

While all fats and oils have the same amount of calories per gram, you can make those calories work for you by making nutrient-rich choices. When you know the skinny on fats, getting the good ones into delicious family-friendly meals is easy. **GPTL**

## Nuttin' Better Sauce

Makes 1 1/4 to 1 1/2 cups

*This versatile spread can be used on its own, on a platter with cheese and vegetables, blended into dips and as a healthy ingredient in many savory dishes.*

- 1 roasted red pepper**
- 1/2 cup dry bread crumbs**
- 1 large garlic clove, minced**
- 1 tablespoon lemon juice**
- 1 teaspoon ground cumin**
- 1/4 teaspoon red pepper flakes**
- 1/2 cup pecan halves**
- 1/4 cup canola oil**
- Salt to taste**

- Add red pepper, bread crumbs, garlic, lemon juice, cumin, red pepper flakes, and pecans to food processor. Pulse once or twice just to blend ingredients.
- Add canola oil and blend ingredients to form smooth consistency. Add salt to taste.
- Sauce can be stored in refrigerator, covered, for up to one week.

## Canola Facts

*Canola oil:*

- has the best nutritional balance of any popular cooking oil
- is cholesterol free and has no trans fat
- is one of the best plant sources of omega-3 fat

Find more information at [Canolainfo.org](http://Canolainfo.org).

## Pecan Facts

*Pecans:*

- are the highest in antioxidant capacity of all nuts
- have over 19 vitamins and minerals
- are high in fiber and a good source of protein

Find more information at [Texaspecans.org](http://Texaspecans.org).



*Clockwise from lower right: Nuttin' Better Sauce, Pasta Alla Pecan, Zesty Pecan Salad Dressing, Mushroom Mix and Chicken Pizza, Sweet Pepper and Shrimp Pizza, Middle Eastern Vegetarian Pizza*

## Zesty Pecan Salad Dressing

Makes 1 cup

- 1/2 cup canola oil**
- 2 to 3 tablespoons lemon juice**
- 3 tablespoons Nuttin' Better Sauce**
- Salt and pepper to taste**

- In medium bowl, whisk together canola oil and lemon juice. Add sauce and whisk to blend. Add salt and pepper if desired.
- Store extra salad dressing in refrigerator.

## Baked Chicken Pecan

Makes 4 servings

- 4 chicken breasts**
- 1/2 cup Nuttin' Better Sauce**
- 4 tablespoons coarsely chopped pecans**

Preheat oven to 350°F.

- Spread approximately 2 tablespoons sauce on top of each chicken breast. Place on foil lined baking sheet.
- Bake for 25 to 30 minutes or until chicken is done and juices run clear.
- Garnish each chicken breast with 1 tablespoon chopped pecans. Serve immediately.