

# Nutrition News

## Carrots Are The Pick Of The Season Selection

(NAPSA)—What's cooking? One of the most versatile vegetables in the produce section—the carrot.

Whole or baby-cut, cooked or raw, carrots make delicious snacks and side dishes. This orange vegetable is one of the best available sources of beta-carotene, which the human body turns into vitamin A, an important component for healthy eyes and skin.

Carrots are also rich in vitamin C, dietary fiber and potassium which can help strengthen the immune system and reduce the risk of high blood pressure, stroke, heart disease and some cancers.

In addition to health benefits, carrots are great-tasting in salads, soups and other healthy dishes. For people who are always “on-the-go,” raw carrots make for one of the most convenient snacks.

In fact, carrots made the cut when Weight Watchers kicked off its 2005 *Pick of the Season* initiative, a quarterly series of recipes highlighting the nutritional benefits of seasonal fruits and vegetables. This Chicken and Baby Carrots in Lemon Sauce recipe reflects the company's philosophy that eating should be satisfying as well as healthful.

For additional recipes, visit [recipesforcarrots.com](http://recipesforcarrots.com) and [WeightWatchers.com](http://WeightWatchers.com).

### Chicken and Baby Carrots in Lemon Sauce

#### Ingredients

- 4 (4 oz. each) skinless, boneless chicken breasts
- 1/3 cup fresh lemon juice
- 1/2 cup finely chopped scallions (green onions), divided
- 4 teaspoons olive oil, divided



**Carrots: A vegetable that can help one “see” the importance of healthy eating.**

- 32 baby-cut carrots
- 1 (14.5 oz.) can fat-free chicken broth

#### Preparation

1. In a gallon-size zip-top plastic bag, combine chicken, lemon juice, half of the scallions and 2 teaspoons of the oil; close bag securely squeezing out excess air. Refrigerate; let marinate 1 hour.

2. Drain chicken, reserving marinade. In a 2-quart nonstick saucepan, heat the remaining 2 teaspoons oil over medium heat. Add chicken; cook, turning once, until lightly browned, about 3 minutes on each side.

3. Reduce heat to low; add marinade, carrots and broth. Bring to a boil over high heat; reduce heat to low. Let simmer until carrots are tender, about 15 minutes. Sprinkle with remaining chopped scallions.

Per Serving: 208 calories; 6 g fat; 2 g fiber. Makes 4 servings. **POINTS®** value per serving: 4.