

# Cooking Corner



## Pure Taste: The Simplicity And Convenience Of Cooking Spray

(NAPSA)—Consumers looking for great taste, performance and convenience are giving thanks for a “mist” opportunity.

That’s because an innovative line of cooking sprays now provides home chefs with delicious flavor and a light touch in the kitchen, without common spray ingredients such as alcohol and silicone.

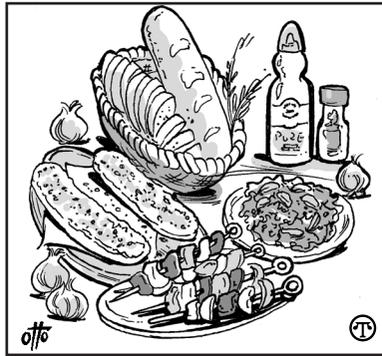
Consumer product testing showed that consumers who liked the pure, natural taste and convenience of a light cooking spray are looking to expand their use of cooking sprays to include sautéing meat and vegetables, spraying on meats to hold seasonings while cooking, adding flavor to popcorn and browning foods in the microwave.

Cooking sprays, like Mazola Pure™ Cooking Spray, are becoming more popular because they offer exceptional taste combined with an unbeatable no-stick formula, while giving consumers the performance and convenience they want. Furthermore, products like these provide a healthier alternative to butter and margarine.

This quick-and-easy recipe provides a simple way to whip up an old favorite, with the rich and delicious buttery flavor of traditional garlic bread—but with far fewer calories.

### Instant Garlic Bread

**Mazola Pure™ Cooking Spray (Extra Virgin Olive Oil, Original Canola Oil or**



**New cooking spray offers convenience, great flavor and a light touch to your recipes.**

**Natural Butter Flavor)  
1 24-inch loaf French bread  
1 teaspoon garlic salt**

- 1. Preheat oven to broil. Rack should be in center position.**
- 2. Slice bread loaf open lengthwise then in half to fit on an 11 x 17-inch baking tray. Place cut side facing up.**
- 3. Spray cut side of bread with cooking spray.**
- 4. Sprinkle evenly with garlic salt. Spray again with cooking spray.**
- 5. Broil for 1½ to 2 minutes or until light golden brown on top.**
- 6. Remove to cutting board and slice into serving pieces using a serrated bread knife.**

**Prep Time: 5 minutes  
Bake Time: 1½ to 2 minutes  
Yield: 6 to 8 servings**

### Alternate Recipe Ideas:

• *Spray with Mazola Pure Extra Virgin Olive Oil and sprinkle on Italian seasoning and Parmesan cheese.*

• *Spray with Mazola Pure Natural Butter Flavor and sprinkle on cinnamon sugar.*

Here are some additional ways to use cooking sprays:

• Vegetables don’t have natural oils, so coat them lightly with cooking spray before grilling to protect the skin from drying and burning. Store grilled vegetables in the fridge for up to three days for a spur-of-the-moment salad.

• Tomato-based sauces can leave permanent stains on plastic storage containers. One simple way to avoid this mess is to spray the inside of containers with cooking spray prior to pouring in the sauce.

• Before firing up the barbecue, spray the cool, clean grill rack with cooking spray to prevent food from sticking and to ensure easy cleanup.

• When preparing shish kabobs—a simple, no-fuss meal—spray the metal skewers with cooking spray so that cooked items will slide off easily.

• Fish has a tendency to dry out and break into small pieces when grilling. Brush on fresh lemon juice and wrap in aluminum foil sprayed with cooking spray to keep the fish moist.

For more information and recipe ideas, visit [mazolapure.com](http://mazolapure.com).