

FOR THE LADIES...

Rolled Chicken Breast Bundles

Company is coming for dinner. That means another frenzied search for yet one more new, impressive chicken recipe. But it seems that every recipe, rich or lean, has been tried before or takes too long.

Not so fast! Here is a truly new, showy, tasty chicken dish that happens to harbor a nutritious secret. The secret is Oat Bran Options™ cereal rolled inside and outside each chicken bundle. The bundles are a departure from standard stuffed chicken breasts because they have a modest 4.5 grams fat per serving. Most stuffed chicken breast recipes have up to 31 grams of added fat!

Easy enough to prepare on even the busiest days, Rolled Chicken Breast Bundles are perfect for the microwave oven since the flavorful multi-grain coating imparts a rich brown color even before cooking. And because the filling swirls throughout, every bite has the benefit of toasty-tasting oat bran and other nutrients. Drape the chicken with a silky-light herb sauce just before serving guests, family or just the two of you. It's a clever way to stretch your menu options and take oat bran beyond breakfast.

Rolled Chicken Breast Bundles

An elegant recipe suitable for entertaining yet easy enough to make during the week



Chicken:

- 2 boneless chicken breasts halved and skinned
- 2 cups Oat Bran Options™ brand cereal, crushed to 1 cup
- 2 teaspoons dried parsley flakes
- 1/2 to 1 teaspoon thyme leaves
- 1/4 teaspoon lemon pepper seasoning
- 1 tablespoon skim milk

Sauce:

- 1 1/2 teaspoons cornstarch
- 1/2 teaspoon dried parsley flakes
- 1/4 teaspoon thyme leaves
- Dash lemon pepper seasoning
- 1/2 cup chicken broth
- 1 tablespoon skim milk

To Prepare Chicken:

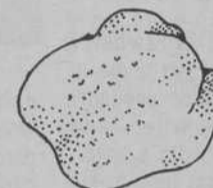
Coat 8-inch microwave-safe dish with no-stick cooking spray. Flatten each chicken breast half to 1/4-inch thickness; set aside. In medium bowl combine cereal, parsley, thyme and lemon pepper; add 1/4 teaspoon salt if desired. Reserve 1/3 cup cereal mixture removing dates and raisins. Divide remaining cereal and fruit mixture over the flattened chicken. Roll up; brush with skim milk; roll in reserved 1/3 cup cereal mixture. Place in prepared dish seam side down. Cover tightly and microwave on HIGH 7 minutes, turning dish 1/4-turn halfway through. Remove cover and microwave on HIGH 1 additional minute or until meat is tender.

To Prepare Sauce:

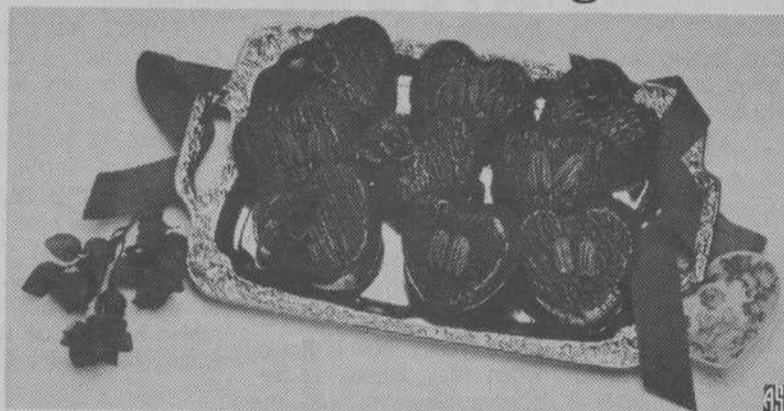
In small microwave-safe dish combine cornstarch, parsley, thyme and lemon pepper. Add chicken broth and milk; Microwave on HIGH 2 minutes or until simmering; stir until thickened. Serve over chicken breasts.

Makes 4 servings.

Nutrition information per serving: 224 calories, 17.5 carbohydrate, 29g protein, 4.5g fat, 72mg cholesterol, 242mg sodium, 1.5g dietary fiber.



Valentine's Delight



Valentine's Day and chocolate — a natural combination.

So, if you're looking for a special way to say "Happy Valentine's Day," say it with something homemade — and chocolate! Heart-shaped brownies are perfect.

Thanks to Wilton, baking individual serving heart-shaped brownies and cakes is easy. The heart minicake pan bakes six heart-shaped brownies or cakes at once.

Use a packaged mix or your favorite from-scratch recipe, and splurge. Add chopped toasted pecans or almonds to the batter before baking. For best results, fill the pans, which have been coated with nonstick vegetable spray or solid vegetable shortening, about 2/3 full with batter. Allow brownies to cool about 10 minutes before removing from the pan.

For a dazzling presentation, drizzle the brownie hearts with melted chocolate and garnish with a chocolate rose or small chocolate leaves. Whole pecans or other nuts will also add a festive touch.

To serve, arrange the hearts on a pretty tray, accompanied by whipped cream-topped coffee or a glass of champagne. Your "special Valentine" will be impressed.

The heart minicake pan retails for about \$8.99. Look for it wherever cake decorating supplies are sold. Pan may also be ordered directly from Wilton, Woodridge, Illinois, 60517, or call toll-free 1-800-772-7111.

Brownie Hearts

Brownies:

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| 2 large eggs | 3/4 cup all-purpose flour |
| 1 cup sugar | 1/2 teaspoon salt |
| 1/2 cup butter or margarine | 1 teaspoon vanilla |
| 2 ounces unsweetened chocolate | |

Preheat oven to 325°F. Grease Wilton Heart Minicake Pan with solid vegetable shortening or coat with nonstick vegetable spray. In medium mixing bowl, beat eggs; blend in sugar. Melt butter and chocolate in heavy saucepan over low heat or in microproof container at half power. Stir, add to egg and sugar, blend; add remaining ingredients and stir (do not beat) until well mixed. Pour batter into prepared pan and bake 15 to 20 minutes or until toothpick comes out clean; do not overbake. Cool 10 minutes on a rack; loosen hearts at edge and turn out on rack. When cool, pour Chocolate Glaze over hearts; touch up with spatula if necessary. Garnish with piped chocolate or nuts. Makes 6 hearts.

Chocolate Glaze:

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| 1/4 cup whipping cream (not whipped) | 1 cup (6 oz.) Wilton Candy Melts or semi-sweet chocolate chips |
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Heat cream in microwave or on range top until bubbles break the surface; add candy melts or chocolate chips. Let set 4-5 minutes; stir until smooth. Use to glaze brownie hearts.

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