

Cooking Corner Tips To Help You

Honey Sweetens The Dish

(NAPSA)—A number of cooks are buzzing about the health and taste benefits of honey. Honey can be a low-fat and low-cholesterol way to liven up everyday dishes.

Nature's golden sweetener comes in a variety of forms, ranging from pourable liquid to edible wax and, most recently, as a spread.

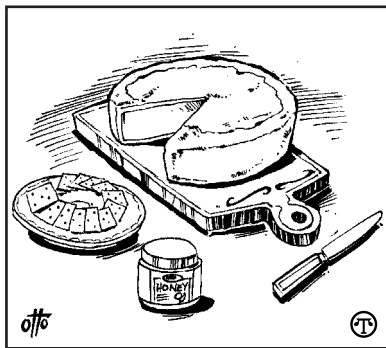
Honey spreads are great right out of the jar on muffins, bagels and toast, serving as a healthy fat- and cholesterol-free substitute for butter or margarine.

One product, Bigelow Flavored Honey Spreads, comes in six flavors that include Cinnamon, Raspberry, Orange and French Vanilla. The spreads can add flavor to sauces, dips or marinades and can be heated and poured on waffles, pancakes and desserts.

For a tempting treat, try this recipe for orange honey brie.

Orange Honey Brie

- ¼ cup Bigelow Orange Honey Spread**
- 2 tablespoons melted butter**
- ¼ teaspoon ground ginger**
- ¼ teaspoon ground cinnamon**
- ⅔ cup chopped nuts (pecans, hazelnuts or walnuts)**
- ½ cup dried cranberries or raisins**
- 1 13- to 15-ounce round of Brie cheese**



Honey spreads can add rich flavor to a variety of foods.

Preheat oven to 350 degrees F. Using a sharp knife, trim and remove the white rind from top of Brie, leaving a ½-inch edge to contain topping.

Combine Honey Spread, butter, ginger, cinnamon, nuts and dried cranberries. Spread mixture on top of Brie. Place prepared Brie in shallow baking dish. Bake 12 to 15 minutes until Brie is heated through. Let stand 5 minutes before serving. Serve with assorted crackers or thinly sliced French bread.

Makes about 16 servings.

Additional recipes and serving suggestions are available by writing to R.C. Bigelow Inc., P.O. Box 326204, Dept. HPR, Fairfield, CT, 06432-6204, or by visiting www.bigelowtea.com.