

## PLUPERFECT



Pluots



Apriums

In the early 1900s, pioneering botanist Luther Burbank crossed a plum and an apricot. He called the resulting mild-

flavoured fruit—half plum and half apricot—a pluot.

California biologist Floyd Zaiger has taken things further by developing complex crosses of generations of plums, apricots, and plum/apricot combos.

There's the **aprium**, which looks like an apricot but has a more intense flavour. Apriums are grown in California and don't ship well, so they're rare in eastern Canada. If you're able to catch them in June, you're in for a treat. Also more intense than its ancestors is the **pluot**, which looks and tastes like a plum with a hint of apricot. They're at their peak in mid to late summer.

The best way to eat pluots or apriums is to devour them on the spot. But it's not the only way. Here are a few suggestions:

- Add thin slices to a turkey sandwich.
- Top chunks with a spoonful of Greek yogurt, a few toasted hazelnuts, and a couple of drops of honey.
- Toss chunks with diced chicken breast, pecans, and mixed salad greens. Dress lightly with ranch or another creamy dressing.
- Make a compote. Combine 500 grams of chopped pluots or apriums with 2 cups of mixed dried fruit, 1 cup of orange juice, 1 cup of water, and a cinnamon stick in a pot. Simmer until the liquid is syrupy, about 20 minutes.

Isn't plant genetics fun?

## IN LAST PLACE

Remember refrigerated slice & bake cookies? You can still buy the tubes of cookie dough, which you slice or spoon onto a cookie sheet, then wait about 10 minutes while your cookies bake.

But these days, who has time to slice? So **Pillsbury** sells pre-sliced **Ready to Bake! Cookies** that you "Just Place & Bake!" What a time saver. "No mixing, no slicing, no mess!" crows the company's Web site. Why slice when you can place?

But pre-slicing isn't the only thing that makes Pillsbury's cookie dough stand out. It's the company's refusal to switch from partially hydrogenated shortening to non-hydrogenated fat that really sets the brand apart. Compliments and No Name use trans-free or virtually trans-free fats in their cookie doughs, while Pillsbury shows no signs of giving up its shortening.

Is the company waiting to use up its old shortening stocks? Did it get a bargain on a 10-year supply of unwanted shortening? Does General Mills, its parent company, care far less about the public's health than it pretends to?

Whatever the reason, each serving of two **Chocolate Chip** or **Chocolate Chunk & Chip** cookies delivers 2 grams of trans fat (along with 170 calories, 2½ grams of saturated fat, and around 4 teaspoons of sugar). Two grams of trans may not sound like much, but a panel of experts debated whether to set that as the daily maximum. Instead, the limit is "as little as possible."

Come to think of it, that's a good rule of thumb for anything made by Pillsbury.

**Pillsbury: (800) 479-8505**



## dish

OF THE MONTH

### Apple Walnut Lentil Salad

**Cook 1 cup of green or black lentils until tender. Drain and let cool. Toss with 1 chopped apple and ¼ cup each chopped walnuts, sliced green onion, and crumbled blue or goat cheese. Dress with balsamic vinaigrette.**

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