

## parmesan-crusteD chicken

**PREP TIME:** 10 minutes  
**MAKES:** 4 servings  
**COOK TIME:** 20 minutes

### WHAT YOU NEED

1/2 cup Hellmann's or Best Foods Real Mayonnaise  
1/4 cup grated Parmesan cheese  
4 boneless, skinless chicken breast halves (about 1-1/4 lbs.)  
4 tsp. Italian seasoned dry bread crumbs

### MAKE IT

1. Preheat oven to 425°.
2. Combine Hellmann's or Best Foods Real Mayonnaise with cheese in medium bowl. Arrange chicken on baking sheet. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs.
3. Bake 20 minutes or until chicken is thoroughly cooked.

Also terrific with Hellmann's or Best Foods Light Mayonnaise or Hellmann's or Best Foods Canola Cholesterol Free Mayonnaise.

**Cost per recipe\*:** \$7.16.  
**Cost per serving\*:** \$1.79.

\*Based on average retail prices at national supermarkets.

**Timesaving Tip:** Try making this dish with thin-cut boneless skinless chicken breasts! Prepare as above, decreasing bake time to 10 minutes or until chicken is thoroughly cooked through.

**TIP:** Omit Parmesan cheese and have Magically Moist Chicken on table in less than 30 minutes.



### Nutrition Information per serving:

Calories 370, Calories From Fat 230, Saturated Fat 4.5g, Trans Fat 0g, Total Fat 25g, Cholesterol 105mg, Sodium 460mg, Total Carbohydrate 2g, Sugars 1g, Dietary Fiber 0g, Protein 33g, Vitamin A 2%, Vitamin C 2%, Calcium 6%, Iron 4%

## creamy chicken piccata

**PREP TIME:** 15 minutes  
**MAKES:** 4 servings  
**COOK TIME:** 15 minutes

### WHAT YOU NEED

- 4 boneless, skinless chicken breast halves (about 1-1/4 lbs.), pounded thin
- 1/3 cup all-purpose flour
- 2 eggs, slightly beaten
- 2 Tbsp. Bertolli Classico™ Olive Oil, divided
- 1/4 cup chopped shallots or onion
- 1 tsp. fresh thyme leaves or 1/2 tsp. dried thyme leaves, crushed
- 3 Tbsp. lemon juice
- 1 jar Bertolli Alfredo Sauce
- 1 Tbsp. finely chopped fresh parsley
- 1 tsp. grated lemon peel (optional)

### MAKE IT

1. Season chicken, if desired, with salt and ground black pepper. Dip chicken in flour, then eggs, coating well. Heat 1 tablespoon Olive Oil in 12-inch nonstick skillet over medium heat and cook chicken, turning once, 5 minutes or until thoroughly cooked. Remove chicken and set aside.
2. Heat remaining 1 tablespoon Olive Oil in same skillet and cook shallots and thyme, stirring occasionally, 2 minutes or until shallots are tender. Stir in lemon juice and cook 1 minute. Stir in Sauce, parsley and lemon peel; heat through. Spoon Sauce over chicken and serve, if desired, with hot cooked rice or pasta.



See nutritional information for saturated fat content.

#### Nutrition Information per serving:

Calories 500, Calories From Fat 270, Saturated Fat 12g, Trans Fat 0g, Total Fat 30g, Cholesterol 260mg, Sodium 980mg, Total Carbohydrate 15g, Sugars 3g, Dietary Fiber 1g, Protein 40g, Vitamin A 20%, Vitamin C 15%, Calcium 10%, Iron 15%

## grilled pizza margherita

**PREP TIME:** 5 minutes  
**MAKES:** 4 servings  
**COOK TIME:** 10 minutes

### WHAT YOU NEED

- 1 cup Bertolli Olive Oil & Garlic Sauce
- 1 (12-in.) prebaked pizza crust
- 4 ounces fresh mozzarella cheese, thinly sliced
- 2 Tbsp. Bertolli Classico™ Olive Oil
- 2 Tbsp. chopped fresh basil leaves

### MAKE IT

1. Evenly spread Sauce on pizza crust, then top with cheese. Grill covered over medium heat, rotating pizza occasionally, 10 minutes or until sauce is hot and cheese is melted. Drizzle with Olive Oil, sprinkle with basil and serve immediately.

**Cost per recipe\*:** \$7.89.

**Cost per serving\*:** \$1.97.

\*Based on average retail prices at national supermarkets.



### Nutrition Information per serving:

Calories 440, Calories From Fat 150, Saturated Fat 6g, Trans Fat 0g, Total Fat 16g, Cholesterol 30mg, Sodium 490mg, Total Carbohydrate 49g, Sugars 6g, Dietary Fiber 4g, Protein 18g, Vitamin A 6%, Vitamin C 0%, Calcium 25%, Iron 15%

## chicken & basil sandwiches

**PREP TIME:** 25 minutes

**MAKES:** 4 servings

### WHAT YOU NEED

- 1/2 cup Hellmann's or Best Foods Real Mayonnaise
- 1/4 cup finely chopped fresh basil leaves
- 8 slices whole grain bread
- 4 medium green leaf lettuce leaves
- 1 lb. boneless, skinless chicken breast halves, grilled and sliced
- 4 slices provolone cheese (about 4 oz.)
- 8 slices tomato
- 2 slices bacon, crisp-cooked and halved crosswise

### MAKE IT

1. Combine Hellmann's or Best Foods Real Mayonnaise with basil in small bowl. Evenly spread mayonnaise mixture on 4 bread slices, then top with remaining ingredients. Also terrific with Hellmann's or Best Foods Canola Cholesterol Free or Light Mayonnaise. See nutrition information for sodium content.

**Cost per recipe\*:** \$10.38

**Cost per serving\*:** \$2.60

\*Based on average retail prices at national supermarkets.



### Nutrition Information per serving:

Calories 560, Calories From Fat 290, Saturated Fat 9g, Trans Fat 0g, Total Fat 32g, Cholesterol 100mg, Sodium 830mg, Total Carbohydrate 26g, Sugars 7g, Dietary Fiber 4g, Protein 40g, Vitamin A 20%, Vitamin C 10%, Calcium 30%, Iron 15%

## farfalle with herb-marinated grilled chicken

**PREP TIME:** 20 minutes  
**MARINATE TIME:** 30 minutes  
**MAKES:** 5 servings  
**COOK TIME:** 5 minutes

### WHAT YOU NEED

- 1 lb. boneless, skinless chicken breast halves
- 1/4 cup Bertolli Extra Virgin Olive Oil
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. lemon juice
- 1 Tbsp. finely chopped fresh basil leaves
- 1 Tbsp. finely chopped fresh flat-leaf parsley
- 1 tsp. finely chopped fresh oregano leaves (optional)
- Pinch crushed red pepper flakes
- 1 jar Bertolli Tomato & Basil Sauce, heated
- 1 box (16 oz.) farfalle or penne pasta, cooked and drained



### Nutrition Information per serving:

Calories 550, Calories From Fat 70, Saturated Fat 1.5g, Trans Fat 0g, Total Fat 8g, Cholesterol 55mg, Sodium 680mg, Total Carbohydrate 83g, Sugars 15g, Dietary Fiber 6g, Protein 36g, Vitamin A 15%, Vitamin C 15%, Calcium 10%, Iron 25%

### MAKE IT

1. Combine Olive Oil, vinegar, lemon juice, basil, parsley, oregano and red pepper flakes in shallow bowl. Add chicken; turn to coat. Cover and marinate in refrigerator 30 minutes.

2. Remove chicken from marinade, discarding marinade. Grill or broil chicken, turning once, until thoroughly cooked; slice.

3. Spoon Sauce over hot farfalle and top with chicken. Garnish, if desired, with additional parsley.

**Cost per recipe\*:** \$9.92.

**Cost per serving\*:** \$1.98.

\*Based on average retail prices at national supermarkets.

## crunchy tortilla chicken

**PREP TIME:** 5 minutes  
**MAKES:** 4 servings  
**COOK TIME:** 20 minutes

### WHAT YOU NEED

- 1/2 cup Hellmann's or Best Foods Light Mayonnaise
- 1 Tbsp. lime juice
- 2 cloves garlic, finely chopped
- 2 Tbsp. chopped fresh cilantro
- 1 tsp. chili powder
- 4 boneless, skinless chicken breast halves (about 1-1/4 lbs.)
- 1 cup tortilla crumbs\*

### MAKE IT

1. Preheat oven to 425°.
2. Combine Hellmann's or Best Foods Light Mayonnaise, lime juice, garlic, cilantro and chili powder in small bowl; set aside.
3. Coat chicken with mayonnaise mixture, then tortilla crumbs. Arrange chicken on aluminum-foil-lined baking pan.
4. Bake 20 minutes or until chicken is thoroughly cooked. Garnish, if desired, with salsa and cilantro.

\* For homemade tortilla crumbs, process 6 cups tortilla chips in food processor.



### Nutrition Information per serving:

Calories 420, Calories From Fat 230, Saturated Fat 4g, Trans Fat 0g, Total Fat 26g, Cholesterol 100mg, Sodium 490mg, Total Carbohydrate 13g, Sugars 1g, Dietary Fiber 1g, Protein 32g, Vitamin A 6%, Vitamin C 6%, Calcium 4%, Iron 6%

## Ben's best peanut butter N yogurt dip

**PREP TIME:** 5 minutes  
**MAKES:** 12 servings

### WHAT YOU NEED

1/2 cup Skippy Natural Creamy Peanut Butter Spread  
1 cup nonfat vanilla yogurt  
6 cups assorted fruit (sliced strawberries, bananas and/or peaches)

### MAKE IT

1. Combine Skippy Natural Creamy Peanut Butter Spread with yogurt in medium bowl. Use as a dip for fruit...or try topping with whole grain granola.

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### Nutrition Information per serving:

Calories 90, Calories From Fat 50, Saturated Fat 1g, Trans Fat 0g, Total Fat 6g, Cholesterol 0mg, Sodium 50mg, Total Carbohydrate 7g, Sugars 4g, Dietary Fiber 1g, Protein 3g, Vitamin A 2%, Vitamin C 15%, Calcium 2%, Iron 2%

## chicken satay with spicy peanut sauce

**PREP TIME:** 15 minutes  
**MARINATE TIME:** 30 minutes  
**MAKES:** 4 servings  
**COOK TIME:** 10 minutes

### WHAT YOU NEED

- 1/2 cup Wish-Bone Light Italian Dressing
- 2 tsp. firmly packed brown sugar
- 3 tsp. finely chopped cilantro
- 2 tsp. finely chopped fresh ginger
- 4 oneless, skinless chicken breasts (about 1 lb.),  
pounded thin and cut into thin strips
- 1/4 cup Skippy Reduced Fat Creamy Peanut Butter
- 1/4 tsp. curry powder
- 1/4 tsp. ground red pepper

### MAKE IT

1. For marinade, combine 1/4 cup Dressing, brown sugar, 2 teaspoons cilantro and ginger. In large, shallow nonaluminum baking dish or resealable plastic bag, pour 2 tablespoons marinade over chicken; turn to coat. Cover, or close bag, and marinate in refrigerator, turning occasionally, 30 minutes or up to 3 hours. Refrigerate remaining marinade.
2. Meanwhile, in small bowl, blend Peanut Butter, remaining 1/4 cup Dressing, 1 teaspoon cilantro, curry and red pepper; refrigerate until ready to serve.
3. Remove chicken from marinade, discarding marinade. On skewers, thread chicken. Grill or broil chicken, turning once and brushing frequently with refrigerated marinade, until chicken is thoroughly cooked. Serve with peanut sauce and, if desired, Cucumber Relish.



### Nutrition Information per serving:

Calories 270, Calories From Fat 100, Saturated Fat 2g, Trans Fat 0g, Total Fat 11g, Cholesterol 75mg, Sodium 560mg, Total Carbohydrate 14g, Sugars 7g, Dietary Fiber 1g, Protein 27g, Vitamin A 2%, Vitamin C 6%, Calcium 2%, Iron 6%



## open-faced Asian turkey burgers

**PREP TIME:** 10 minutes  
**MAKES:** 6 servings  
**COOK TIME:** 10 minutes

### WHAT YOU NEED

- 1 lb. ground turkey
- 1 cup broccoli slaw
- 1 Tbsp. Skippy Super Chunk Peanut Butter
- 1/8 tsp. ground black pepper
- 3 multi grain English muffins, split and toasted
- 6 1/4 inch-thick tomato slices
- 6 pieces iceberg lettuce

### MAKE IT

1. Combine ground turkey, broccoli slaw, Skippy Super Chunk Peanut Butter and pepper in medium bowl; shape into 6 patties. Cook burgers in 12-inch nonstick skillet lightly sprayed with nonstick cooking spray, over medium heat, turning once, 10 minutes or until done. On muffin halves, arrange tomato, lettuce, then burgers.

**Cost per recipe\*:** \$8.00.

**Cost per serving\*:** \$1.33.

\*Based on average retail prices at national supermarkets.



### Nutrition Information per serving:

Calories 270, Calories From Fat 40, Saturated Fat 0g, Trans Fat 0g, Total Fat 4.5g, Cholesterol 45mg, Sodium 300mg, Total Carbohydrate 26g, Sugars 2g, Dietary Fiber 3g, Protein 34g, Vitamin A 25%, Vitamin C 40%, Calcium 10%, Iron 20%