

Cooking Corner Tips To Help You

Start Spreading The News—And Sharing Recipes

(NAPSA)—A popular sandwich and recipe ingredient is turning 70, and is quickly finding favor with a new generation.

Known for giving sandwiches and recipes a distinctive “Tangy Zip,” Miracle Whip actually has half the fat of regular mayonnaise—and Kraft Foods is using this nutritional tidbit to encourage fans to start spreading the news, and sharing favorite recipes featuring the beloved dressing.

The “Miracle Whip Ultimate Recipe Contest” invites consumers to write in and share their favorite recipe for appetizers, dips, salads, side dishes, main dishes and desserts (excluding sandwiches) featuring at least a quarter cup of Miracle Whip. Recipes must be original, taste great, use seven or fewer ingredients and take less than 30 minutes to prepare (excluding cooking and chilling time).

For helping spread the “half-the-fat” message, one lucky contest entrant will win “half” their groceries for a year (value \$2,600) and the chance to see their own signature recipe featured on millions of jars of Miracle Whip on grocery store shelves nationwide. Ten runners-up will receive a year’s supply of Miracle Whip.

For complete contest rules or to submit an entry, write to Miracle Whip Ultimate Recipe Contest, P.O. Box 4211, Blair, NE 68009-4211 or visit www.miraclewhip.com. The Web site also features dozens of delicious recipe makeovers that replace mayonnaise with Miracle Whip to cut the fat and add the Tangy Zip. All contest entries must be received by 12/31/03.



Now it's possible to cut the fat in favorite recipes.

HOT ARTICHOKE AND RED PEPPER DIP

Prep: 10 minutes

Bake: 8 minutes

- 1 cup MIRACLE WHIP Dressing**
- 3 Tbsp. GREY POUPON Dijon Mustard**
- 1 can (14 oz.) artichoke hearts, drained, chopped**
- 1 jar (7 oz.) roasted red peppers, drained, chopped**
- ¼ cup green onion, sliced**
- ½ cup KRAFT Shredded Mozzarella Cheese**

1. STIR dressing and mustard until well blended. Add all remaining ingredients except the cheese.

2. SPOON into 1-quart baking dish or 9-inch pie plate, sprinkle with cheese.

3. BAKE at 400°F for 6 to 8 minutes or until cheese is melted. Serve with tortilla chips, assorted NABISCO Crackers or assorted cocktail bread slices.

Makes 24 (2 Tbsp.) servings.

Kraft Kitchens Tip: Prepare as directed, adding 1 clove garlic, minced, to the artichoke mixture before baking.