

Fabulous Food Ideas

Add A Tasty New Crunch

(NAPSA)—The next time you want to add some excitement to your meal and surprise your friends and neighbors, you can delight them with fresh, crunchy toppings.

You can sprinkle Crispy Onions, Tortilla Strips and Wonton Strips on hamburgers, salads and side dishes to help turn your meal into a festive, crunchy centerpiece.

Variety Is The Spice Of Life

Research into restaurant menu trends indicates that people appreciate the taste, texture and color—as well as the nutritional benefits—of fresh foods with dressed-up “crunch appeal.” Not only that, but with the growing popularity of ethnic cuisine and hot new flavor combinations such as wasabi-ranch and garlic-pepper, menus at leading restaurants are experiencing a delicious face-lift. Now you can make many of these popular menu items at home.

In Produce Sections Everywhere

Fresh Gourmet Crunchy Toppings come in six fabulous flavors and are available in the produce section of supermarkets. The fresh, wholesome goodness of salads and vegetables combined with crunchy,



satisfying toppings are a win-win when it comes to eating light without sacrificing flavor.

Kids Love Them

Consider these toppings when you're looking for some new tricks to pull out of the lunch bag for the youngsters. Kids enjoy these Crunchy Toppings, and in very little time, you can dress up nutritious foods with a wink and a sprinkle.

Sprinkle Crunch Onto:

- Green salads
- Pizza
- Tacos
- Potato salad
- Burgers and steaks
- Fajitas
- Rice
- Chicken dishes
- Macaroni and cheese
- Or these Quesadillas

Quesadilla With Crispy Onions Serves 4

- 4 10-inch flour tortillas
- 2 cups shredded Monterey Jack cheese *
- 1 cup shredded cooked chicken
- 4 tablespoons Fresh Gourmet Crispy Onions
- ½ cup fresh salsa

On one tortilla, sprinkle 1 cup cheese, ½ cup chicken and 2 tablespoons Fresh Gourmet Crispy Onions. Top with second tortilla. (Repeat process for second quesadilla.)

Preheat a large frying pan or griddle over medium-hot heat. Place both filled tortillas in pan and cook until tortillas are browned and cheese begins to soften. Turn over and continue to cook until cheese is melted and tortillas are browned. Cut each quesadilla into 4 wedge-size pieces. Total recipe makes 8 pieces to serve four.

* Mexican shredded cheese is a good substitute.

For more popular recipes, visit www.freshgourmet.com.