

# Cooking Corner Tips To Help You

## Your Health Depends On What You Eat

(NAPS)—Research has discovered that certain foods boost the body's natural immune system and rid the body of harmful elements to help prevent disease. For example:

- Two apples a day is reported to cut cholesterol by 10 percent;
- A half-cup of blueberries is five times more effective than other fruits at helping keep skin young-looking;
- Eating cabbage once a week may reduce the risk of colon cancer by 60 percent; and
- Eating a carrot a day may cut a woman's risk of stroke by 68 percent.

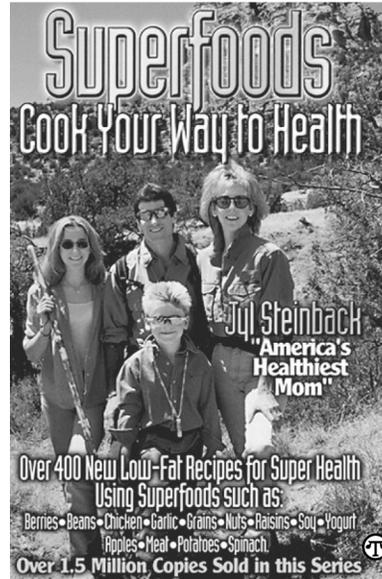
Best-selling author Jyl Steinback ("America's Healthiest Mom") has pulled together the latest research on these life-saving foods in a new cookbook, *Superfoods: Cook Your Way to Health* (QVC Publishing, Inc., \$16.99).

"Food is the fuel that keeps our bodies running properly and supplies us with the nutrients we need to maintain good health. Studies show that two-thirds of all deaths linked to heart disease, high blood pressure and cancer are diet-related," says Steinback, whose previous books on healthy living have sold more than 1.5 million copies.

In *Superfoods*, she provides readers with more than 400 new low-fat recipes featuring such superfoods as berries, beans, chicken, chocolate, grains, meat, nuts, potatoes, yogurt and more. She's also included an eye-opening superfood fact on each page.

"*Superfoods* offers recipes using these life-saving foods to help you cook up better health," adds Steinback.

Here is one of her favorite chicken dishes. It's a good source of protein, iron, niacin and zinc, which help you feel energized and fight infection, and beta carotene, which helps protect the eyes and delay the effects of aging.



**Foods fight disease, making it possible to use low-fat recipes to cook up better health.**

### APRICOT BAKED CHICKEN

- $\frac{1}{4}$  cup apricot preserves, divided
- 3 tbsp. honey mustard
- $\frac{1}{2}$  cup cornflake crumbs
- 2 tbsp. flour
- 1 $\frac{1}{2}$  lb. boneless, skinless chicken breasts
- $\frac{1}{2}$  tsp. garlic powder

Preheat oven to 350°F. Spray large baking dish with cooking spray. Combine 3 tablespoons preserves, honey mustard, cornflake crumbs and flour in a small bowl; mix well (mixture will be thick) and set aside. Arrange chicken breasts in single layer in dish; spread chicken on both sides with remaining preserves. Sprinkle with garlic powder. Spread apricot mixture on chicken and bake 20 to 25 minutes until chicken is cooked through. Turn broiler on high heat; broil chicken 45 to 60 seconds until lightly browned and crisp. Serves 4.

For more information, or to get a copy of *Superfoods*, call 1-800-345-1515, visit a nearby bookstore or the Web site [www.qvc.com](http://www.qvc.com).