

# Healthy Eating

## Simple Substitutions For A Healthier New You

(NAPSA)—According to a recent study by research firm The NPD Group Inc., more than 60 percent of Americans are overweight due to diets too full of fat and calories. Author, TV host and healthy eating expert Janette Barber, who lost more than 120 pounds on her own, believes you should start a healthy eating plan by taking “baby steps”—making small changes to your diet over time.

“When people use the word ‘diet,’ they have a tendency to think it means following a strict eating plan that doesn’t allow them to enjoy any of their favorite foods,” said Barber. “Instead of thinking ‘all or nothing,’ the key is to make simple substitutions, like using Molly McButter instead of butter.”

Janette believes the secret to satisfaction is preparing food so it tastes like it’s made with traditional high-fat ingredients, when it’s actually made with low-fat substitutions.

“Everyone has a favorite decadent dish that’s difficult to give up, but the good news is you don’t need to sacrifice taste,” Barber adds. “Instead, you just need to find a healthier way to prepare it.”

Janette’s Red Hot Chicken Strips recipe is a perfect example of a dish traditionally known to be high in calories and fat, but made healthy with the right substitutions. And it’s easy, too; just a few ingredients will make a great appetizer or main dish that your family will love, and you’ll love the fact that it’s good for them!

Increase the fiber in this recipe by serving with carrots or celery sticks, and for simple preparation, use kitchen shears to cut the chicken into strips.



### RED HOT CHICKEN STRIPS

- 4 medium to large skinless, boneless chicken breasts
- 2 tps olive oil
- ½ cup fat-free Italian dressing
- 2 Tbsp Molly McButter® Natural Butter Flavor Sprinkles
- ¼ cup hot sauce

Heat the oil in a nonstick skillet on medium. Cut the chicken breasts crossways into narrow strips, drop into pan and brown on all sides, 5 - 6 minutes. In a small bowl, combine the Italian dressing, Molly McButter and hot sauce. Pour over chicken strips, reduce heat to simmer and continue cooking for another 5 minutes. Remove from pan with slotted spoon and serve hot with fat-free Blue Cheese dressing.

Serves 4.

**Nutritional Information Per Serving:** Cal: 280; Total Fat: 7.5 g; Sat. Fat: 1.7 g; Unsat. Fat: 4.7 g; Trans Fat: 0 g; Chol: 120 mg; Sodium: 769 mg; Potassium: 450 mg; Carbs: 6g; Sugars: 3 g; Fiber: 0 g; Protein: 44 g.

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