



Recipes of the Month



Quick Chicken Teriyaki

1/4 cup KRAFT LIGHT DONE RIGHT! Zesty Italian Reduced Fat Dressing, divided

1 pound boneless skinless chicken breasts, cut into strips

1 1/3 cups water

1/4 cup teriyaki sauce

1/2 teaspoon garlic powder

2 cups frozen broccoli florets

1 1/2 cups MINUTE White Rice, uncooked

Cooking Directions:

* Heat dressing in large nonstick skillet on medium-high heat. Add chicken; cook and stir 5 to 7 min. or until cooked through.

* Add water, teriyaki sauce and garlic powder; stir. Bring to boil.

* Stir in broccoli and rice; cover. Cook on low heat 5 min. Remove from heat. Let stand 5 min. Fluff with fork. The Yield is 4 servings.

You can also try adding frozen stir-fry style mixed vegetables instead of the broccoli.

Enjoy the wonderful flavor of this low calorie, low-fat meal any night of the week. As a bonus, the broccoli is a good source of vitamin C!

Oatmeal Chocolate Chip Cookies

2 cups rolled oats (not quick-cooking)

1/2 cup all-purpose flour

1/2 cup whole-wheat pastry flour

1 teaspoon ground cinnamon

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 cup tahini

4 tablespoons cold unsalted butter, cut into pieces

2/3 cup granulated sugar

2/3 cup packed light brown sugar

1 large egg

1 large egg white

1 tablespoon vanilla extract

1 cup semisweet or bittersweet chocolate chips

1/2 cup chopped walnuts

See Cooking Directions to the right:



Cooking Directions for Oatmeal Chocolate Chip Cookies:

Position racks in the upper and lower thirds of the oven; preheat to 350 degrees F. Line 2 baking sheets with parchment paper.

Whisk oats, all-purpose flour, whole-wheat flour, cinnamon, baking soda and salt in a medium bowl. Beat tahini and butter in a large bowl with an electric mixer until blended into a paste. Add granulated sugar (or Splenda) and brown sugar; continue beating until well combined-the mixture will still be a little grainy. Beat in egg, then egg white, then vanilla. Stir in the oat mixture with a wooden spoon until just moistened. Stir in chocolate chips and walnuts.

With damp hands, roll 1 tablespoon of the batter into a ball, place it on a prepared baking sheet and flatten it until squat, but don't let the sides crack. Continue with the remaining batter, spacing the flattened balls 2 inches apart.

Bake the cookies until golden brown, about 16 minutes, switching the pans back to front and top to bottom halfway through. Cool on the pans for 2 minutes, then transfer the cookies to a wire rack to cool completely. Let the pans cool for a few minutes before baking another batch. Yield: 45 servings.