

# Holiday Hints

## Holiday Favorites Get Splash Of Flavor



**A splash of seasoned rice vinegar adds flavor—not calories—to holiday favorites.**

(NAPSA)—Holiday cooks are often looking for ways to lighten their meals.

Culinary expert and dietitian, Rita Held, suggests replacing the heavy butter and cream sauces found in so many seasonal dishes with seasoned rice vinegar. This low-calorie, fat-free ingredient provides a distinctly sweet, light flavor to any dish.

Held offers some unique ways of splashing on flavor, and not fat, to holiday dishes:

### **Sensational Salads**

For a lighter version of the classic Italian tomato salad, combine balsamic seasoned rice vinegar, olive oil, chopped garlic and salt. Drizzle over sliced tomatoes or cherry tomato halves. Top with chopped fresh basil leaves.

### **Dazzling Dressing**

Put away the salad dressing and use seasoned rice vinegar instead. Splash it on green, leafy salads for a light and refreshing flavor. Nakano Natural Rice Vinegar can also be mixed with a little brown sugar and dill weed, creat-

ing a unique and tasteful dressing.

### **Amazing Appetizers**

Combine original, roasted garlic or red pepper seasoned rice vinegar with ground cumin and chopped cilantro to cooked prawns.

### **Exciting Entrées**

Marinate your holiday meat, chicken or fish in seasoned rice vinegar to add a twist to the traditional dish. Or, have your guests splash the roasted garlic or red pepper variety on either mashed or baked potatoes instead of using butter and sour cream.

Seasoned rice vinegar can be found at local grocery and supermarket chains. The Nakano brand offers a wide assortment of vinegar flavors to add sparkle to your favorite recipes. Its blends include Italian Herb, Red Pepper, Roasted Garlic and Basil & Oregano. In addition, the entire product line contains no added preservatives, and is fat-free, trans fat-free, gluten-free and cholesterol-free.

For more ideas and recipes, visit [www.mizkan.com](http://www.mizkan.com).