



# Peanut Facts & Fancies

## Invent Your Own Way To Enjoy An “Old Friend”

(NAPSA)—Peanut butter is the leading use of peanuts in the U.S. In fact, the world’s largest peanut butter factory churns out 250,000 jars of the tasty treat every day. However, even though peanut butter is now an American institution, the modern version has only been enjoyed in this country for about 75 years.

In the early 1900s, agriculturalist and inventor Dr. George Washington Carver created more than 300 ways to use peanut butter and peanuts in everyday life. Known as the “father of the peanut industry,” Carver helped create new demand for the food and greatly improved the fate of the American farmer.

Since then, childhood favorites (like PB&J) have helped spread the love of peanut butter among generations past and present. But classic, tried-and-true sandwiches are certainly not the only way to enjoy peanut butter’s velvety smooth (or deliciously crunchy) qualities.

More and more, peanut butter is being featured as a main ingredient in everything from appetizers to desserts. The savory substance also is showing up as the main attraction of an upscale meal, thanks to its versatile marinade-, sauce- and soup-forming abilities.

In the legacy of Dr. Carver, the National Peanut Board offers some creative, daring and inventive ways to benefit from an American favorite that brings with it the feeling of getting together with an old friend:

- Decorate a cake with peanut butter instead of icing.
- Swirl peanut butter in your applesauce (or oatmeal).
- Make a “Nana Dog”—replace a hot dog with a banana, and use peanut butter instead of ketchup.
- Smear peanut butter on a bagel for an energy bar with curves.



**Peanut butter is America’s leading use of peanuts—though it’s only been around for 75 years.**

For more recipes, visit the National Peanut Board Web site at [www.nationalpeanutboard.org](http://www.nationalpeanutboard.org).

### Thai Peanut Chicken

- ½ cup peanut butter
- ⅓ cup honey
- ¼ cup soy sauce
- 2 Tbsp. curry powder
- 2 cloves garlic, minced
- 2 to 2½ lbs. chicken, cut into pieces

**Blend peanut butter with honey and soy sauce until smooth. Stir in curry powder and garlic; blend well. Place chicken in a large plastic bag. Pour peanut butter mixture over chicken and mix well. Close bag and chill at least 2 hours.**

**Remove chicken and broil or grill over medium heat, 4 to 6 inches from heat. Turn chicken and brush with marinade occasionally while cooking. (Do not brush with any more marinade less than 10 minutes before chicken is done.) Cook until chicken is no longer pink in thickest part (cut to test), 15 to 30 minutes, depending on size and piece.**

**Yield: 6 servings, each serving is 6 ounces.**

*Nutrition per serving:* 439 cal; 23g carb; 27g protein; 28g fat (56 percent of calories from fat); 82mg cholesterol; 2g fiber; 867mg sodium.