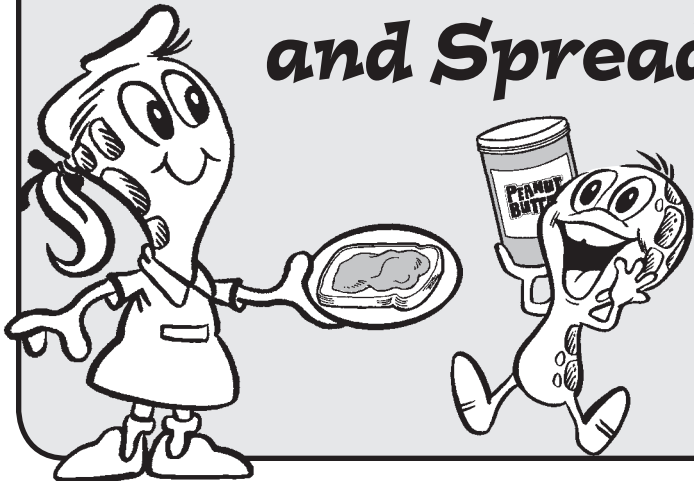
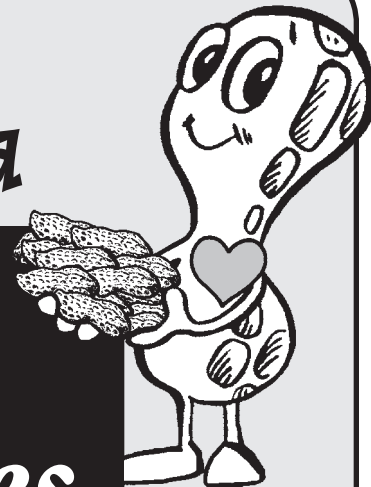


Peanut Proud...

and Spreading the Word



Peanut Recipes



Peanuts and Peanut Butter

... RECIPES FOR SPECIAL DIETS ...

Asian Lettuce Wraps

- 1 teaspoon peanut oil
- 1 teaspoon toasted sesame oil
- 3 boneless, skinless chicken breast halves, cut into 2-inch strips (12 ounces)
- 1 teaspoon minced garlic
- 1 teaspoon grated peeled ginger
- 1/2 cup chicken broth
- 1/4 cup smooth peanut butter
- 2 tablespoons mango chutney
- 18 large Bibb lettuce leaves, cleaned and dried
- 1 medium red bell pepper, seeded and cut into 2-inch thin matchsticks
- 1 cup snow peas, trimmed and cut into 2-inch thin matchsticks
- 4 green onions, trimmed and cut lengthwise into 2-inch thin matchsticks
- 2/3 cup honey-roasted Georgia peanuts, roughly chopped

Heat oils in a wok or large skillet over medium-high heat. Stir-fry the chicken for 4 minutes. Add garlic and ginger and sauté 1 minute more or until chicken is cooked. Lower heat and add chicken broth, peanut butter and chutney; stir until smooth and heated through, about 3 minutes. To assemble, lay the lettuce leaves on work surface; then place equal amounts of bell pepper, snow peas and green onion matchsticks in the center. Next, spoon the chicken mixture on top, then sprinkle with peanuts. Roll each lettuce leaf up and serve 3 onto each of 6 plates.

Per Serving: 260 calories, 10 g carbohydrate, 3 g fiber, 17 g protein, 18 g fat (9 g monounsaturated fat, 5 g polyunsaturated fat).

Recipe courtesy of The Peanut Institute

Southern Banana-Nut Bran Muffins

(low saturated fat and no cholesterol)

- 1 cup whole wheat flour
- 1 1/2 cups raw wheat bran
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup canola oil
- 2 egg whites, beaten
- 2 ripe bananas, mashed
- 1 cup fat free plain yogurt
- 1/3 cup creamy peanut butter
- 1/4 cup packed brown sugar

Combine flour, bran, baking soda, baking powder and salt in a mixing bowl. In large mixing bowl, combine oil, egg whites, bananas, yogurt, peanut butter and brown sugar. Mix well. Fold in the dry ingredients and mix just until combined. Spoon the batter into paper-lined or nonstick muffin tins. Bake in a 400 F. oven for 25 minutes or until firm to the touch. Remove from the pan and let cool on a wire rack.

Makes 12 muffins.

Per Serving: 160 calories, 5 g protein, 8 g total fat (.5 g saturated fat), 23 g carbohydrate, 3 g dietary fiber, 0 mg cholesterol, 230 mg sodium. Daily Value: 4% folic acid, 4% vitamin C, 8% calcium, 4% iron.

Food Exchanges: 1 1/4 Fruit, 3/4 Bread, 3/4 Fat

Southern Peanut Butter Cheesecake

(low fat, low saturated fat and low cholesterol)

- 1/2 cup low fat graham cracker crumbs
- 8 ounces light cream cheese, cut into cubes
- 8 ounces fat free cream cheese, cut into cubes
- 1/2 cup fat free sour cream
- 1/2 cup fat free ricotta (or low fat cottage cheese)
- 1/3 cup peanut butter
- 1/2 cup firmly packed dark brown sugar
- 2 teaspoons vanilla extract
- 6 egg whites (or 3/4 cup egg substitute)

Coat a 9-inch spring form pan with cooking spray. Sprinkle graham cracker crumbs evenly over the bottom of pan. Set aside. Process the cream cheese, sour cream and ricotta cheese in a food processor until smooth. Add the peanut butter and mix. Slowly add the sugar and vanilla extract. Slowly pour the eggs through the food chute with the processor running. Blend until combines. Spoon the mixture over the graham cracker crumbs. Bake in a 300 F. oven for 50 minutes. Center will be soft, but will firm when chilled. Turn the oven off and leave the cheesecake in the oven for 30 more minutes. Remove from oven; let cool to room temperature on a wire rack. Cover and chill 8 hours. Serve with assorted fresh berries. Makes 10 servings.

Per Serving: 140 calories, 13 g protein, 4.5 g total fat (2 g saturated fat), 14 g carbohydrate, 0 g dietary fiber, 10 mg cholesterol, 240 mg sodium. Daily Value: 14% folic acid, 15% vitamin A, 20% calcium, 4% iron.

Food Exchanges: 1/2 Milk, 3/4 Bread, 3/4 Meat, 1/2 Fat



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