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 • Cakes for All Occasions
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Join us on 

OPEN Everyday 8am - 6pm

Across the street from the Garlic Restaurant
557 E. 3rd Avenue • 427-6555
New Smyrna, Beachside
www.MonDeliceBakery.net

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747 EAST 3RD AVENUE, NEW SMYRNA, BEACHSIDE
 (South Causeway - Publix Shopping Center)

OFFTHEHOOKRAWBAR.COM

Comfort foods

Made fast and healthy



by Healthy Exchanges

Grilled Southwestern Chicken Bundles

You don't have to sleep in a tent in the woods to enjoy a campfire cookout. Just gather everyone in the backyard with plenty of blankets to sit on, a telescope to watch the falling stars and a table filled with tasty "outdoor" foods. This main dish just might be the "star" of the menu!

- 16 ounces skinned and boned chicken breast, cut into 4 pieces
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 1 cup chopped onion
- 2 cups frozen whole-kernel corn, thawed
- 1/2 cup fat-free Catalina dressing
- 1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes
- 1 1/2 teaspoons chili seasoning

1. Cut 4 (24-inch) pieces of heavy-duty aluminum foil. Lightly spray each piece with butter-flavored cooking spray. Arrange 1 chicken piece in center of each. In a medium bowl, combine green pepper, red pepper and onion. Spoon 3/4 cup vegetable mixture over each chicken piece. Sprinkle 1/2 cup corn over top of each.

2. In small bowl, combine dressing, parsley and chili seasoning. Drizzle about 2 tablespoons dressing mixture over top of each bundle. Wrap and double seal each. Place packets over grill at medium heat. Grill for 18 to 20 minutes, turning occasionally. Makes 4 servings.

* Each serving equals: 270 calories, 3g fat, 26g protein, 35g carb., 431mg sodium, 5g fiber; Diabetic Exchanges: 3 Meat, 1 1/2 Starch, 1 1/2 Vegetable.