

# Time For An Oil Change: A Simple Way To Eat Healthier



**A dressing made from canola oil, vinegar, garlic and curry adds healthy flavor to this tempting salad.**

(NAPSA)—Eating a healthier diet can be as simple as making a few tasty substitutions.

For example, you can use canola oil in any recipe that calls for vegetable, olive, corn or sunflower oil. Light in flavor, canola is the lowest in saturated fat of all cooking oils and has the healthiest balance of fatty acids. While it's cholesterol- and trans fat-free, it's high in omega-3 fatty acids.

Try this healthy, delicious salad, which combines romaine lettuce, spinach, fruits and nuts in a flavorful canola oil vinaigrette. If desired, add a little more curry.

## **Curried Spinach Salad With Grapes And Oranges**

- 1 head romaine, torn into pieces**
- 1 cup torn fresh spinach**
- 1 11-ounce can mandarin orange sections, chilled and drained**
- 1 cup green grapes, seeded and halved**
- ½ cup toasted slivered almonds**

- ½ cup canola oil**
- ½ cup white wine vinegar**
- 1 clove garlic, minced**
- 2 tablespoons minced frozen chives**
- 1 tablespoon curry powder**
- 1 teaspoon soy sauce**
- 2 tablespoons packed brown sugar**

**In a large bowl, combine lettuce, spinach, orange sections, grapes and almonds. In a jar with a screw-on lid, combine oil, vinegar, garlic, chives, curry powder, soy sauce and brown sugar. Shake well before serving. Just before serving, toss some of the dressing with the salad and serve the remaining dressing separately.**

**Serves 6 to 8.**

For more fabulous recipes using canola oil, see the new cookbook "Canola Gourmet" (Capital Books) by Sheri Coleman and Sheila Kaufman. It's available in bookstores and on amazon.com and other book search engines.