

Go For The Gold With An Olympics-Themed Meal Eat Like Zeus...Without A Herculean Effort

(NAPSA)—A mere one hundred and eight years after the Modern Olympic Games debuted in Athens, Greece, with 300 participants in nine sports, the XXVIII Olympiad has returned to its homeland with 10,500 of the finest athletes in the world competing in 35 different events.

If that's not an excuse to host an Olympics-themed party...what is?

"Make the Olympics extra special this year by celebrating them with family and friends," says Cathy Garvey, corporate dietitian for Jenny Craig, Inc. "Decorate your patio with colors from the Olympics' emblem and organize some simple games for the children, giving them their gold, silver and bronze medals in their own 'awards ceremony.' Then gather together for a Greek meal that's tasty, nutritious and simple to prepare."

The following recipe is from Jenny Craig's "30 Meals in 30 Minutes" cookbook, very popular among people with busy lifestyles because most of the recipes feature less than 10 ingredients and minimal cooking time. For a real Greek flair, serve the shish kabobs with wheat pilaf and steamed green beans topped with feta cheese.

Mediterranean Lamb Shish Kabobs

- ¾ cup plain nonfat yogurt**
- ¼ tsp hot pepper sauce**
- 2 large garlic cloves, finely minced or pressed**



- ½ cup fresh lemon juice**
- ¼ cup minced fresh mint leaves**
- ¼ tsp paprika**
- 1 lb loin of lamb, cut into 1-in cubes**

Combine all ingredients except lamb in a medium, non-aluminum bowl; mix well. Add cubed lamb, turning to coat well with marinade. Place in a shallow glass or ceramic pan and pierce meat with a fork. Cover the pan with plastic wrap and marinate in refrigerator for 20 minutes. Divide lamb into 4 equal portions and thread on skewers. Broil 3 to 4 inches from heat for 10 minutes, turning once.

Yield: 4 servings. Per serving: 274 calories, 7 g carbohydrate, 16 g fat

To order "30 Meals in 30 Minutes" or see more healthful recipes, visit www.jennycraig.com.