

Cooking Corner Tips To Help You

When It Comes To Veggies, Orange Is In

(NAPSA)—The sweet potato, or yam, gets its bright orange color from large amounts of beta-carotene, which has many well-known health attributes such as lowering the risk of stroke and fighting cancer. Beta-carotene is also known to promote bone growth and tooth development and to help maintain healthy skin and hair. Orange vegetables and fruit should be included in your diet every day.

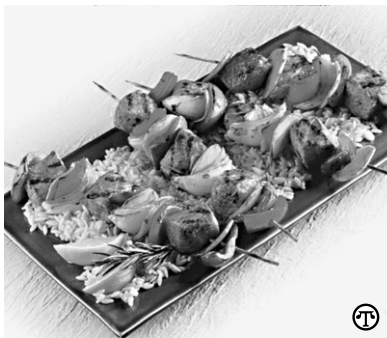
Sweet potatoes contain virtually no fat and are low in sodium. They are also low in carbs and loaded with vitamins A and C. Many of the most popular diets, including Atkins, Sugar busters and the South Beach diet, include sweet potatoes.

Here's a tasty, nutritious recipe to try:

Pork and Sweet Potato Kabobs

- 1 cup herb and garlic marinade with lemon juice, divided
- 1 tsp. dried basil
- ½ tsp. crumbled dried rosemary
- ¾ lb. boneless pork loin, cut into 1½-inch cubes
- ½ small sweet potato, peeled and very thinly sliced (½ inch thick)
- 1 medium onion, cut into wedges
- ½ each red and green bell pepper, cut into 1-inch chunks
- Wooden skewers

In a small bowl, mix to-



Pork and Sweet Potato Kabobs are delicious, nutritious and easy to prepare.

gether herb and garlic marinade with basil and rosemary; reserve ¼ cup. Place remaining marinade in large resealable plastic bag with remaining ingredients, except skewers; seal bag. Marinate in refrigerator for 30 minutes. Thread pork and vegetables onto skewers; discard used marinade. Grill or broil, turning and basting with reserved marinade until vegetables are slightly charred and pork is browned, about 15 to 18 minutes. Makes 4 servings.

Per serving: Cal. 164; Fat 5g; Protein 19g; Carb 10g; Chol. 49mg; Sodium 381mg; Saturated Fat 1.8g; Dietary Fiber 2g.

For more recipes and nutritional information, visit the Louisiana Sweet Potato Commission's Web site at www.sweetpotato.org or write to the Louisiana Sweet Potato Commission at P.O. Box 2550, Baton Rouge, LA 70821-2550.