

Nutrition In A Nutshell

Almonds Add Crunch To Any Cuisine

(NAPSA)—If you're looking for a little extra flavor, adding nuts is not a nutty idea. Whether slivered, sliced, roasted, blanched or whole natural, almonds add enough flavor, texture and sophistication to help turn many traditional dishes into haute cuisine.

"Composing a simple, successful dish is all about balancing textures and flavors," says Joanne Weir, a James Beard award-winning cookbook author and public television cooking personality. "Adding depth to a dish can be as simple as swapping out traditional breadcrumbs for crunchy crushed almonds."

Savvy home cooks add almonds not just for toasty flavor and crunch, but also for health benefits. While not all tasty foods are good for you, almonds contain the antioxidant vitamin E, protein, fiber, magnesium, potassium, calcium, phosphorus and iron, all in 160 calories.

Eating a one-ounce handful of almonds every day as part of a healthy lifestyle can help lower LDL, or "bad," cholesterol without weight gain. Try almonds in this beautiful beet salad. Serve it as a first course to grilled chicken or fish.

Summer Beet Salad With Almonds and Chives

- 1½ pounds beets—red, yellow, the candy-striped Chioggia, or a mixture**
- ¼ cup slivered almonds, roasted***
- 2 tablespoons extra-virgin olive oil**
- 1 tablespoon minced fresh**



This beautiful, colorful and nutritious salad owes its delicious texture to the addition of slivered almonds.

chives, plus a few whole chives for garnish

1 teaspoon fresh lemon juice

¼ teaspoon kosher salt or sea salt

2 ounces feta or goat cheese, crumbled

Place beets in a medium pot and cover with water. Cover, bring to a boil, and cook 15 to 25 minutes, until a beet is easily pierced with a fork. Drain, let cool, and use a paring knife and fingers to slide off skins. Cut beets into bite-sized pieces and place in a large salad bowl. Add almonds, olive oil, chives, lemon juice and salt, and toss gently. Sprinkle with feta, lay whole chives across salad as garnish, and serve. Serves 4.

***To roast sliced almonds, spread in an ungreased baking pan. Place in a 350°F oven and bake 10 minutes or until golden brown and fragrant; stir once or twice to ensure even browning. Almonds will continue to roast slightly after removing from oven.**

For more information and recipes, visit www.AlmondsAreIn.com.