

COOKBOOK CORNER

Cookbook Offers Delicious, Nutritious Choices

(NAPSA)—Eating a healthier diet can be delicious.

For more than a decade, Holly Clegg has shown people how in her “Trim & Terrific” cookbooks. Now, in partnership with the American Diabetes Association, she has created “Holly Clegg’s Trim & Terrific Diabetic Cooking: Over 200 Recipes That Can Be On Your Table In 30 Minutes Or Less” (American Diabetes Association).

The new book is filled with more than 200 delicious, nutritious and easy-to-prepare recipes, ideal for people with diabetes as well as anyone looking to stay healthy and feel great.

The book includes great-tasting recipes for old favorites, such as Chicken Pot Pie, Corn Chowder and Banana Blueberry Muffins.

The book is available at <http://store.diabetes.org>, at bookstores nationwide and by calling (800) ADA-ORDER (1-800-232-6733).

Here’s a savory, quick and healthy recipe from her book:

Shrimp Scampi With White Beans

6 servings

Serving size: scant 1 cup

- 1 tablespoon olive oil**
- 1 pound asparagus, ends trimmed and cut into 1-inch pieces**
- 1 tablespoon minced garlic**
- 1 pound peeled, raw, medium shrimp**
- 1½ cups coarsely chopped Roma tomatoes**
- 1 (16-ounce) can great northern or navy beans, rinsed and drained**
- 1 cup fat-free low-sodium chicken broth**
- 2 teaspoons cornstarch**



HOLLY CLEGG'S

trim & TERRIFIC™

Diabetic COOKING

Over 200 recipes that can be on your table in 30 minutes or less



This delicious, easy-to-prepare recipe book is a good choice for anyone looking to stay healthy and feel great.

**½ teaspoon dried basil
leaves
Salt and pepper to taste
(optional)**

1. Heat the oil in a large nonstick skillet over medium heat. Sauté the asparagus and garlic for 1-2 minutes. Add the shrimp and sauté for 3-4 minutes or until the shrimp just starts to turn pink. Add the tomatoes and beans and cook for another 3 minutes or until the tomatoes are softened.

2. In a small bowl, combine the chicken broth and cornstarch. Stir into the skillet and cook over medium heat until thickened, stirring frequently. Add the basil and salt and pepper (if using).

Exchanges: 1 starch, 2 very lean meat, calories 173, calories from fat 29, total fat 3 g, saturated fat 1 g, cholesterol 112 mg, sodium 374 mg, total carbohydrate 17 g, dietary fiber 6 g, sugars 3 g, protein 19 g.