

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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93 WORDS, 30 SECONDS

FESTIVE, HEALTHFUL APPETIZERS

WEDDINGS AND ENGAGEMENT PARTIES GO HAND IN HAND WITH FESTIVE FARE. TO HELP CELEBRATE, SAY "I DO" TO THE "ENGAGING APPETIZERS" RECIPE COLLECTION FROM CANOLA-INFO AND REGISTERED DIETITIAN ELLIE KRIEGER, HOST OF THE COOKING CHANNEL'S "HEALTHY APPETITE." "THESE ELEGANT, PORTION-CONTROLLED BITES TAKE ADVANTAGE OF THE SEASON'S BEST PRODUCE, WHILE MARRYING HEALTH AND FLAVOR," SHE SAYS. KRIEGER USES CANOLA OIL IN THESE RECIPES BECAUSE IT HAS THE LEAST SATURATED FAT AND MOST OMEGA-THREE FAT OF ALL COMMON COOKING OILS. FOR RECIPES AND COOKING TIPS, GO TO CANOLA-INFO--DOT--ORG.