

## Canned Is Better Than Fresh

(NAPSA)—The key to making memorable meals is using the best ingredients. According to a recent survey commissioned by Hunt's, tomatoes are a key ingredient in 78 percent of Americans' favorite recipes. What's more, nearly 60 percent prefer to use canned tomatoes over raw ones when cooking because they require less preparation and are always in season.

Canned tomatoes are a natural source of the antioxidant lycopene. Research indicates that lycopene in processed tomatoes is better absorbed by the human body than raw tomatoes. In fact, some research indicates the increase can be as high as three times the amount absorbed from raw tomatoes. Tomatoes are also a good source of vitamin C.



However, not all tomatoes are created equal. Cat Cora, chef, cookbook author and star of "Iron Chef America," says using the

best ingredients is important to creating great-tasting meals. Cora recommends all-natural Hunt's canned tomatoes, which she says should be pantry staples. Hunt's Tomatoes is the only leading brand that flash-steams every tomato and packs them within hours of picking, allowing people to enjoy the taste of vine-ripened, summer tomatoes all year round in dishes.

The following low-fat, healthy recipe from Cat Cora is a great way to get your daily serving of vegetables. It's a hearty, colorful blend of chunky butternut squash, toma-



**Cat Cora's Tomato Butternut 'Stew' with Couscous is a low-fat, hearty, colorful blend of chunky butternut squash, tomatoes, garbanzo beans and plump raisins, simmered in an aromatic broth and served over couscous.**

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### **Tomato Butternut 'Stew' with Couscous**

*Hands On Time: 20 minutes*

*Total Time: 50 minutes*

*Makes: 7 servings (1¼ cups stew over ½ cup couscous each)*

#### **Ingredients:**

**1 medium butternut squash**

**(1 medium = about 2 lbs)**  
**2 tablespoons Pure Wesson® Canola Oil**  
**1 cup chopped onion**  
**3 cloves garlic, minced**  
**½ teaspoon ground red pepper**  
**½ teaspoon ground cinnamon**  
**½ teaspoon ground nutmeg**  
**1 teaspoon ground cumin, divided**  
**1 can (14 oz each) reduced-**

**sodium chicken broth**  
**1 can (15 oz each)**  
**garbanzo beans, rinsed and drained**  
**2 cans (14.5 oz each) Hunt's® Diced Tomatoes, drained**  
**½ cup raisins**  
**1½ cups water**  
**½ teaspoon kosher salt**  
**1½ cups couscous, uncooked (1½ cups = 9 oz)**  
**2 tablespoons chopped fresh parsley**  
**½ cup whole almonds, chopped**

#### **Directions:**

1. Peel and remove seeds from squash. Cut into 1-inch pieces; set aside. Heat oil in 6-quart saucepan over medium heat. Add onion; cook and stir occasionally until soft, about 5 minutes. Stir in garlic, red pepper, cinnamon, nutmeg and ½ teaspoon cumin. Cook 1 minute more.

2. Add broth, squash, beans, drained tomatoes and raisins. Bring to a boil over medium-high heat. Reduce heat to low, cover and simmer 25 minutes or until squash is tender.

3. Heat water to boiling in medium saucepan. Stir in remaining cumin and salt; then stir in couscous. Cover, remove from heat and let stand 5 minutes. Fluff with fork.

4. Serve stew over couscous in large shallow serving bowl. Sprinkle with parsley and almonds.

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