

# Four Steps To Help Your Family Eat Right

(NAPSA)—Here's food for thought: You may be able to nudge your family in the right direction toward healthful eating if you heed these four facts and hints.

1) Families that eat together may be the healthiest, according to research published in *Pediatrics* and *ScienceDaily*. Added bonus: Kids who eat with their families are less likely to be overweight and tend to perform better in school than their peers.

2) Need recipe ideas? In September, which is National Chicken Month, or at any time of year, you can try preparing dishes that celebrate this popular poultry that's high in protein and low in fat.

3) Get creative at mealtime and dress up your chicken (or other healthy dishes) with dressings and sauces. A variety of salad dressings can be used as a marinade, and barbecue or hot sauces can add additional flavor to your meal.

4) Involve your kids in the preparation of their own healthful meals. They're more likely to enjoy it if they have a stake in the process.

## Recipe Ideas

Try preparing grilled chicken quesadilla, chicken ranch casserole or perhaps a raspberry walnut tropical chicken salad—or you can go all the way to this “ultimate chicken” recipe:

### Ultimate Chicken

*Serves 4*

4 (6-oz.) boneless skinless chicken breasts

Salt and black pepper

½ tsp. paprika

3 Tbsp. olive oil, divided

1 lg. Granny Smith apple, cored and sliced

1 C. sliced celery

½ C. sliced shallots or red onions



Photo Courtesy: National Chicken Council

**This fowl is fair: With the right sauce or dressing, chicken can take on an amazing variety of flavors.**

**8 oz. clean baby spinach leaves**

**¼ C. toasted pine nuts**

**¾ C. blue cheese salad dressing**

Season chicken with salt, pepper and paprika. Heat 2 Tbsp. olive oil in a skillet over medium-high heat and sear both sides of chicken. Continue to cook on medium heat until chicken is thoroughly cooked. Transfer to a plate and keep warm. In same skillet, heat remaining olive oil and sauté apples, celery and shallots until tender. Gently heat blue cheese dressing in a saucepan. Do not bring to a boil. Arrange spinach on plates, top with hot vegetables, apples and chicken. Spoon warm blue cheese dressing over all and sprinkle with pine nuts.

### Learn More

More recipes, along with tips on healthful eating, can be found at [www.dressings-sauces.org](http://www.dressings-sauces.org).



**Note to Editors:** Please note that September is National Chicken Month. Best to use the story in September.