

# Carefree food

By LISE O'BRIEN

It's funny how some words just seem to go together so well to create an image. With May just around the corner how's this one? "Young as springtime". Or how about... "Free and easy"?

Pictures of an eternally young you, running through fields of dew-fresh spring flowers, not a worry in the world.

Here's another for you... "Light n' Lively". Now that's one that not only sounds carefree and active, it's a taste you can enjoy on the road to a healthy lifestyle.

You see, today people are more interested in actually getting out and running through those fields, than merely dreaming about it. And, that's where "Light n' Lively" Stirred Yogourt, or Fruit on the Bottom, both with a low .9 per cent butter fat, and under 112 calories per 100 grams, or "Light n' Lively" Diet Yogourt, with just .04 per cent butter fat, and a skinny 46 calories per 100 grams, you'll love the taste, and the difference it can make to your diet.

Imagine... delicious low fat, low cal snacks, refreshing cool beverages and healthy, nutritional light luncheon ideas, like the marvelous "Spinach and Mushroom Toss with Creamy Dressing", featured this week courtesy of SEALTEST, makers of "Light n' Lively" Yogourts.

"Light n' Lively" taste to help keep you FIT AS A FIDDLE and UP N' RUNNING!

## SPINACH AND MUSHROOM TOSS WITH CREAMY DRESSING

Nutrition at its best.

DRESSING:

1 cup (250 mL) Sealtest Light n' Lively Plain Yogourt

½ cup (125 mL) mayonnaise  
2 cloves garlic, minced  
1 tbsp (15 mL) Dijon mustard  
1 tbsp (15 mL) lemon juice  
Salt and pepper to taste

SALAD:

1 pkg (10oz/284 g) spinach, torn  
½ lb (250 g) mushrooms, sliced  
3 cups (750 mL) bean sprouts  
1 can (10 oz/284 mL) mandarin oranges, drained  
¼ cup (50 mL) shelled sunflower seeds  
6 slices bacon, cooked crisp and crumbled

Combine dressing ingredients. Combine salad ingredients, except bacon, in large bowl. Add dressing; toss to coat. Sprinkle with bacon. Makes about 6 servings.

## LAYERED STRAWBERRY FREEZE

A great dessert to have ready in the freezer for unexpected company.

1 pkg (6 oz/180 g) strawberry Gelatine dessert  
1 cup (250 mL) boiling water  
1 pkg (10 oz/280 g) sliced strawberries in syrup, thawed and undrained  
1½ cups (375 mL) Sealtest Sour Cream

1 cup (250 mL) Sealtest Whipping Cream, whipped stiff  
2 cups (500 mL) crushed chocolate cream-filled cookies

Dissolve gelatine powder in boiling water. Stir in undrained berries. Chill until starting to set. Fold in sour cream and stiffly beaten whipped cream. Spread half in a 9" (2.5 L) square pan. Cover with cookies and remaining strawberry mixture. Cover with plastic wrap and freeze until firm. Remove from freezer 20 minutes before serving. Makes about 12 servings.



## Open Door barbecue

Vanessa Lediard (left) and Heather May (right) counsellors, was out cooking the weiners in the parking lot at St. George's Anglican Church. and volunteers Friday to raise funds for the teen centre. Lenny Carbone (centre) one of the centre's

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