

## Heart-Smart Eating May Be Easier Than You Think

(NAPSA)—Eating a heart-smart diet and incorporating exercise into your life may be easier than you think.

To help women make simple, everyday changes to reduce their risk for cardiovascular disease, their No. 1 killer, the American Heart Association created the Simple Solutions program. To enroll call 1-888-MY HEART or visit [americanheart.org/simplesolutions](http://americanheart.org/simplesolutions).

The following recipe was developed by the American Heart Association for the Simple Solutions Program, sponsored by the California Walnut Commission. Recipe copyright © 2003 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere.

### Fragrant Fried Rice with Walnuts and Chicken

- ½ cup California walnut halves
- ½ teaspoon five-spice powder
- Vegetable oil spray
- 8 ounces boneless, skinless chicken breasts, all visible fat removed, cut into ½-inch cubes
- 2 medium ribs of bok choy, stems and leaves coarsely chopped (about 1¼ cup)
- 1 cup snow peas, trimmed, cut into ½-inch pieces (about 3 ounces)
- ½ medium red bell pepper, diced
- 2 green onions, thinly sliced (green and white parts)
- 1 8-ounce can pineapple chunks in their own juice, undrained
- 2 cups cooked jasmine rice (cold rice preferred) (about ¾ cup uncooked)
- ¼ cup light teriyaki sauce
- 1 tablespoon light soy sauce (optional)

Heat a large nonstick skillet over medium heat. (Do not spray the skillet.) Dry-roast



**This fragrant fried rice mingles the aroma of toasted walnuts, jasmine rice and pineapple.**

the walnuts for 4 to 5 minutes, stirring occasionally. Watch carefully so the walnuts do not burn. Transfer the walnuts to a small bowl. Stir in the five-spice powder.

Remove the skillet from heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the chicken over medium-high heat for 4 to 5 minutes, or until no longer pink in the center, stirring constantly.

Stir in the bok choy, snow peas, bell peppers, and green onions. Cook for 2 to 3 minutes, or until the vegetables are tender-crisp, stirring constantly.

Stir in the pineapple with juice and the rice. Cook for 3 to 4 minutes, or until the rice is warmed through, stirring constantly.

Stir in the teriyaki sauce. Cook for 1 minute. Stir in the walnuts.

Serve immediately.

#### Nutrient Analysis (per serving)

Calories	334
Protein	19 g
Carbohydrate	44 g
Cholesterol	33 mg
Total Fat	9.0 g
Saturated	1.0 g
Polyunsaturated	6.0 g
Monounsaturated	1.5 g
Fiber	3 g
Sodium	369 mg