

Food

MARMALADE CHICKEN

Orange marmalade and freshly grated orange zest make a deliciously tangy sauce for quick-cooking chicken tenders. Serve with brown rice.

Servings: 4 servings

Total Time: 20 minutes

Ease of Preparation: Easy

Health: Low Calorie, Low Carb, Low Sat Fat, Low Sodium, Heart Healthy, Healthy Weight

Ingredients:

Marmalade Chicken

1 cup reduced-sodium chicken broth

2 tablespoons red-wine vinegar

2 tablespoons orange marmalade

1 teaspoon Dijon mustard

1 teaspoon cornstarch

1 pound chicken tenders (see Note)

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground pepper

6 teaspoons extra-virgin olive oil, divided

2 large shallots, minced

1 teaspoon freshly grated orange zest

Steps:

1: Whisk broth, vinegar, marmalade, mustard and cornstarch in a medium bowl.

2: Sprinkle chicken with salt and pepper. Heat 4 teaspoons oil in a large skillet over medium-high heat. Add the chicken and cook until golden, about 2 minutes per side. Transfer to a plate and cover with foil to keep warm.

3: Add the remaining 2 teaspoons oil and shallots to the pan and cook, stirring often, until beginning to brown, about 30 seconds. Whisk the broth mixture and add it to the pan. Bring to a simmer, scraping up any browned bits. Reduce heat to maintain a simmer; cook until the sauce is slightly reduced and thickened, 30 seconds to 2 minutes. Add the chicken; return to a simmer. Cook, turning once, until the chicken is heated through, about 1 minute. Remove from the heat and stir in orange zest.

Nutrition: (Per serving)

Calories – 213

Carbohydrates – 10

Fat – 8

Saturated Fat – 1

Monounsaturated Fat – 5

Protein – 27

Cholesterol – 68

Dietary Fiber – 0

Potassium – 55

Sodium – 246

Note: Chicken tenders are the virtually fat-free strips of rib meat typically found attached to the underside of chicken breasts. They can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded “chicken fingers.”

Provided by Eatingwell, Courtesy of Arcamax.com •

ARE YOU A SNACKER? GOOD FOR YOU!



Eating a snack or two between meals can curb hunger so that you don't inhale the dining room table when you finally sit down to supper. Snacking can also help you get in all the nutrients you need. On the flipside, grazing all day—particularly on foods of little nutritional value—may result in eating too much and packing on extra pounds. The key is taking a smart approach to snacking. Here are five simple strategies to get you started.

Snack (and multitask) mindfully. Munching mindlessly in front of the TV is a surefire way to gain unnecessary pounds—but that doesn't mean you can never enjoy your favorite program over a bowl of freshly popped popcorn or (fill in your favorite snack). Instead of popping a big bag of microwave popcorn, for example, choose a “mini” 100-calorie bag. And be sure to account for those calories elsewhere in your day.

Use snacks to fill nutritional gaps. Make your snacks count. Choose those that provide calcium and fiber—two nutrients that people often skimp on. Two snacks to try: a cup of yogurt with a half-cup of whole-grain cereal mixed in, or a skim latte plus an apple.

Brown-bag your snack. Skip the vending machine and satisfy the afternoon “munchies” with a healthy snack you packed at home. You'll save money and get a bigger bang for your nutritional buck. Try an ounce of almonds and an orange or a handful of pretzels with some hummus. Planning snacks that provide both carbohydrates and protein will help tide you over until dinner.

Choose your “midnight” snack wisely. If a good night's sleep is what you crave, there may be a food combination to help. Specialists recommend a pre-supper snack that's rich in carbohydrates and contains a bit of protein; this combination is said to increase the tryptophan levels in the brain, causing you to sleep more soundly. Try low-fat yogurt with a sprinkle of granola, a small bowl of oatmeal or a sliced apple with a bit of peanut butter.

Don't get tripped up by travel. However often you fly, prepare in advance so you'll have healthy snacks to eat en route. For shorter flights, pack a quarter-cup of dried fruit, such as apricots, a handful of almonds and a few whole-wheat crackers as healthier alternatives to the salty snacks served in-flight. Sip plenty of water; low humidity and recirculating cabin air can be dehydrating. By EatinWell, Arcamax.com •

Night at the Museum: Battle of the Smithsonian



A former museum night guard tries to rescue his museum figure friends -- that magically come to life at night -- from an Egyptian pharaoh figure that's likewise now animated and desirous of resurrecting his army of the dead. Comedy/PG.

It's been several years since Larry Daley (Ben Stiller) worked as a night guard at New York City's Museum of Natural History. Despite now being a successful infomercial entrepreneur and product inventor, Larry misses his former friends at the museum, but he can only visit them at night.

That's because thanks to an ancient Egyptian tablet with magical powers, various figures there -- Attila The Hun (Patrick Gallagher) and his crew, Lewis and Clark's Indian tracker Sacajawea (Mizuo Peck), miniature diorama figures cowboy Jedidiah (Owen Wilson) and Roman emperor Octavius (Steve Coogan), and former President Teddy Roosevelt (Robin Williams), not to mention several Neanderthals, a T-Rex skeleton and a capuchin monkey known as Dexter -- come to life at night after the museum is closed.

Things are going to change, however, due to the museum undergoing renovations where most of the figures will be sent to the Federal Archives located underground beneath the Smithsonian museums in Washington, D.C. And with the magical tablet staying put, that means those figures will never come to life again. Accordingly, when Larry gets a call for help from Jedidiah, he decides to travel to D.C. to set things straight.

After stealing a security pass, he enters the underground complex only to find Egyptian pharaoh Kahmunrah (Hank Azaria) -- the older jealous brother to his 3,000-year-old counterpart in the New York museum -- has likewise come to life thanks to Dexter the monkey taking the magical tablet with him. Kahmunrah wants to resurrect his army of the undead, but Larry and newly animated fly girl Amelia Earhart (Amy Adams) manage to elude and leave his guards inside a painting.

Accordingly, Kahmunrah enlists the likes of Ivan the Terrible (Christopher Guest), Napoleon Bonaparte (Alain Chabat) and Al Capone (Jon Bernthal) as his new minions whose task is to catch Larry and force him to decipher the Egyptian tablet's secret code. That's all while Larry and Amelia get help from General George Armstrong Custer (Bill Hader) and gigantic stone President Lincoln (Hank Azaria) from his monument to try to thwart the new museum villain.

The sequel to “Night at the Museum” only had one such destination. After all, New York City's Museum of Natural History is a pretty big place, so the logical next locale would be the mother of all such institutions -- the “nation's attic.” The result -- that brings back most of the human and magically brought to life museum attractions and mixes them with a brand new set -- is “Night at the Museum:

Battle of the Smithsonian.”

While it suffers from and even magnifies some of the same problems that bedeviled its predecessor, I found this offering slightly more entertaining than the original. The target audience of younger kids won't care about any such criticism, however, as they'll likely eat up this combo of action-adventure and museum-based history to figures equaling or exceeding the first pic's nearly \$575 million worldwide box office take.

With the setup now out of the way -- that explains how the museum figures and attractions come to life thanks to an ancient and magical Egyptian tablet -- the premise here is quite simple. The original museum is shut down for more technologically advanced renovations and thus most of the figures are being sent off to the “Federal Archives,” a massive complex beneath the National Mall in Washington, D.C.

Learning the tablet isn't going with them, but later receiving something of a distress call stating it did which has resulted in new trouble, former night guard turned product gimmick entrepreneur Larry Daley (Ben Stiller in usual “comically bad things happen to me” mode) realizes he must do something to save his friends who only come to life at night.

Once there, he discovers a power-hungry, 3000-year-old Egyptian pharaoh (the brother of the one from the first film) and, with the help of friends old and new (the latter including Amelia Earhart, General Custer and others) must prevent the pharaoh and his new minions -- Al Capone, Napoleon and Ivan the Terrible -- from taking over the museum complex and perhaps the world.

While Stiller again gets the lion's share of screen time running to and fro, and Amy Adams makes for a cute it not exactly historically accurate transatlantic fly girl, the film's modest pleasures come from the smaller elements and moments. Some of that stems from various characterizations, such as those offered by small to extended cameos by Jonah Hill and Bill Hader. Hank Azaria is somewhat fun as the pharaoh, even if the slightly effeminate and half-serious, half-goofy villain character has been done to death, and despite the actor doing a weird accent that's supposed to be Boris Karloff but sounded more to me like an odd Jeremy Irons impersonation.

All of that said, and as was the case the first time around but multiplied here, there are simply too many characters in play, meaning most of the original ones (including Robin Williams) and many of the newer ones end up shortchanged. The same holds true for the creative plot elements.

While scribes Robert Ben Garant & Thomas Lennon occasionally have some fun with the built-in potential -- characters interacting with historical paintings and even entering the world inside of a famous photo -- the filmmakers, including returning director Shawn Levy, don't utilize enough of that or take it as far as they could and obviously should have (a problem I also had with the first flick).

The same holds true for characters interacting with famous inanimate objects found in the Smithsonian's various museums (and don't get me started on the creative license of the assembly of such items -- some of which aren't in any of the museums -- into one locale).

Notwithstanding all of that, younger kids will likely love it, and many adults probably won't mind sitting through it. Yet, had as much creativity gone into maximizing the story potential to equal all of the running around, goofy jokes and PG-related action, this could have been so much better.

Even so, “Night at the Museum: Battle of the Smithsonian” is entertaining enough to come in a notch above its predecessor, and thus rate as a 4.5 out of 10. Courtesy of Screenit.com •

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