

Delightful Food Ideas

Delicious Sides Take Center Stage



Sensational Sides—Great sides, such as Cowboy Caviar, can be simple to make and help add fun and variety to mealtime.

(NAPSA)—Whether you're hitting a neighborhood cookout or dining in with family, few things stand in front of great sides when it comes to making mealtime fun and delicious.

Side dishes add variety, color and texture to meals—and the right ones add a dash of nutrition, too. For instance, tossing together a quick green salad provides a dose of vitamins and minerals, while a three-bean salad adds protein and fiber to a meal.

You can find plenty of tasty and healthful side dish recipes—from Broccoli Waldorf Salad and Crunchy Asian Salad to Jambalaya Salad and 7 Layer Pasta Salad—at www.30salads30days.com. The site provides 30 different salad ideas, each made with dressings, dips and sauces from Litehouse Foods. The company makes its refrigerated dressings in small batches without preservatives, MSG or trans fats.

The site offers this recipe for Cowboy Caviar, a versatile side dish that can be used as a salad, appetizer or relish:

Cowboy Caviar

- $\frac{1}{2}$ **medium avocado**
- $\frac{1}{4}$ **cup Litehouse Red Wine & Olive Oil, or Zesty Italian dressing**
- 1 tsp. hot pepper sauce**
- 1 (15-ounce) can black-eyed peas, rinsed and drained**
- 1 (11-ounce) can corn kernels, rinsed and drained**
- $\frac{3}{4}$ **cup sliced green onions**
- $\frac{3}{4}$ **cup chopped fresh cilantro**
- $\frac{1}{2}$ **pound fresh tomatoes, chopped**
- salt and pepper to taste**

In a large bowl, peel and cube avocado, add dressing and hot sauce; toss lightly. Drain and rinse peas and corn. Add peas, corn, onions, cilantro and tomatoes to mix. Serve as an appetizer with tortilla chips or add 2 cups shredded cabbage to make a salad.

Nutrition: Calories 90, Fat 4g, Carbohydrate 13g, Protein 3g, Fiber 4g, 40 percent Calories from fat.

For more information, visit www.30salads30days.com or call (800) 669-3169.