 1/2 cup chopped pineapple, drained
- Ground cinnamon
- Fresh lemon juice

Cut bread into slightly angled 1/4 wide slices. Brown slices on both sides under broiler. Whisk together milk and pudding mix until lump-free. Add peanut butter mixing until well combined. Just before serving, combine fruit. Spread a scant tablespoon of pudding mixture on each bruschetta; top with 1 tablespoon of mixed fruit. Garnish with a sprinkling of cinnamon; serve immediately.

Note: To avoid discoloration of bananas, sprinkle with fresh lemon juice after chopping.

Makes 12 servings (2 slices each)