

## MESQUITE FROM THE MISSUS



Did *Mr. Dash* have high blood pressure? Were both he and the missus bored with salt, pepper, and the usual seasonings?

If you want to keep your blood pressure under wraps but you're not exactly a Julia Child around the kitchen, *Mrs. Dash* can make life easier. Check out her line of 12 salt-free, MSG-free spice mixtures and you'll forget why you ever needed a salt shaker in the first place.

*Mrs. Dash's* three new **Grilling Blends** work in the oven as well as on the barbecue. Just drizzle a little olive

oil over some sliced red peppers, asparagus, and mushrooms, sprinkle with Mesquite Blend, and roast.

Serve as is, wrap them in a whole-wheat tortilla, or use them as a topping for chicken, fish, or homemade pizza. Even the most finicky vegetable eaters won't complain.

If there's a promotion going on, you might find a foldout of recipes attached to the cap. But the real gold mine is [www.mrsdash.com](http://www.mrsdash.com).

It's got recipes galore, from Salmon with Red Pepper & Corn Salsa to Grilled Mushroom Sandwiches to Penne with Sun-Dried Tomato Pesto & Broccoli.

One quick stop at the spice aisle and you'll be *Mrs. Dinner Splash*.

*Mrs. Dash*: (800) 622-3274.

## DON'T BET YOUR BUNS

Attention West Coast low-carb dieters: *Carl's Jr.* is on your side. Sister company *Hardee's* has the East Coasters covered. Both know how tough it is to get in touch with the thinner you.

That's why they've rolled out the **Low Carb Breakfast Bowl**. At five or six grams, there's scarcely a carb in sight. That's because it's filled with two eggs, a sausage patty, a slice of cheese, and a "loaded" omelet filled with sausage, bacon, ham, and cheddar cheese, all topped with more bacon and cheddar cheese. A real dieter's dream.

True, each bowl is a tad high in calories—620 for *Hardee's* and 900 for *Carl's*. And the 21 grams of saturated fat (a day's worth) in *Hardee's* bowl and the 33 grams in *Carl's* (plus its three-day supply of cholesterol) could be a wee problem if the pounds don't start melting away.

Then there's the sodium, which ranges from 1,380 mg in *Hardee's* to 2,050 mg (nearly a day's worth) in *Carl's*.

For lunch you can come back for a cheese-topped  $\frac{1}{3}$ -pound *Hardee's* **Low Carb Thickburger** or  $\frac{1}{2}$ -pound *Carl's Jr.* **Low Carb Six Dollar Burger**, which are wrapped in lettuce leaves instead of a bun.

With so few carbs, you can bet your buns that the 420 calories (*Hardee's*) or 490 calories (*Carl's*) won't count. Or will they?

*Carl's Jr.* or *Hardee's*: (877) 799-7827.



## TIP OF THE MONTH

**Lightly steam trimmed asparagus stalks (for 3 minutes). Plunge them into cold water, drain, and lightly sprinkle with rice wine vinegar and lemon zest. Chill and serve or pack for the lunchbox.**

## Nutrition Action Healthletter

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