

Cooking Corner

Tips To Help You

Celebrating America's Diverse Heritage With Culturally Inspired Recipes

(NAPSA)—America is truly a melting pot, deeply influenced by the various cultures and traditions of its people. And nowhere is this more evident than in the nation's kitchens.

In celebration of the diversity that has helped craft today's American cuisine, Lawry's is sponsoring a yearlong celebration, "Cooking Up Culture." To inspire the use of exciting ethnic ingredients and flavors in everyday cooking, renowned restaurateur and author B. Smith will tour the nation and literally "cook up culture" by conducting food demonstrations and offering tips on how to prepare culturally influenced recipes.

When cooking at home, Smith encourages incorporating different cultures into daily meals. By adding a little cultural flair to your breakfast, lunch or dinner, you could be creating a whole new meal that can excite your palate as well as those around your kitchen table. With Lawry's marinade flavors such as Italian Garlic Steak, Caribbean Jerk or Mexican Chile & Lime, you can quickly create your own cultural spin on any one of your favorite traditional American cuisines. Here are two suggestions for spicing up your traditional family meal. For additional recipe ideas each month, visit www.lawrys.com.

Skillet Chicken in Peanut Sauce

Prep Time: 15 minutes

Marinate Time: 30 minutes

Cook Time: 11 minutes

Makes 4 servings

½ cup Lawry's Herb & Garlic Marinade With Lemon



With the right ingredients, it can be a savory experience to "cook up culture."

Juice or Lawry's Italian Garlic Steak Marinade With Roasted Garlic & Olive Oil

1 lb. boneless, skinless chicken breasts, cut into cubes

1 Tbsp. vegetable oil

1 small onion, chopped

1 small green bell pepper, chopped

¼ tsp. crushed red pepper flakes

2 medium tomatoes, chopped

½ cup Skippy Creamy Peanut Butter

1 tsp. Lawry's Seasoned Salt

In large resealable plastic bag, pour marinade over chicken; turn to coat. Close bag and marinate in refrigerator 30 minutes.

In 12-inch nonstick skillet, heat oil over medium-high heat and cook onion, green pepper and crushed red pepper flakes, stirring occasionally, 4 minutes or just until

vegetables are tender. Stir in chicken with marinade and cook, stirring occasionally, 5 minutes. Stir in remaining ingredients and cook, stirring occasionally, 2 minutes or until peanut butter is melted and chicken is thoroughly cooked. Thin sauce, if desired, with chicken broth or water. Serve over hot cooked rice and garnish with chopped parsley and peanuts.

Okra, Tomato & Corn

Prep Time: 10 minutes

Cook Time: 12 minutes

Makes 6 servings

1 Tbsp. vegetable oil

1 cup chopped onion

½ cup diced cooked ham (optional)

1 clove garlic, finely chopped

1 package (10 oz.) frozen okra, thawed and cut into ½-inch-thick slices

1 medium tomato, chopped

1 cup thawed frozen or drained canned whole-kernel corn

1 tsp. Lawry's Seasoned Salt

Pinch of sugar

In 12-inch nonstick skillet, heat oil over medium-high heat and cook onion, stirring occasionally, 3 minutes or until starting to brown. Add ham and garlic and cook 1 minute. Stir in remaining ingredients and cook, stirring occasionally, 8 minutes or until okra is tender. Serve, if desired, with grilled steak marinated in Lawry's Steak & Chop Marinade With Garlic & Cracked Black Pepper.