

Healthy Eating Requires New Habits And New Recipes

(NAPSA)—Deciding to eat better does not have to be about denying yourself. Having more energy and staying healthier can be as easy as developing a few new habits. Here are a few tips to help:

- **Reduce, don't eliminate certain foods.** If your favorite foods are high in fat, salt or sugar, moderate how much you eat of them and how often you eat them.

- **Make food decisions in advance.** Plan your daily meals, drinks and snacks so you don't have to think about food all the time and keep having to make decisions about what to eat.

- **Eat slowly.** Your appetite can be satisfied on less food by slowly savoring everything you eat. And wait before going back for seconds.

- **Try healthful new recipes.** Include more brightly colored produce in your diet and add some heart-healthy salmon, with Omega-3s. Karo Syrup and Argo Corn Starch offer two new delicious recipes that don't require self-denial.

The first is a restaurant-quality salad of crisp, fresh greens, tangy feta cheese, juicy whole raspberries, and cinnamon-dusted, pan-toasted pecan halves.

The second recipe is a simply prepared skillet dish that keeps the salmon moist while adding a light citrus flavor, a great way to add more seafood to your diet:

Assorted Greens with Feta, Cinnamon Dusted Pecans and Raspberry Vinaigrette

Prep Time: 20 minutes

Cook Time: 5 minutes

Makes 5 servings

Cinnamon Dusted Pecans

1 tablespoon sugar

$\frac{1}{2}$ teaspoon Spice Islands®

Ground Saigon Cinnamon



This creamy, homemade raspberry vinaigrette recipe is sweet and savory and makes enough for many salad servings.

1 tablespoon butter or margarine

$\frac{3}{4}$ cup pecan halves

Raspberry Vinaigrette

$\frac{3}{4}$ cup frozen, unsweetened raspberries

$\frac{1}{4}$ cup water

$\frac{1}{4}$ cup red wine vinegar

$\frac{1}{2}$ cup Karo Light Corn Syrup

1½ teaspoons Spice Islands Ground Mustard

1 cup vegetable oil

1½ teaspoons Spice Islands Chives

dash Spice Islands Black

Pepper

dash salt

Salad

5 ounces salad greens

$\frac{3}{4}$ cup crumbled feta cheese

Fresh raspberries, optional

Pecans: Combine sugar and cinnamon; set aside. Melt butter over medium heat in a large skillet. Add pecans and stir constantly until pecans are lightly toasted, about 5 minutes.

Remove from heat and immediately add cinnamon-sugar mixture. Stir well to mix. Pour onto a foil-lined tray. Cool com-

pletely. Can be stored in airtight container for up to two weeks.

Vinaigrette: Combine raspberries, water, vinegar, corn syrup and ground mustard in a blender or food processor. Blend until smooth.

Gradually add oil. Stir in chives, pepper and salt. Chill until ready to serve.

Combine salad greens with feta cheese. Top with fresh raspberries, if desired. Drizzle with Raspberry Vinaigrette and top with Cinnamon-Dusted Pecans. Reserve remaining vinaigrette for another meal.



Lemon sauce keeps this salmon dish moist and flavorful.

Salmon with Lemon Sauce

Prep Time: 5 minutes

Cook Time: 15 minutes

Makes 4 servings

$\frac{1}{2}$ cup white wine

$\frac{1}{2}$ cup water

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon Spice Islands Dill Weed

$\frac{1}{2}$ teaspoon Spice Islands Ground Mustard

1 lemon, thinly sliced

2 tablespoons butter

4 salmon fillets

2 teaspoons Argo Corn Starch

Combine wine, water, salt, dill weed, mustard, lemon and butter in a large skillet. Heat just until boiling. Add salmon; cover and simmer 15 minutes or until fish flakes with a fork.

Remove fish and lemon slices to heated serving platter. Stir corn starch into 1 tablespoon cold water in a small bowl. Blend corn starch mixture into pan juices, stirring constantly until mixture thickens and becomes clear. Spoon over fish. Serve immediately.

For more information and recipes, visit www.karosyrup.com and www.argostarch.com.