

Cooking Corner



Tropical Sensations Stimulate The Senses



(NAPSA)—The next time you want to add pizzazz to your meal and shake up your taste buds, try these refreshingly tasty dishes with the perfect blend of seasonings and a touch of sweetness.

For a tropical taste sensation of fruits and spices, the Apple Mango Compote with Tuna Steaks will kick it up a notch.

The Ham with Sweet & Spicy Plantain Chutney has a unique mix of flavors that you can spice up or cool down by varying the amount of cayenne pepper. When you sauté the plantains, pineapple and peppers—look out! The aroma will captivate your senses. Both dishes are easy to make and use *NatraTaste*® sugar substitute.

APPLE MANGO COMPOTE WITH TUNA

- 4 tuna steaks, about 4 oz. each
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 cup ripe mango, diced (approx. 1 mango)
- 1 cup green apple, diced (approx. 1 apple)
- 1 cup red onion, diced
- 1 poblano pepper, diced
- ¼ cup apple cider vinegar
- 2 packets *NatraTaste*® sugar substitute
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cumin

Preheat broiler. Brush tuna steaks with olive oil. Cook the tuna under a preheated broiler for 4 minutes on each side, depending on the thickness of the tuna.

While tuna is cooking, sauté mango, apple, onion and poblano pepper in butter on medium heat until tender,



Apple Mango Compote with Tuna and Ham with Sweet & Spicy Plantain Chutney add a refreshing taste of the tropics to your table.

approximately 3 minutes. Add vinegar and cook for 3 more minutes. Add *NatraTaste* sugar substitute and spices and cook for 1 additional minute, stirring constantly.

Transfer the tuna steaks to warm serving plates and top with apple mango compote and serve immediately.

Preparation Time: 25 minutes

SERVES 4

Per serving: 347 calories, 28 g protein, 16 g carbohydrates (13 g net carbohydrates), 3 g fiber, 19 g fat, 60 mg cholesterol, 113 mg sodium

HAM WITH SWEET & SPICY PLANTAIN CHUTNEY

- 2 packets *NatraTaste*® sugar substitute
- 1 tablespoon ground cinnamon
- ¼ teaspoon ground cloves

- ¼ teaspoon cayenne pepper
- 2 tablespoons olive oil
- 2 8-ounce center cut smoked ham slices, approximately ½" thick
- 1 soft, ripened plantain, cut into rounds, approximately ½" thick
- 1 cup fresh pineapple wedges (approximately ½ fresh pineapple)
- 1 poblano pepper, diced
- 2 tablespoons butter
- 1 can (15-ounce) black beans

In a small bowl, combine *NatraTaste* sugar substitute, cinnamon, cloves and cayenne pepper. Set aside.

Heat the oil in a large skillet. Add the ham slices and sauté for 2-3 minutes, turning once. Set the ham aside and keep warm.

In a sauté pan, melt butter and sauté plantains, pineapple and poblano pepper for 5 minutes. Add black beans (do not drain) to the plantain mixture. Cook for an additional 2 minutes on low heat. Remove from heat and evenly blend in *NatraTaste* sugar substitute cayenne spice mixture.

Transfer ham to serving plates and serve immediately with chutney.

Preparation Time: 30 minutes

SERVES 4

Per serving: 535 calories, 30 g protein, 39 g carbohydrates (30 g net carbohydrates), 29 g fiber, 29 g fat, 78 mg cholesterol, 1,965 mg sodium

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