

Smart & Healthy Living

Aluminum Is Out— Paper Is In

(NAPSA)—Cooking in the microwave is nearly effortless if you remember, aluminum foil is out and paper products are in. Using paper products in the microwave is not only safer, they are more versatile and clean up is a cinch. The G-P Health Smart™ Institute provides the following tips to assist in safely utilizing the microwave's potential.



- Enjoy bacon with less fat by placing the bacon strips between two paper towels that will absorb grease and fat as it crisps.

- Microwaves cook from the outside in toward the center. Place the largest or thickest objects on the outer edge of the plate for even cooking.

- For perfect burritos, wrap the soft tortillas in a moist, white paper towel, such as Sparkle®, and microwave on high for a few seconds to warm and soften.

- For quick, fat-free chicken thighs, microwave skinless chicken for 15 minutes on high, turning once, then transfer to the grill. Each side needs only five minutes to brown.

- Clean up is simple. Microwave a bowl of water on high for 10 minutes. As the water evaporates the steam loosens grease and food particles. Then simply wipe it off with a paper towel and discard—throwing away the mess.

For more helpful, healthy kitchen tips, call 1-877-GP-CLEAN or log on to www.gphealthsmart.com.