

PURÉE PLEASURE



Sweet potatoes, pumpkin, butternut squash. There's nothing like deep-orange vegetables to dress up your plate and hike up your intake of vitamins and antioxidant carotenoids.

Only one problem: by the time you wash and prepare these hearty veggies, your family may be rummaging around the kitchen for takeout menus...that is, unless you start with **Farmer's Market**.

The company offers unseasoned purées of organic **Sweet Potato**, **Pumpkin**, and (coming this spring) **Butternut Squash** in convenient cans that you can store in the pantry until you need them. Then grab your favourite recipe for soup, muffins, pies, or whatever, skip steps 1 through 5 (wash, peel, chop, cook, purée), and go straight to where you stir the purée into your pancake or muffin batter, etc.

Want a 20-minute Pumpkin-Sweet Potato Soup tonight? Combine 1 can each Farmer's Market pumpkin and sweet potato purée with $\frac{3}{4}$ tsp. each ground ginger, curry powder, and cumin, $\frac{1}{4}$ tsp. nutmeg, and 2 cups each lower-sodium chicken (or vegetable) broth and water. (Add some sautéed onions if you'd like.)

Bring to a boil, reduce the heat, and simmer for 10 to 15 minutes. (For a "creamy" soup, stir in a cup of 1% milk after simmering or top each bowl with a dollop of plain low-fat yogurt.)

M-m-m-m. Carotenoids never tasted so good.

Farmer's Market: (541) 757-1497

About CSPI,
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NOT SO HOT

"Mornings at Tim Hortons just got even better," says Tim's Web site.

"That's because in addition to hot, fresh coffee, donuts, muffins, and bagels, Tim Hortons now has a hot breakfast sandwich...It'll make your morning."

Make your morning *what?*
Hazardous?

If your arteries could get a restraining order, the eggs, bacon or sausage, cheese, and refined-flour biscuit in Tim's sandwiches would be in trouble.

Go with the bacon and you'll polish off 400 calories and 17 grams of saturated fat in a few bites. Make it sausage and you'll swallow 500 calories and 20 grams of sat fat. In either case, you've pretty much shot your bad-fat allowance for the whole day before 9 a.m.

Tim Hortons Hot Breakfast Sandwiches make McDonald's look good. A 310-calorie Bacon 'n Egg McMuffin, for example, has 5 grams of sat fat, while the 440-calorie Sausage McMuffin with Egg has 10 grams. (The sandwiches at both chains have no more than $\frac{1}{2}$ gram of trans fat.)

How does Tim manage to out-damage McDonalds? It's that compact, innocent-looking biscuit—with its 11 grams of saturated fat—that gets stuck in your arteries. That's partially hydrogenated palm kernel oil at work.

Add the eggs, cheese, and sausage or bacon and you've got sandwiches than can make your mourning.



Tim Hortons: (888) 601-1616

TIP OF THE MONTH

Planning to broil or grill chicken, fish, or whole portobello mushrooms? Give them a flavour boost by cutting 4 or 5 slits in each piece or cap. Stuff each slit with a thin slice of fresh garlic, then crank up the broiler or grill.

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