

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
PRECIS SYNDICATE, INC.**

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92 WORDS, 30 SECONDS

## PARTY HEALTHY

YOU AND YOUR GUESTS CAN ENJOY TASTY PARTY NIBBLES, WITHOUT LOADING UP ON SATURATED FAT AND CHOLESTEROL. LITTLE BITES SUCH AS STUFFED MINI BELL PEPPERS, CHILI PECANS AND MARINATED MUSHROOMS ARE BIG ON TASTE BUT ARE SENSIBLE CHOICES BECAUSE THEY ARE MADE WITH CANOLA OIL, A HEALTHFUL ALTERNATIVE TO BUTTER AND SHORTENING. CANOLA OIL IS CHOLESTEROL FREE, TRANS FAT FREE, LOW IN SATURATED FAT AND HIGH IN UNSATURATED FAT AND OMEGA-THREES. ITS LIGHT FLAVOR IS GREAT FOR SAUTÉING, SALAD DRESSINGS AND BAKING. RECIPES AND MORE ARE AT [NORTHERN-CANOLA--DOT--COM](http://NORTHERN-CANOLA--DOT--COM).