

The Joy Of Soy

(NAPSA)—Many women have discovered the joy of soy—a food which may be beneficial for women's health. Besides being shown to reduce the risk of heart disease, soy may also be beneficial in the fight against cancer, and serve as a nutritious, low-fat source of protein for those who are lactose intolerant.



Fresh, nutritious soy milk to froth up for a latte or serve up as a shake can be made in about 18 minutes.

An easy way to incorporate soy into your diet is to use Salton's Nutritionist Soy Food Center. The Soy Food Center makes fresh soy milk and ground soy which can be added to a variety of foods.

Sales of this appliance may also be good for people's health, since all of the profits go to the Breast Cancer Research Foundation.

Here's a recipe for a flavorful Garlicky Soy Sprinkle, which can be used to garnish foods. You can add salt, herbs or Parmesan cheese.

Garlicky Soy Sprinkle

- 1 cup ground, cooked soybeans (left over from making soy milk)**
- 1 tablespoon olive oil**
- 1 large clove garlic, crushed**

Spread thin layer of soybeans in large nonstick skillet over high heat. Cook until liquid evaporates and mixture begins to stick to pan and brown, 2-4 minutes. Transfer to plate.

Heat oil in same skillet. Add garlic. Cook, stirring constantly, until garlic turns golden, 5-10 seconds. Immediately remove from heat and stir in toasted soy crumbs.

Store in tightly sealed container in refrigerator for up to 1 week or freeze up to 3 months.

Makes $\frac{2}{3}$ cup.

To learn about the Soy Food Center or other Salton products, visit www.salton-maxim.com.