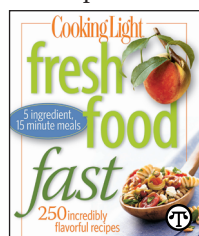


Cooking Corner Tips To Help You

A Fresh, Fast And Fabulous Festive Meal

(NAPSA)—Serving a healthful, home-cooked meal during the holiday season is easier than you might imagine.

In fact, cooking light and luscious meals is what the test kitchens at Cooking Light magazine specialize in. The kitchen



crew has put together a cookbook, "Cooking Light Fresh Food Fast," with 160 mouthwatering menus that are not

only great for you but taste great, too.

With short ingredient lists, straightforward procedures and fresh ingredients, the recipes and meals in this cookbook may transform your weeknight meals.

Favorites include roasted vegetable pizza, corn and bacon chowder, chocolate pretzel bark and this recipe for Kalamata-Balsamic Chicken with Feta.

KALAMATA-BALSAMIC CHICKEN WITH FETA

Prep: 4 minutes

Cook: 14 minutes

- 4 (6-ounce) skinless boneless chicken breast halves**
- $\frac{1}{2}$ teaspoon freshly ground black pepper**
- Cooking spray**
- 1 cup grape tomatoes, halved**
- 16 pitted Kalamata olives, halved**
- 3 tablespoons light balsamic vinaigrette**



Kalamata-Balsamic Chicken with Feta is quick, delicious and nutritious. Cooking time for this festive dish is just 14 minutes.

- 3 tablespoons crumbled feta cheese**
- 2 tablespoons small basil leaves**

1. Sprinkle chicken evenly with pepper.

2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Cook chicken 6 to 7 minutes on each side until done. Transfer chicken to a serving platter; keep warm.

3. While chicken cooks, combine tomatoes, olives and vinaigrette in a medium bowl.

4. Add tomato mixture to pan; cook one to two minutes or until tomatoes soften. Spoon over chicken. Top evenly with cheese and basil.

Yield: 4 servings (serving size: 1 chicken breast, $\frac{1}{4}$ cup tomato mixture and $\frac{3}{4}$ tablespoons cheese).

For more information, visit www.oxmoorhouse.com.