

# Healthy Eating

## Eating Your Way To Lower Cholesterol

(NAPSA)—The National Institute of Health's National Cholesterol Education Program (NCEP) guidelines recommend intake of certain foods to help lower cholesterol and reduce the risk of coronary heart disease, the leading cause of death in the U.S.

Among the recommended foods are the plant stanol esters found in BENECOL® Spread. The ability of BENECOL to lower cholesterol has been supported by more than 25 studies, and the Food and Drug Administration has recognized that plant stanol esters in BENECOL may lower the risk of heart disease when part of a diet low in saturated fat and cholesterol.

Here are some healthy recipes that can make lowering cholesterol enjoyable:

### CHICKEN WITH GINGER PLUM SAUCE *6 servings*

- 2 tsp. finely chopped fresh ginger
- 3 large cloves of chopped garlic
- 2 tbsp. hoisin sauce
- 2 tbsp. plum sauce
- 1 tsp. sesame oil
- 1 tbsp. rice vinegar
- ¼ tsp. crushed red pepper flakes
- 6 tbsp. BENECOL (regular) Spread
- 6 chicken breasts, (1½ lbs.), boned and skinned
- ¼ tsp. salt and freshly ground black pepper, mixed together
- 3 cups hot cooked couscous

1. Combine ginger, garlic, hoisin sauce, plum sauce, sesame oil, rice vinegar and red pepper flakes. Whisk until well blended.



**What you spread on your bread can lower cholesterol.**

**Pour into ovenproof baking dish.**

2. Preheat oven to 400°F. Sprinkle chicken with salt and pepper.

3. Melt 6 tbsp. BENECOL Spread in large nonstick skillet over high heat. Add seasoned breasts to skillet and cook until golden, about 3 minutes. Turn chicken over, cook 3 minutes longer. Place chicken in marinade in baking dish.

4. Cover chicken with foil; bake until cooked through, about 20 minutes.

5. Place chicken on top of cooked couscous and pour sauce on top.

### FRUIT TART *16 servings*

- 8 oz. BENECOL (regular) Spread (1 tub)
- 3 oz. fat-free cream cheese
- 1 cup granulated sugar
- ½ tsp. salt
- 1 tsp. almond extract
- 2 egg whites
- 2 tbsp. freshly squeezed orange juice
- 1 tbsp. + 1 tsp. orange zest
- 2¼ cups flour

**Filling:**  
Cream by hand or with mixer:

- 1 cup yogurt cheese (made from draining 2 cups of fat free vanilla yogurt)
- ¼ cup powdered sugar
- 2 tbsp. BENECOL (regular) Spread
- 2 tsp. orange zest
- 1 tsp. orange juice

**Fruit:**

- 2 kiwis, sliced, each slice quartered
- 1 can mandarin oranges, drained and patted dry
- 1 cup sliced strawberries
- 1 banana sliced and tossed with orange juice, then drained

1. Prepare crust: Cream BENECOL and cream cheese. Add sugar, salt, and almond extract, and mix together. Add egg whites, orange juice, orange zest and flour; beat until smooth. Chill 30 to 60 minutes.

2. Spray a 12" tart pan with a removable bottom with cooking spray. Press chilled dough evenly into the pan.

3. Bake in oven preheated to 350°F for 12 to 15 minutes, just until edges are golden brown.

4. Prepare filling: Cream together all ingredients by hand or with mixer until smooth.

When crust has cooled, spread with filling mixture and place fruit in a decorative pattern on top. Refrigerate until ready to serve. Cut into 16 wedges.

BENECOL regular Spread can be used in place of butter, oil or margarine in any recipe. To find out more, log onto [www.Benecol.com](http://www.Benecol.com) or call 1-888-BENECOL.