



# Great news about coffee!

## Go from Bland to Grand with this Healthy Summer Grilling Recipe!

Although hotdogs and burgers have become standard fare at picnics and barbeques, here's a simple recipe that will make a big splash with family and friends. What's more, this full-flavored dish is low in calories, aromatic, and serves up the health benefits found in coffee.

The recipe is the original creation of author, restaurateur, natural foods gourmet and coffee lover Chef Steve Petusevsky.

This sweet and spicy recipe blends the richness of coffee with the nutty essence of peanut butter. They go together beautifully in a savory marinade for chicken or for a tender cut of beef, lamb or pork. You can make the marinade the day before, too – in fact, steeping the meat overnight in the refrigerator will dramatically boost the flavor.

The coffee in the marinade adds a subtle, but quite distinctive difference. It kicks up other natural flavors in

the meat and the marinade and delivers a unique zest of its own. Beyond the new taste experience, you'll also get the healthy benefits that coffee has been found to offer. Research shows that drinking coffee reduces the risk of developing type 2 diabetes,<sup>1</sup> Parkinson's Disease,<sup>2</sup> and even some types of cancer.<sup>3</sup> We all know coffee helps keep us alert, but scientists have found it may improve short-term memory, too.<sup>4</sup>

For other flavorful and healthful food creations, you may want to try other coffee recipes available at [www.coffeescience.org](http://www.coffeescience.org).

<sup>1</sup>Does coffee consumption reduce the risk of type 2 diabetes in individuals with impaired glucose? *Diabetes Care*: November 2006.

<sup>2</sup>Coffee and health: a review of recent human research. *Crit Rev Food Sci Nutr*: 2006.

<sup>3</sup>Influence of Coffee Drinking on Subsequent Risk of Hepatocellular Carcinoma: A Prospective Study in Japan. *J Natl Cancer Inst*: 2005.

<sup>4</sup>Does coffee improve memory? *Health News*: March 2006.

### Thai Coffee Spiced Chicken Satés Serves 6-8

2 tablespoons ground coffee, regular or decaffeinated  
Canola or peanut oil  
¼ cup soy sauce  
2 tablespoons peanut butter, smooth or chunky  
1 tablespoon light brown sugar  
2 tablespoons lime juice  
3 cloves  
Minced garlic  
1 tablespoon minced fresh ginger root  
1 tablespoon curry powder  
1 teaspoon crushed red chilies  
2 lbs. boneless, skinless chicken breast cut into ½-inch wide strips  
24 wooden skewers



Combine all ingredients except the chicken in a bowl and set aside. Thread the chicken on the wooden skewers and place in a dish with raised

sides. Pour the marinade (the combined ingredients) over them, cover, and allow to marinate in the refrigerator for at least 2 hours or overnight.

Grill over coals or a gas grill at a medium heat for 5 minutes per side or until cooked through. Be sure to thoroughly cook the chicken (or pork if you're using it). Thai Coffee Spiced Chicken Satés are sure to be summer pleasers served with a salad, toasted French bread and a chilled beverage – like iced coffee!