

Munch And Crunch: Healthy Recipes For Any Time Of The Day

(NAPSA)—When it comes to getting into shape and improving your overall health, you can avoid getting sidetracked with poor-tasting diet food. The key is to make health part of your everyday routine.

To help you have good health habits, Kyle Shadix—a certified chef de cuisine, registered dietitian and culinary expert specializing in nutrition, food and health—and a team of fitness and nutrition experts offer three scrumptious recipes. These easy and tasty recipes highlight the many ways to use melba toast in meals and snacks throughout the day:



Healthy snacks between meals will help keep up your energy throughout the day and will fight the urge to overindulge during meals.

Chocolate Pistachio Crunch

Makes 40 sweet and salty snacks

- 4 cups (2 12-oz. pkg.) of semisweet chocolate chips (not milk chocolate)
- 1 box Melba Snacks Sea Salt
- 1 cup of pistachios, chopped and toasted

Stir chocolate in large bowl set over saucepan of boiling water until melted and smooth, making sure that water does not touch bowl and that the chocolate does not get too hot. Remove bowl from over water. Dip the Melba Snack into melted chocolate to cover half. Gently shake off excess chocolate. Place on baking sheet and quickly sprinkle with chopped pistachios. Refrigerate until chocolate is firm, about 35 minutes.

Caesar Salad Crunch Wrap

Makes 1 crisp bite without all the fat and sodium

- 1 (about 8-10-inch size) whole wheat flour tortilla
- 2 cups shredded romaine lettuce
- ½ cup (or to taste) low-fat Caesar salad dressing

- 1 tablespoon Parmesan cheese
- 4 slices Old London Melba Toast Whole Grain
- Cooked shrimp or sliced precooked chicken breast strips (optional)

Toss romaine lettuce with salad dressing and Parmesan cheese. Place 2 melba toast in the center of the tortilla. Place a heaping mound of Caesar salad mixture over the melba toast. Top with 2 other melba toast and fold the wrap.

Mini French Toast Dippers

Makes 25 sweet nibblers to pair with nutritious fruit

- 3 large eggs
- ½ cup skim milk
- ½ cup plus 12 teaspoons sugar
- 1 tablespoon vanilla extract
- ¼ teaspoon nutmeg (optional)
- ¼ teaspoon cinnamon (optional)
- 1 box Melba Toast Classic
- 2 tablespoons butter

Whisk eggs, milk, ½ cup sugar, vanilla and spices in a small bowl.

Pour mixture onto a cookie sheet or jelly roll pan. Place melba toast in single layer in egg mixture; let stand until soaked through, about 3 minutes; flip if necessary.

Melt 2 tablespoons butter in a large nonstick skillet over medium-high heat. Add 6–8 soaked melba toast slices to skillet; cook until deep golden on bottom, about 2 minutes. Sprinkle top of slices with ½ teaspoon sugar; turn slices over and cook until deep golden on bottom, about 2 minutes. Transfer French toast to plates. Serve with applesauce, maple syrup or your choice of breakfast dips.

Sweepstakes

For more fun, you can enter Old London's "Dance Your Way to Hollywood" sweepstakes. One lucky winner will receive a four-day, three-night trip for two to Hollywood, Calif.

The star treatment includes hotel, airfare for two, tickets to a live popular TV show and a private dancing lesson at a famous Los Angeles dance studio. Entries will be accepted through June 30, 2010. To learn more and to enter the sweepstakes, visit www.toastforeverydayhealth.com.