



**THE MAGIC WAND  
CAN POINT YOU TO  
WHOLESOME SNACKS**

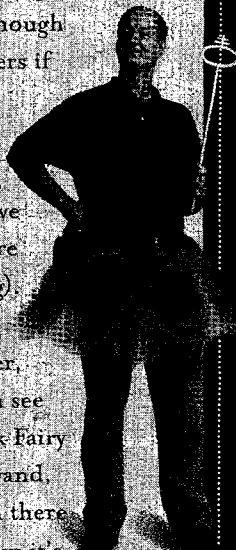
The Snack Fairy's mission seems simple enough:

"To bring back the joy of snacking." Yet it's not easy for a snack to become worthy of the Snack Fairy's approval. And trust us, there are many that ended up with the short end of his wand. Ah, but for the lucky few that do, they have to be pretty special. For instance, KidSense Fun Packs™ nicely match his criteria, which is why you'll find his logo at the bottom of the page right next to the Sensible Snacking flag. What? Please don't tell him you haven't taken notice of it.

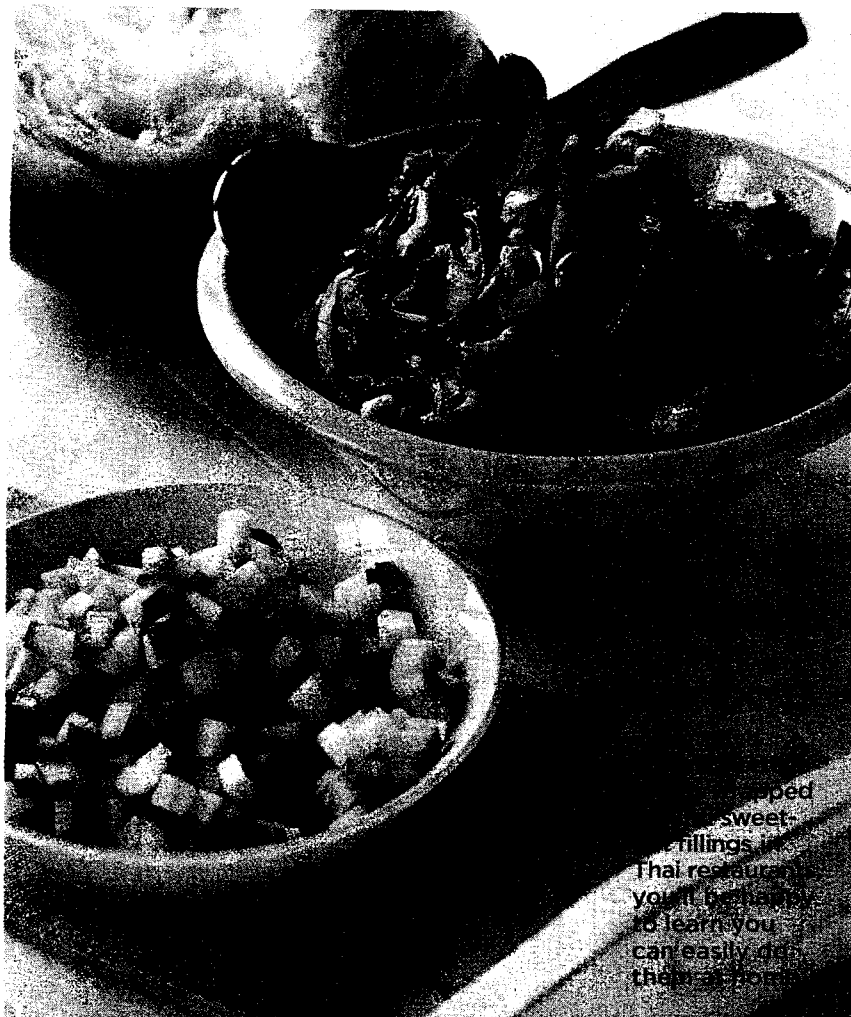
He's pretty proud of his logo (although he wonders if

a three-quarter profile might have been more flattering).

So just remember, when you see the Snack Fairy and his wand, he's been there and he says it's time to Snack Happy.



www.NabiscoWorld.com/KidSense



...chopped  
...sweet-  
...fillings.  
...Thai restaurant  
...you'll be happy  
...to learn you  
...can easily do  
...them at home.

**thai-glazed chicken lettuce wraps**

**Makes:** 4 servings. **Prep:** 20 minutes. **Cook:** 5 to 6 minutes.

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| <ul style="list-style-type: none"> <li>1 pound thin-cut boneless skinless chicken breasts</li> <li>Grill seasoning mix, such as McCormick Montreal Seasoning</li> <li>2 tablespoons vegetable oil</li> <li>2 teaspoons hot chili oil or 1 teaspoon hot red pepper flakes</li> <li>2 tablespoons minced fresh ginger</li> <li>4 cloves garlic, minced</li> <li>1 cup shredded cabbage</li> </ul> | <ul style="list-style-type: none"> <li>1 large red sweet pepper, seeded and very thinly sliced</li> <li>3 scallions, chopped on an angle</li> <li>1/2 cup plum sauce</li> <li>2 cups loosely packed basil leaves</li> <li>1 tablespoon fish sauce (optional) (see Buyer's Guide, page 188)</li> <li>1/3 seedless cucumber, chopped</li> <li>1 small head iceberg lettuce, quartered</li> </ul> |
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1. Thinly slice chicken into strips and sprinkle with grill seasoning mix.
2. Heat a large skillet to hot. Add vegetable oil and chicken. Cook 2 minutes, stirring constantly. Add chili oil, ginger, garlic, cabbage, pepper and scallions. Stir-fry another 2 minutes. Add plum sauce and toss for 1 minute. Add basil and wilt leaves into dish. Add fish sauce if using; turn to coat.
3. Transfer chicken and vegetables to a bowl. Serve alongside chopped cucumber and cut lettuce for wrapping. Place spoonfuls of chicken into a piece of lettuce with cucumber and fold lettuce over to eat like small tacos.

—Cooking 'Round the Clock: Rachael Ray 30-Minute Meals

**Per Serving:** 309 calories; 9 g fat (1 g sat.); 30 g protein; 26 g carbohydrate; 4 g fiber; 889 mg sodium; 66 mg cholesterol. **FC**