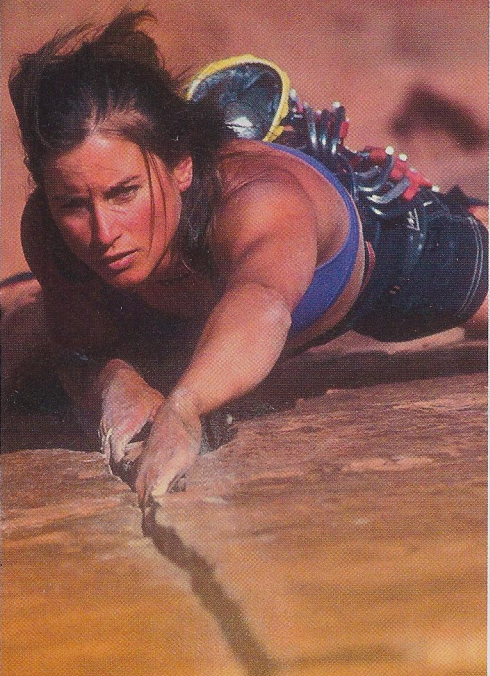
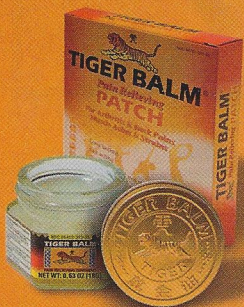


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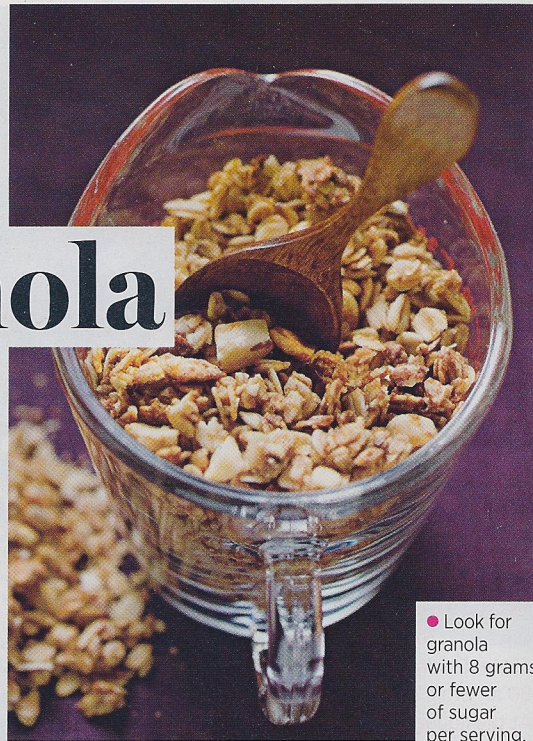
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Eat Right *News*

New Ways to Cook With... Granola

Three ways to think outside the (cereal) box.

This whole-grain staple can be used to add crunch—and fiber—to salads, chicken, and more. Try these fresh ideas from chef Laura Slama, the founder of Laura's Gourmet Granola.



● Look for granola with 8 grams or fewer of sugar per serving.

● **IN A STARTER** Remove the rind from a small wheel of Brie, cut it into wedges, and roll it in crushed granola. Toss baby greens in balsamic vinaigrette and top with granola-crusted Brie and sliced pears.

● **AS A COATING** Preheat oven to 350°F. Whisk together 1 egg white and 1 tbsp Dijon. Coat 2 chicken breasts in egg mixture, then in ½ cup crushed granola; bake for 22 minutes or until cooked through.

● **FOR A SNACK** Heat 4 tsp agave syrup and 6 tbsp peanut butter over medium until combined. Stir in 2 cups granola; spread mixture in an 8-by-8 baking dish. Refrigerate for 1 hour, then cut into 16 pieces.

STEAM THINGS UP

The best way to lock in nutrients? It all boils down to this.

● To get the most bang for your broccoli buck, pull out that steamer basket. University of Illinois researchers found that eating the veggie three to five times a week can help reduce your cancer risk. But an enzyme called **myrosinase** has to be present in order for broccoli's cancer-fighting compound to form when you chew it. "Boiling destroyed myrosinase within one minute," says Elizabeth Jeffery, Ph.D., a professor of nutrition at the university, "while steaming for two to four minutes protected it as well as the vegetable's other nutrients."



● **Crowning glory:** One cup of broccoli delivers 135 percent of the vitamin C you need in a day.

FROM TOP: FOODCOLLECTION/GETTY IMAGES; CREATIVE CROP/GETTY IMAGES; OPPOSITE: PLAMEN PETKOV

