

CURIOSLY SOUR

After more than 200 years of producing the Curiously Strong Mints, the makers of Altoids have introduced Altoids Sours, two new curiously strong hard candies. Citrus Sours (a blend of lemon and grapefruit) and Tangerine Sours serve as a refreshing wake up call, whether you're looking for a tangy palate cleanser or just an eye-opener to get you through your day.

"Our two centuries of experience bringing curiously strong flavors to the most daring taste buds puts us in a unique position to embolden the run-of-the-mill fruit candy and create a sour deserving of the name Altoids," says Andrew Burke, senior brand manager for Altoids.

Sold in grocery, drug, convenience and mass merchandise stores nationwide, Altoids Sours retail for approximately \$1.89.



NUTTY NEWS

In the ongoing (and sometimes contradictory) debate about which foods help prevent various diseases and alleviate health risks, omega-3 fatty acids are often mentioned as central to reducing the risk of heart disease and protecting against some types of cancer.

While salmon is high in omega-3, it turns out that, in the plant world, after flaxseed and rapeseed (usually consumed in oils), walnuts have the highest concentration of these essential fatty acids.

For a meal that's both healthy and fun, incorporate walnuts into a "Party-on-a-Plate" dinner. Kids love this style of finger food eating, and it's a great way to use leftovers—just add some walnuts, fruit, raw vegetables or a dipping sauce and there's no need to prepare a full entrée.

"Party-on-a-Plate" recipes for the items pictured to the right—Walnut Crusted Salmon Bites, Walnut and Pasta Frittata and Parmesan Walnut Peas in Pastry Cups, are at www.walnuts.org.



SHAKE OFF THE CHILL

A steaming bowl of oatmeal can warm you up from the inside out while bringing up cozy memories of childhood breakfasts. Frontier Soups (www.frontiersoups.com, 1-800-300-SOUP) brings oatmeal up a notch with their Streusel Oatmeal Breakfast from the Colorado Morning collection.

While it's a quick meal, calling Streusel Oatmeal Breakfast "instant oatmeal" would be like referring to the Rockies as "hills." In addition to being a dynamic morning fortifier, this oatmeal wonder can be transformed into everything from granola and cookies to muffins and upside-down cakes with a few simple additions. So, even if oatmeal isn't your favorite breakfast food, you can use the mix as a launching point for other terrific dishes. Best of all, the natural ingredients will convince family and friends that you made it from scratch.



ADD FLAIR WITH VINEGAR

It's a given that peanut oil brings one flavor to a dish, olive oil another and canola oil a third. But we rarely pay attention to the nuances of oil's stepsister, vinegar. Sure, there's wine vinegar, white vinegar and apple cider vinegar, but, beyond that, what's there to know?

The Italian method of using high-end vinegars to season a dish has immigrated state-side. Just as we use herbs and spices to give flair to our culinary creations, vinegar can be used either as an ingredient or as a seasoning. Lucini (www.lucini.com, 1-888-5LUCINI), makers of fine Italian olive oils, now offers two outstanding vinegars: Gran Riserva Balsamico and Pinot Grigio White Wine. Both

are handcrafted on family-owned estates in Modena and, similar to wine, aged in wood casks to bring out depth and complexity.

As a seasoning, Gran Riserva Balsamico Vinegar can be drizzled over tomato soup, steaks and heartier meats and onion omelets, while Pinot Grigio can be used to add a kick to creamy soups, butter sauces, seafood and chicken. Both can also be used as a basis for marinades. So save your ordinary vinegar for coloring Easter eggs and bring a new level of

