

Cooking Corner Tips To Help You

New "Toss On" Contest Seeks Recipes That Are Given An Almond Accent

(NAPSA)—Some of the best cooks create their signature dishes by taste, using just a pinch of this, or a dash of that. These simple extras often make all the difference.

To elevate favorite recipes to gourmet status, try tossing Sunkist® Almond Accents™, flavored sliced almonds, on salads, pastas, rice or vegetable dishes. Sprinkle this zesty topping on side dishes, or use it to coat fish or poultry.

Using almonds to dress up standard fare like asparagus, string beans and broccoli, or side dishes such as Middle Eastern tabbouleh or stir fry, can be a great way to get the family to eat more vegetables. Try this easy and elegant salad recipe:

APPLE, ALMOND AND BLUE CHEESE SALAD

- 6 cups romaine or mesclun lettuce**
- 2 apples, thinly sliced**
- ½ cup crumbled blue cheese**
- ½ cup Sunkist Almond Accents**
- ½ cup balsamic vinaigrette**

Arrange lettuce on four serving plates. Top with apple slices, cheese and Sunkist Almonds Accents. Drizzle with vinaigrette.

There are so many ways that a versatile ingredient like flavored,



sliced almonds can be used, that Sunkist Almond Accents plans to award hundreds of prizes through its current "Toss On" contest. The grand prize winner will enjoy a deluxe food-lovers vacation for two to Napa, and a week-long course at the Culinary Institute of America at Greystone.

To participate, consumers should submit a completed entry form, two Sunkist Almond Accents UPC symbols, and an original recipe using any of the six Sunkist Almond Accents varieties: Original Oven Roasted, Honey Roasted, Ranch Style, Bacon Cheddar, Roasted Garlic Caesar and Italian Parmesan.

For more information see official rules and entry form available in produce sections nationwide. All recipes should be mailed to: Sunkist Almond Accents "Toss On" Contest, P.O. Box 2366, Mission Viejo, CA 92690-2366. All entries must be received by July 6, 2003.