

# Cooking Corner Tips To Help You

## Natural Sugar: Looks Good, Tastes Great

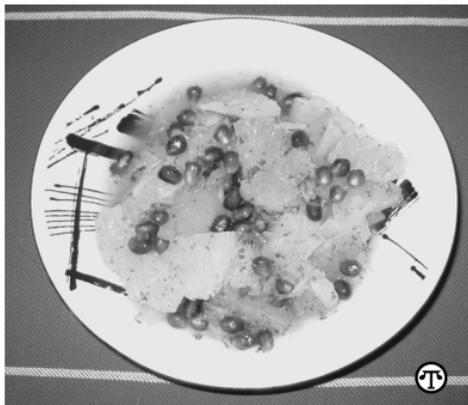
(NAPSA)—Sugar is the sweet spot in the renaissance of natural foods. Among the reasons that sugar is reclaiming its place of honor in the kitchen are that it's safe, 100 percent natural, has only 15 calories a teaspoon and tastes best when all other sweeteners are considered. Here's a salad recipe that's both healthy and tastes great:

### CITRUS SALAD WITH MINT SUGAR

*(Serves 8)*

- 6 navel oranges
- 2 white grapefruits
- 2 pink grapefruits
- 1 pomegranate
- ½ cup packed fresh mint leaves
- ½ cup sugar

Remove ends of citrus fruit with a sharp knife so fruit will sit flat on a cutting board. Using the knife, cut away the peel from the fruit, making sure to remove the white pith as well, until only the flesh remains. Holding fruit over a medium bowl, cut along either side of the membrane to release the citrus segments.



Great entertaining starts with serving natural products. This Citrus Salad with Mint Sugar is a tasty and healthy example.

Quarter the pomegranate and remove the seeds; add seeds to the citrus. Refrigerate. This step may be completed up to six hours before serving.

Place the mint and sugar in a food processor. Pulse until the mint is finely chopped, scraping down the sides of the bowl occasionally. Toss the mint sugar with the fruit, allow to sit 10 minutes, then serve.

To learn more about the benefits of sugar, visit [www.sugar.org](http://www.sugar.org).