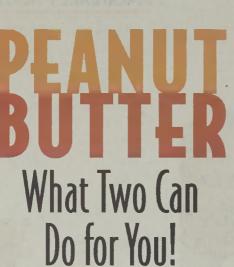
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Whites ask for forgiveness in the slave trade See 6B

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- Get creative with a peanut butter sandwich and add ingredients like shredded cocont, honey, chopped apples, shredded carrols 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

- Pearut Chicken Lettuce Roll-Ups Preparation time: 15 minutes, Cooling time: 45 minutes 1 (3 ounce) package ramen noodks (any flavor) Crisco® No-Stick Cooking Spray 1 1/2-inch piece peeled fresh gingerroot, grated 2 cloves garike, mineed 3 tablespoons Snucker's® Natural Creamy Peanut Butter 19 cup reduced-sodium say sauce 2 cup conselv chopped cooked chicken 1/2 cup chopped red bell pepper 1/2 cup chopped valer chestnuts 4 green onions, sileed diagonally into 1/4-inch slices 2 tablespoons chopped cialuro 12 kerves green legt lettuce, wahed and dried 1 cup Snucker's Low Sugar Sweet Orange Marmalade, if desired Break ramen noodles, save flavor packet for another use if desired

I desired lifesired 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 garlie and cook on medium-high heat 1 minute. Add the peanut butter, rice vinegar and soy sauce, stiring over medium heat until well combined. Remove pan from heat. Add chicken, noodles, peppers, water chesi-nuts, noins 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 bow) on HIGH (100-percent power) for 20 seconds or until melted. Serve as a disping sauce for roll-ups. Makes 12 rolls Makes 12 rolls

Peanut Butter and Banana Cream Smoothie

Preparation time: 10 initiates
1/3 cup Jf/® Reduced Fat Creasiny Peanat Butter
1/3 cup insisted ripe banana
1-1/2 cups promium low-fat sugar-free vanilla ice cream
Lite or fat-free whipped topping
Combine peanul butter, banana and ice cream in blender containe
Cover and blend until smooth. Pour into two tail glasses. Garnish
with whipped cream, if desired.
Makes 2 servings

- Asian Noodles With Chili-Nut Sauce Prepo
- Asian Noodles With Chili-Nut Sauce
 Preparation time: 10 minutes
 3 tablespoons Smucker's Natural Chunky Peanut Butter
 1/4 cup reduced-sodium say 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, say sauce, chili oil, rice vinegar and brown
 sugar in large bowl. Stir to blen dwell. 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 Note: Chinese chili oil and wheat noodles are available in your grocer's Asian food aisle.



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Strawberry Banana-Nut Breakfast Bruschettas



Asian Noodles With Chili-Nut

Strawberry Banana-Nut Breakfast Bruschettas

Strawberry Banana-Nut Breaklast Bruscheftas
Preparation time: 25 minutes
1 eup cold skim milk
1 eup cold skim milk
1 (a serving size) package banana crème fat-free sugar-free instant pudding & pic filling.
1/4 eup Simply Jiff Creamy Peanut Butter
1/2 cup chopped ripe banana
1/2 cup chopped ripe banana
1/2 cup chopped pineapple, drained Ground chunamon Fresh lemon juice
Cur bread into slightly angled 1/4 wide slices. Brown slices on both sides under broiler. Whick together milk and pudding mix until lump-free. Add pearut butter inxing until well combined. Just before serving, combine fruit. Spread a scant tablespoon of mixed fruit.
Garnish with a sprinkling of chunamon; serve immediately.
Note: To avoid discoloration of bananas, sprinkle with fresh lemon juice after chopping.
Makes 12 servings (2 slices each)

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grocer's Asian ... Makes 6 servings Variation: Add 2 cups chopped cooked chicken