

CONTEST CORNER



Serving Up Soul With Style

(NAPSA)—Are you the diva of dinner parties? Do your parties feature food with flair? This fall, General Mills will launch the *Serving Up Soul* contest to celebrate the signature style that real people bring to the art of entertaining. A panel of judges, including fashion model turned restaurateur and lifestyle expert B. Smith, and Jonell Nash, *Essence* Food Editor, will select a grand-prize winner based on a competition that begins with an essay contest and culminates with finalists taking part in a reality entertaining challenge in New York City.

Entrants in the contest must submit an essay of no more than 250 words describing their signature style, telling why their parties and cuisine are favorites among family and friends. They must also forward a photo of an occasion where they've demonstrated their domestic prowess.

Entries will be judged on the creativity of the essay and photo submitted, presentation of the entry and the quality of the essay.

The grand-prize winner will receive an all-expense-paid weekend for two to Las Vegas. Second- and third-place prizes will also be awarded.

Contest entry forms are available online at www.ServingUpSoul.com. Submissions should be sent to the Web site for receipt no later than 12 p.m. on December 15, 2006. In addition, entries postmarked no later than December 10, 2006 may be mailed to *Serving Up Soul* Contest, P.O. Box 72248, Rockford, MN, 55572.

Here's a dish that's sure to be a winner with family and friends:

HOLIDAY BREAKFAST BAKE

- 1 package (12 oz) bulk pork sausage
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- ½ cup chopped red bell pepper
- 10 eggs



Restaurateur and lifestyle expert B. Smith is national spokesperson for the *Serving Up Soul* contest.

- 1 cup shredded cheddar cheese (4 oz)
- 1 can (16.3 oz) Pillsbury Grands!® Flaky Layers refrigerated original biscuits

1. Heat oven to 375°F. Spray 13x9-inch (3-quart) baking dish with cooking spray. In 10-inch skillet, brown sausage, onion and bell peppers; drain well.

2. In large bowl, beat eggs. Stir in cheese and sausage mixture. Separate dough into 8 biscuits. Press biscuits into bottom of baking dish. Pour sausage mixture over biscuit crust.

3. Bake 25 to 30 minutes or until egg mixture is set and crust is deep golden brown. Cool 5 minutes before serving.

8 servings

High Altitude (3,500-6,500 ft): Bake 30 to 35 minutes.

1 Serving: Calories 410 (Calories from Fat 230); Total Fat 26g (Saturated Fat 9g); Cholesterol 295mg; Sodium 870mg; Potassium 180mg; Total Carbohydrate 25g (Dietary Fiber 0g); Protein 19g
% Daily Value: Vitamin A 15%; Vitamin C 15%; Calcium 15%; Iron 15%; Vitamin D 8%; Folic Acid 8%

Exchanges: 1 Starch, ½ Other Carbohydrate, 2½ Medium-Fat Meat, 2½ Fat
Carbohydrate Choices: 1½