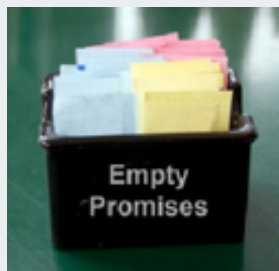




## Artificial Promises



Artificial sweeteners have become a staple in our diets it seems for the last thirty plus years. Whether it's sucralose in our morning coffee, aspartame in our soda at lunch, or acesulfame-k in our sugar-free ice cream after dinner—or all three—we continue to consume them based on the assumption that they are better for us than the most natural of ingredients—sugar, just 15 calories per teaspoon.

However, the School of Medicine at the University of Texas Health Science Center recently reported on two of its studies at the recent Diabetes Association annual meeting. Each study provided further evidence of a link between artificially sweetened diet sodas and weight gain.

[Click here to read more](#)

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## Sweet & Sour Chicken Nuggets



*Here's a quick and easy meal to serve on those nights when the family is heading out to a game:*

**Ingredients:**

4 boneless chicken breast halves, cut in 1-inch chunks  
3 T cornstarch  
Large cooking bag  
3 T red wine vinegar  
1/4 C Pioneer Golden Light Brown Sugar, firmly packed

1 LG green pepper, cut in 1-inch chunks  
1 MED onion, cut in wedges  
1 clove garlic, finely chopped  
1 can (20 oz.) pineapple chunks, in heavy syrup, undrained  
1/2 tsp. hot pepper sauce  
1/2 tsp. salt

**Directions:**

Using a large cooking bag, shake cornstarch inside the bag and place in a 9 x 13-inch baking dish. Combine all ingredients in bag, mixing well. Close bag with tie. Marinate in refrigerator overnight, turning bag several times.

To Cook: Preheat oven to 350 degrees. Make 6 slits in top of bag. Bake 25 to 30 minutes or until chicken is tender and sauce bubbly.

Serve with rice or noodles.

[Click here for more Main Dish Recipes](#)

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## 3rd Annual Squash Baking Contest

Squashtoberfest, a cooking contest for pumpkin & squash lovers, will be held on Wednesday, October 26, 2011 at Zehnder's of Frankenmuth. If you have a sweet recipe, soup recipe or savory recipe send it in with the attached form by September 23, 2011.

You may be selected as one of 10 finalists in the category you entered and you can also submit a recipe for each category!

So what qualifies as a squash? That would be any member of the gourd family. This includes summer varieties with thin skins and edible seeds like zucchini, yellow crookneck squash. Plus winter squash varieties with hard skins and hard shell seeds such as: butternut, hubbard, buttercup, spaghetti, patty pan and of course pumpkin!

Now for the enticement... the Prizes:

1<sup>st</sup> Place in each category will receive; \$200, 40 lbs. of Pioneer Sugar and 4 tickets to Zehnder's Christmas Dinner Show.

2<sup>nd</sup> Place in each category; \$100, 20 lbs. of Pioneer Sugar and dinner for 4 at Zehnder's Restaurant.

3<sup>rd</sup> Place in each category; \$50 gift card, 10 lbs. of Pioneer Sugar and dinner for 2 at Zehnder's Restaurant.

Download the entry form and submit your recipe. But hurry, the deadline is September 23rd!

[Click here for entry form](#)

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## Did you Know...?



Sugar helps retain the color of the fruit.  
Sugar helps bread rise by acting as a food source for yeast.  
Sugar serves as a whipping aid to stabilize beaten egg foams.  
Sugar helps prevent "lumps" in puddings, sauces and pie fillings.  
Sugar helps produce the desired surface cracking of some cookies.  
Sugar is used in many condiments to soften acidity and blend flavors.  
Sugar helps promote lightness when creamed with shortening or butter.  
Sugar prevents spoilage of jams, jellies and preserves after they are opened.  
Sugar stabilizes foams such as meringues and helps increase volume. It also adds to the caramelizing of the meringue when baked.

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## Sweet Savings!



***Free printable coupon!***

Save .50 cents on a 5-pound bag of pure, sweet Pioneer Sugar at your favorite local grocery store. Locally Grown. Locally Owned.

[Click here for your coupon](#)

Michigan Sugar Company | 2600 S. Euclid Ave. | Bay City | MI | 48706

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