



MEDITERRANEAN STUFFED CHICKEN BREASTS



Ingredients

- 1 large red bell pepper
- 1/4 cup (1 ounce) crumbled feta cheese
- 2 tablespoons finely chopped pitted kalamata olives
- 1 tablespoon minced fresh basil
- 8 (6-ounce) skinless, boneless chicken breasts

Instructions

1. Preheat broiler. Cut bell pepper in half lengthwise; discard seeds and membranes.
2. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand
3. Broil 15 minutes or until blackened.
4. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and finely chop
5. Prepare grill to medium-high heat.
6. Combine bell pepper, cheese, olives, and basil.
7. Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff 2 tablespoons bell pepper mixture into each pocket; close opening with a wooden pick.
8. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
9. Place chicken on a grill rack coated with cooking spray.
10. Grill 6 minutes on each side or until done. Remove from grill; cover loosely with foil, and let stand 10 minutes.

Serves 8 210 Calories 266 mg Sodium



PECAN-TOPPED PUMPKIN BREAD



Ingredients

- 3 1/3 cups all-purpose flour (about 15 ounces)
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 2 cups granulated sugar
- 1/2 cup egg substitute
- 1/2 cup canola oil
- 1/2 cup low-fat buttermilk
- 2 large eggs
- 2/3 cup water
- 1 (15-ounce) can pumpkin
- Cooking spray
- 1/3 cup chopped pecans

Instructions

1. Preheat oven to 350°.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 6 ingredients (through allspice) in a bowl.
3. Place sugar, egg substitute, oil, buttermilk, and eggs in a large bowl; beat with a mixer at high speed until well blended.
4. Add 2/3 cup water and pumpkin, beating at low speed until blended.
5. Add flour mixture to pumpkin mixture, beating at low speed just until combined.
6. Spoon batter into 2 (9 x 5-inch) loaf pans coated with cooking spray.
7. Sprinkle pecans evenly over batter. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

Serves 12 per loaf 198 Calories 209 mg Sodium