

85 WORDS, 30 SECONDS

COMFORT FOOD

You can enjoy both comfort food and good health with new versions of old favorites. For example, Chili Corn Chowder can be made healthier with canola oil instead of butter. It has a wonderful creamy texture without added cream. Canola oil is cholesterol free, trans fat free, low in saturated fat and high in unsaturated fat and omega-three fat. Serve with corn bread and a salad and you have a healthy, comforting meal. For recipes, nutrition facts and tips, visit northern-canola--dot--com.