

Peanut Butter Twists

Peanut butter is a tasty way to add vitamins and minerals to many dishes.

Just 2 tablespoons of natural/organic peanut butter provides protein, magnesium and vitamin E, plus high levels of niacin and monounsaturated fats, without the added sugars of some commercial brand. The natural fats in peanut butter can help lower cholesterol when part of a sound diet.

Try these recipe twists to bring the taste, nutrition and convenience of peanut butter to your day's meals:

Breakfast: Swirl a spoonful of peanut butter into your morning oatmeal for an even more filling breakfast packed with protein.

Lunch: Mix peanut butter and low-fat mayonnaise for a terrific way to take a turkey sandwich from lunchtime plain to dinnertime hearty.

Or add extra flavor to your favorite chicken salad recipe, especially with grapes and diced apple.

Snacks: Add peanut butter to your favorite family banana bread recipe.

Dip carrots, apples and celery into peanut butter.

Dinner: Instead of the usual spaghetti sauce with tomatoes and ground beef, make a creamy sauce out of peanut butter, soy sauce, garlic, sweet chili sauce and a little bit of cream. Toss with vegetables and pour over spaghetti for a new twist on a family classic that will encourage even the pickiest eaters to love their vegetables.