

# 5 ideas for... PEANUT BUTTER

**News flash:** This staple spread isn't just for kids' lunch boxes anymore. It adds protein and flavor to family meals from breakfast to dinner—and even makes a great dessert. For best results, use the regular or reduced-fat creamy variety, since the oil in must-stir “natural” types may separate out.

**1 Stuffed French Toast** In pie plate, with fork, beat 2 lg. eggs with  $\frac{1}{2}$  c. milk. Spread  $\frac{1}{2}$  c. peanut butter on 8 slices firm white sandwich bread. Diagonally slice 1 banana and arrange on 4 bread slices; top with remaining bread to make 4 sandwiches. Dip in egg mixture to coat. In 12-in. nonstick skillet, melt 1 Tbsp. margarine or butter on medium. Add sandwiches and cook 6 minutes or until golden on both sides. Drizzle with maple syrup. Serves 4.

**2 African-Style Chicken** In 12-in. skillet, heat 1 Tbsp. oil on medium-high. Add  $\frac{1}{4}$  lbs. skinless, boneless chicken thighs, cut into 1-in. cubes; cook 8 minutes, stirring often. Add 1 Tbsp. curry powder; cook 1 minute, stirring. Stir in  $\frac{1}{2}$  c. roasted-garlic pasta sauce, 1 can (15 to 19 oz.) garbanzo beans, rinsed and drained,  $\frac{3}{4}$  c. water, and  $\frac{1}{2}$  c. peanut butter; heat to boiling. Cover; simmer on low 5 minutes. Stir in 2 Tbsp. chopped fresh cilantro. Spoon over rice. Serves 4.

**3 No-Bake Cookies** In saucepan, cook  $\frac{1}{2}$  c. corn syrup with  $\frac{1}{3}$  c. sugar on medium 3 minutes or until sugar dissolves. Stir in 1 c. peanut butter until blended. Remove from heat; stir in 3 c. whole-grain cereal flakes until coated. Drop by rounded tablespoons onto waxed paper; cool. Store at room temperature in airtight container. Makes 2 dozen.

**4 Asian Noodles** In saucepot, cook 12 oz. fettuccine as label directs, adding 1 pkg. (10 oz.) shredded carrots and 1 pkg. (6 oz.) snow peas during last 2 minutes of cooking. Reserve  $\frac{1}{2}$  c. cooking water; drain fettuccine mixture. In same saucepot, blend  $\frac{1}{2}$  c. peanut butter,  $\frac{1}{2}$  c. low-fat ginger vinaigrette, and reserved cooking water. Add fettuccine mixture; toss well. Serves 4.

**5 Swirl Brownies** Prepare 1 box (19.8 oz.) brownie mix as label directs for 9" by 9" pan. In bowl, stir  $\frac{1}{2}$  c. peanut butter,  $\frac{1}{4}$  c. confectioners' sugar,  $\frac{1}{2}$  Tbsp. melted butter, and 1 lg. egg until smooth. Dollop peanut butter mixture onto brownie batter in pan; swirl with knife. Bake according to directions. Makes 16.

