

...time food stylist Kori Trivette
...cooks how to not only make good
tasting dishes but also
ones with good eye ap-
peal. From appetizers to
main entrees to desserts,
Dishing With Style
shares a host of invalu-
able tips. The fabulous
photos are inspiration,
too.



...stores will give out free scoops of ice cream. It also will have an
event to make a donation to First Book, an organization that
gives books to low-income children. Visit [www.baskinrob-
bins.com](http://www.baskinrob-
bins.com) for participating stores (click on store locator).

John Brecher remind us th
the experience is priceless.
column on Page 7.

CHICAGO SUN-TIMES Food



WEDNESDAY, APRIL 28, 2004

'super foods' to the rescue

LEMICH

California
physician has
ventured into
the field of nu-
trition to pro-
mote the adop-
tion of dieters
in "super foods"

Broccoli

Other sources: Include brussels sprouts, cabbage and cauliflower.

Possible benefits: Lessens cancer risks, builds bones, fights birth defects.

Experts: No single food can prevent cancer.

Beans

Possible benefits: Lower cholesterol, lessen cancer risks.

Experts: Beans should not be
eaten with saturated fat

Consider:



Oat
Oat
and
Pos
tero
Exp
part

Sp
Oat
gre

and serve straight up with a twist of orange. For a more festive look, serve with a sugared rim.

GranGala Triple Orange Liqueur costs \$18.99 (750 ml). It's available at Sam's Wines & Spirits, 1720 North Marcey, Cardinal Liquors, 3501 North Central, and Teddy's Liquors in the Chicago area.



Cinco de Mayo is May 5 and celebrants looking for a low-carb margarita might want to check out Baja Bob's Low Carb Margarita Mix. The margarita features less than one gram of carbs per 4-ounce serving.

■ Cinco de Mayo is May 5 and celebrants looking for a low-carb margarita might want to check out Baja Bob's Low Carb Margarita Mix.

To make a margarita, mix in blender: 3 parts Baja Bob's prepared mix; 1 part tequila and a ½ cup or more of ice. Blend on high. Moisten and salt rim of drinking glass. Pour into glass. The margarita features less than one gram of carbs per 4-ounce serving.

The mix costs \$4.95. It's available at Dominick's stores in the Chicago area. For more information, visit www.bajabob.com.

Send your libation-related events 14 days in advance to: Tastings Around Town, Chicago Sun-Times, 401 N. Wabash, Chicago, 60611; or email to: cbusk@suntimes.com.