



Food For Thought

TIPS ON TASTE, NUTRITION & HEALTH

One Ingredient Can Make For Many Marvelous Meals

(NAPSA)—Save time and improve your health by going a little nuts—with almonds. Enjoy them for:

- **Breakfast.** Sprinkle chopped almonds on granola or oatmeal. Stir them into yogurt. Use almond milk in a breakfast smoothie—it can be found in an unrefrigerated box at the supermarket, near soy milk.

- **Lunch.** Include crunchy almonds in a green salad or creamy soup. Make an almond butter and jelly sandwich.

- **Dinner.** Add slivered almonds to rice, pasta, couscous or steamed vegetables. Grind roasted almonds and use them as a nutritious “breading” for fish or poultry.

- **Snacks.** Choose a handful of almonds and a piece of fruit.

- **Dessert.** Make fruit, caramel and chocolate desserts special with almonds.

Almonds can also be used in a range of cuisines. Try them in this authentic Mexican soup.

CREAMY ALMOND AND HERB SOUP

- $\frac{3}{4}$ cup slivered almonds, roasted*, plus 2 tablespoons for garnish
- 6 cups low-sodium chicken broth, divided
- 3 cups packed fresh cilantro, divided, plus a few sprigs for garnish
- 2 cups packed fresh parsley, divided
- 6 ounces cream cheese
- 1 tablespoon fresh oregano leaves
- 1 tablespoon fresh marjoram leaves
- 8 ounces cooked and deveined (51-60 count) shrimp



Taste and nutrition—discover the versatility of almonds.

Grind $\frac{3}{4}$ cup almonds finely in a food processor or blender. Add 2 cups broth, $1\frac{1}{2}$ cups cilantro, 1 cup parsley and cream cheese; blend until smooth. Transfer mixture to a medium pot, and gradually stir in remaining 4 cups broth. Simmer over low heat for 20 minutes. Transfer 1 cup soup, remaining cilantro and parsley, and oregano and marjoram to blender; puree until smooth. Whisk puree into soup in pan. Add shrimp and simmer just until warm throughout, about 3 minutes. Divide among bowls and serve, garnishing each bowl with a few slivered almonds and a cilantro sprig. Serves 8.

***To roast whole, slivered, chopped or sliced almonds: Spread in an ungreased baking pan. Place in a 350°F oven and bake 10 minutes or until golden brown and fragrant; stir once or twice to ensure even browning. Note that almonds will continue to roast slightly after removing from oven.**

Almond facts and recipes are at www.almondsarein.com.