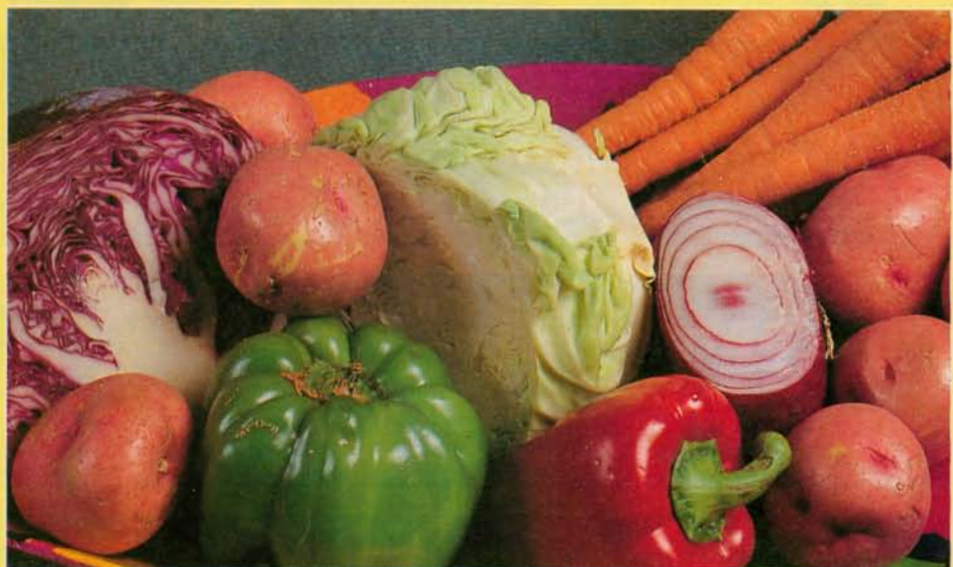




COLESLAW

- | | | | |
|---------|-------------|--------|----------------|
| 1 tsp. | Splenda | 2 cups | shredded green |
| 2 tbsp. | vinegar | | cabbage |
| 1/2 cup | buttermilk | 2 cups | shredded red |
| 2 tsp. | horseradish | | cabbage |
| 1 cup | shredded | 1 tsp. | caraway seeds |
| | carrots | | |

In a screw-top jar mix Splenda, vinegar, buttermilk and horseradish. Shake until well mixed. Toss cabbage and carrots together. Add dressing and mix well. Sprinkle with caraway seeds.



BARBECUED CHICKEN

- | | | | |
|----------|---------------|----------|---------|
| 1/4 cup | minced onion | 1/4 cup | water |
| 2 cloves | garlic minced | 1 tsp. | Splenda |
| 1 cup | tomato purée | 1/4 tsp. | Tabasco |
| 1/4 cup | vinegar | | sauce |

4 boneless, skinless chicken breasts

Tip...

Spray grill with Pam cooking spray to prevent chicken from sticking

Heat grill or barbecue. Brush chicken with barbecue sauce. Grill 6-8 minutes on each side.

BARBECUE SAUCE

In a small saucepan heat ingredients over low heat for 5-6 minutes. Set aside until ready to use.



POTATO SALAD

SERVES 4

- 2 pounds potatoes
- 2 tbsp. white wine vinegar
- 1 tsp. dry mustard
- 3/4 nonfat yogurt
- 1 tsp. Splenda sweetener
- 1 tsp. paprika
- 1/2 green pepper, diced
- 1 celery stalk, diced
- 1 tbsp. chopped fresh parsley and dill
- 4 hard-boiled eggs; yolks removed, whites chopped

Cover potatoes with salted water in a large pot. Cover and boil gently until potatoes are tender. Drain and cool slightly. Peel and cut into 1" cubes. Transfer to a large bowl. In a small bowl stir vinegar and mustard. Mix in yogurt, Splenda and paprika. Add chopped peppers, celery, dill and eggs. Pour dressing over warm potatoes. Toss gently. Garnish with parsley. Serve at room temperature.

Tip. Fresh slices of watermelon make the perfect dessert.

