Delightful Food Ideas

Soulful Southern Cuisine Goes Sugar-Free

(NAPSA)—Now you can savor the down-home flavors of the South—without the guilt!

"Southern-style cooks love to capture the full-bodied taste of local foods," says noted cookbook author Gail L. Becker, R.D. "Today, we are more health conscious and fortunate to have sugar substitutes that cut the calories of traditional recipes."

For example, sugar substitute sweeteners, such as NatraTaste®, can help you replace the sugar in your favorite recipes. The sweetener is offering a 12-page recipe collection, called "Oooh, Mmm, Aaah," featuring Southern-inspired sugar-free recipes such as Sassy Blackeyed Salsa, Very Berry Compote, Just Peachy Smoothie, and others. The collection includes a $.75 off coupon.

To receive the booklet, send your name and address, and a $1.25 check or money order for postage/handling to: NatraTaste Southern Recipes, Dept. GB, Stadt Corporation, 60 Flushing Ave., Brooklyn, NY 11205. Allow 4-6 weeks for processing. You can learn more at www.NatraTaste.com.

Sassy Blackeyed Salsa

- 1 (16-ounce) bag frozen blackeyed peas, thawed
- 1 (15 ¼-ounce) can whole kernel corn, drained
- ⅔ cup diced red bell pepper
- ⅔ cup diced red onion
- 2 tablespoons seeded and minced jalapeno pepper

- ¼ cup chopped fresh cilantro
- 3 tablespoons lime juice
- 2 tablespoons red wine vinegar
- 1 tablespoon minced garlic
- 2 packets NatraTaste® sugar substitute
- 1 teaspoon ground cumin
  Salt and pepper to taste
  Fresh cilantro sprigs, optional

In large bowl, combine first 5 ingredients; set aside. In small bowl, combine cilantro, lime juice, vinegar, garlic, NatraTaste and cumin; mix well. Pour cilantro mixture over blackeyed pea mixture; toss to combine. Add salt and pepper to taste. Cover and refrigerate 1 hour or overnight. Garnish with fresh cilantro, if desired. Serve with baked tortilla chips or as side dish. Makes 8 servings.

Per serving: 216 calories, 12 g protein, 42 g carbohydrate, 1 g fat, 0 mg cholesterol, 125 mg sodium, 8 g fiber. Food exchanges: 2 starch.