

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

415 Madison Avenue, 12th Fl.
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92 WORDS, 30 SECONDS

COOKING CORNER

A TASTEFUL WAY TO SHOW FRIENDS AND FAMILY YOU CARE ABOUT THEM IS TO TREAT THEM TO HEART-SMART COOKING. TO HELP, CANOLA-INFO IS OFFERING DELICIOUS BRUNCH RECIPES IN ITS "MOTHER'S MAY THE HEALTHY WAY" COLLECTION BY REGISTERED DIETITIAN ELLIE KRIEGER (KREE-GER), HOST OF THE COOKING CHANNEL'S "HEALTHY APPETITE." TO LIGHTEN UP HER RECIPES, KRIEGER USES LOW-FAT DAIRY PRODUCTS, WHOLE GRAINS AND CANOLA OIL, WHICH HAS THE LEAST SATURATED FAT AND MOST OMEGA-THREE FAT OF ALL COMMON CULINARY OILS. THE RECIPES ARE AT CANOLA-INFO--DOT--ORG.