



SPEED SQUASH



Who doesn't love butternut squash? But who loves to peel, seed, chop, and cook it? That's why so many people just don't bother.

Even though they're missing out on the sweet, moist richness—not to mention the two grams of fibre, nearly two days' worth of vitamin A, and about a third of a day's vitamin C in every cup of raw squash—it's just too much trouble.

Make that was too much trouble.

Mann's now sells **Butternut Squash** that comes already washed, peeled, cut, and ready to go...into the oven, into a stir-fry, into a soup or risotto, into some cannelloni or manicotti.

To keep it simple, just slice open the bag, dump the squash into a pot of boiling water or a microwave-safe glass dish, and cook until tender. Then drain, mash, and season with maple syrup, cinnamon, and a touch of milk if you like it creamy. What used to take an hour has turned into ten minutes, tops.

If you've got half an hour, coat the cubes with olive oil and roast until tender. Mmmm.

You pay more for diced than you would for whole, and the bags do take up room in your fridge (where they can stay for a week or two). But it's well worth the shelf space.

The same goes for **Mann's Broccoli & Cauliflower, Gourmet Snow Peas, Sweet Potato Cubes or Spears, and Sugar Snap Peas**, as well as other brands of cut-and-ready-to-cook vegetables. Most come with cooking instructions. It doesn't get much simpler.

Mann Packing Co: (800) 285-1002

About CSPI, publisher of Nutrition Action Healthletter



The Centre for Science in the Public Interest (CSPI), founded in 1971, is an independent non-profit consumer health group. CSPI advocates honest food labelling and advertising, safer and more nutritious foods, and pro-health alcohol policies. CSPI's work is supported by *Nutrition Action Healthletter* subscribers and foundation grants. CSPI accepts no government or industry funding. *Nutrition Action Healthletter*, which has been published in the U.S. since 1974 and in Canada since 1996, accepts no advertising.

www.cspinet.org/canada

TACO BELLY

"We believe that eating sensibly and exercising is necessary for a healthy lifestyle," says **Taco Bell's** Web site.



Ahaa! That explains why the fast food chain's menu of side dishes includes four varieties of fries and two kinds of nachos. Who could imagine a more sensible side dish than meat-and-cheese-drenched fried potatoes or meat-and-cheese-drenched fried tortilla chips? Especially if your main dish is a taco, gordita, or burrito—that is, a meat-and-cheese-drenched and (sometimes) fried tortilla.

Take the **Fries Supreme**—"freshly prepared french fries covered with seasoned ground beef, warm nacho cheese sauce, diced ripe tomatoes, chives, and cool sour cream," explains Taco Bell. Mmmm.

Why settle for a 360-calorie serving of ordinary fries when you can upgrade to a 540-calorie Fries Supreme? The Supremes don't just boost the saturated fat from 1 gram to 6 grams. They add a bonus of more than a day's worth (2½ grams) of trans fat, thanks to the partially hydrogenated oil in the "cheese sauce."

What's more, the sodium leaps from 820 milligrams to 1,570 mg—an entire day's worth—when you "supreme" your fries. Heck, you could order a Taco Bell Cheesy Double Beef Burrito as a side and save 100 calories and 1½ grams of trans fat. In fact, you could order *any* burrito, taco, or gordita on the menu as a side and get fewer calories than a Fries Supreme. Is that why they call it supreme?

It's good to know that Taco Bell believes we should eat sensibly. Is that what you're supposed to do when you *don't* stop at a Taco Bell?

Taco Bell: (866) 664-5696

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OF THE MONTH

AlmondBeans

Steam 500 g of trimmed green beans until tender. Sauté a thinly sliced onion in 2 Tbs. of olive oil until golden brown. Toss the beans with the onion. Season with up to ½ tsp. of salt and top with ¼ cup of toasted slivered almonds.

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