

# Honey Mustard Chicken Fingers

These pick up and go crispy chicken fingers are sure to please the pickiest of eaters.

MAKES: 5 servings  
PREP TIME: 15 minutes  
COOK TIME: 10 minutes

## WHAT YOU NEED

- 6 Tbsp. Hellmann's® or Best Foods® Light Mayonnaise
- 1 Tbsp. Hellmann's® or Best Foods® Honey Mustard
- 1 lb. boneless, skinless chicken breasts, cut into strips
- 1-1/2 cups finely crushed corn flakes
- 1/4 cup grated Parmesan cheese

## MAKE IT

1. Preheat oven to 425°. Combine Hellmann's® or Best Foods® Light Mayonnaise, Creamy Dijon Mustard and honey in medium bowl; reserve 1/2 for dipping.
2. Add chicken to remaining mayonnaise mixture; stir to coat. Mix corn flakes with Parmesan Cheese, then roll chicken in crumbs.
3. Arrange on ungreased baking sheet. Bake 10 minutes or until chicken is thoroughly cooked. Serve with reserved honey mustard sauce.



## Nutrition Information per serving with Light Mayonnaise:

Calories 230, Calories From Fat 100, Saturated Fat 2.5g, Trans Fat 0g, Total Fat 12g, Cholesterol 65mg, Sodium 300mg, Total Carbohydrate 8g, Sugars 1g, Dietary Fiber 0g, Protein 22g, Vitamin A 4%, Vitamin C 4%, Calcium 6%, Iron 15%

## Crumb-Topped Roasted Tomatoes

MAKES: 6 servings  
PREP TIME: 15 minutes  
COOK TIME: 55 minutes

### WHAT YOU NEED

- 4 Tbsp. Shedd's Spread Country Crock® Spread, melted
- 3 lbs. plum tomatoes (about 12), halved
- 1 large shallot or 1 small onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 tsp. fresh thyme leaves
- 1/2 cup panko bread crumbs
- 1/4 cup grated Parmesan cheese

### MAKE IT

1. Preheat oven to 425°. Grease 13 x 9-inch baking dish with 1 tablespoon Shedd's Spread Country Crock® Spread. Add tomatoes, then sprinkle with shallot, garlic, thyme and 1 tablespoon Spread. Season, if desired, with ground black pepper. Bake 50 minutes.
2. Combine remaining 2 tablespoons Spread, bread crumbs and cheese in medium bowl. Sprinkle over tomatoes. Broil until golden, about 2 minutes. Cool slightly before serving.

See nutritional information for saturated fat content.



### Nutrition Information per serving:

Calories 230, Calories From Fat 100, Saturated Fat 2.5g, Trans Fat 0g, Total Fat 12g, Cholesterol 65mg, Sodium 300mg, Total Carbohydrate 8g, Sugars 1g, Dietary Fiber 0g, Protein 22g, Vitamin A 4%, Vitamin C 4%, Calcium 6%, Iron 15%

## Roasted Sweet Potato Chips

MAKES: 2 servings  
PREP TIME: 15 minutes  
COOK TIME: 25 minutes

### WHAT YOU NEED

- 2 large sweet potatoes or yams (about 1 lb.), very thinly sliced
- 2 Tbsp. I Can't Believe It's Not Butter!® Spread, melted

### MAKE IT

1. Preheat oven to 425°. Spray 2 baking sheets with nonstick cooking spray; set aside.
2. Toss potatoes with I Can't Believe It's Not Butter!® Spread in large bowl; arrange potatoes in single layer on prepared baking sheets. Bake, turning once, 25 minutes or until chips are crisp. Sprinkle lightly with salt, if desired.



### Nutrition Information per serving:

Calories 270, Calories From Fat 70, Saturated Fat 2g, Trans Fat 0g, Total Fat 8g, Cholesterol 0mg, Sodium 220mg, Total Carbohydrate 46g, Sugars 10g, Dietary Fiber 7g, Protein 4g, Vitamin A 650%, Vitamin C 10%, Calcium 6%, Iron 8%

## Chicken Satay with Spicy Peanut Sauce

MAKES: 4 servings  
PREP TIME: 15 minutes  
MARINATE TIME: 30 minutes  
COOK TIME: 10 minutes

### WHAT YOU NEED

1/2 cup Wish-Bone Light® Italian Dressing  
2 tsp. firmly packed brown sugar  
3 tsp. finely chopped cilantro  
2 tsp. finely chopped fresh ginger  
4 boneless, skinless chicken breasts (about 1 lb.),  
pounded thin and cut into thin strips  
1/4 cup Skippy® Reduced Fat Creamy Peanut Butter  
1/4 tsp. curry powder  
1/4 tsp. ground red pepper



### MAKE IT

1. For marinade, combine 1/4 cup Dressing, brown sugar, 2 teaspoons cilantro and ginger. In large, shallow nonaluminum baking dish or resealable plastic bag, pour 2 tablespoons marinade over chicken; turn to coat. Cover, or close bag, and marinate in refrigerator, turning occasionally, 30 minutes or up to 3 hours. Refrigerate remaining marinade.
2. Meanwhile, in small bowl, blend Peanut Butter, remaining 1/4 cup Dressing, 1 teaspoon cilantro, curry and red pepper; refrigerate until ready to serve.
3. Remove chicken from marinade, discarding marinade. On skewers, thread chicken. Grill or broil chicken, turning once and brushing frequently with refrigerated marinade, until chicken is thoroughly cooked. Serve with peanut sauce and, if desired, Cucumber Relish.

## Rapid Ragu Chili

This quick chili is easy to make any night of the week with ingredients you already have on hand.

MAKES: 8 servings  
PREP TIME: 10 minutes  
COOK TIME: 15 minutes

### WHAT YOU NEED

- 2 lbs. lean ground beef
- 1 medium onion, chopped
- 2 Tbsp. chili powder
- 1 can (15.5 oz.) reduced-sodium red kidney beans, rinsed and drained
- 1 jar (1 lb. 8 oz.) Ragu® Old World Style® Pasta Sauce
- 3/4 cup shredded reduced-fat cheddar cheddar cheese (about 3 oz.)
- 4 cups cooked rice



### Nutrition Information per serving:

Calories 400, Calories From Fat 90, Saturated Fat 4g, Trans Fat 0g, Total Fat 10g, Cholesterol 75mg, Sodium 640mg, Total Carbohydrate 41g, Sugars 6g, Dietary Fiber 6g, Protein 34g, Vitamin A 15%, Vitamin C 8%, Calcium 15%, Iron 30%

### MAKE IT

1. Brown ground beef with onion and chili powder in 12-inch skillet over medium-high heat, stirring occasionally. Stir in beans and Pasta Sauce.
2. Bring to a boil over high heat. Reduce heat to low and simmer covered, stirring occasionally, 20 minutes. Top with cheese. Serve over hot cooked rice.

TIP: This chili is really hearty so serve over cornbread and top with cheese and sour cream for an open-face chili pie.