

## Walnut-Encrusted Salmon

(NC)—A handful of walnuts a day may reduce blood cholesterol levels, reducing the risk of heart disease. Encrusting meat or fish is an excellent way to get your handful. For the freshest taste, only buy walnuts grown in California. For other ways to get your handful, visit [www.walnutinfo.com](http://www.walnutinfo.com).

- 1 cup chopped 250 mL California Walnuts
- 2 tbsp dry bread crumbs 30 mL
- 2 tbsp grated lemon rind 30 mL
- 1 tbsp olive oil 15 mL
- 1 tbsp chopped fresh dill 15 mL
- Salt and pepper to taste
- 4 salmon fillets 4
- 2 tsp dijon mustard 10 mL
- Lemon juice

In food processor, add walnuts, bread crumbs, lemon rind, oil, dill and salt

and pepper to taste; pulse until crumbly [mixture should stick together slightly]. Set aside. On pan, place salmon fillets skin side down; brush tops with mustard.

Divide crust mixture into four; press onto mustard. Cover salmon with plastic wrap and refrigerate at least 15 minutes or up to 2 hours. Bake at 350°F [180°C] 15 minutes or until salmon flakes with fork. Drizzle with lemon juice.

Makes 4 servings.

### FUTURE SHOP

**CORRECTION NOTICE**  
The Panasonic CQ-C1120 Car Deck (sku# 10039706) was incorrectly advertised in our March 19th flyer as having MP3 and WMA playback capabilities. This model does not offer that functionality.  
We sincerely apologize for any inconvenience this may have caused our valued customers. Thank you

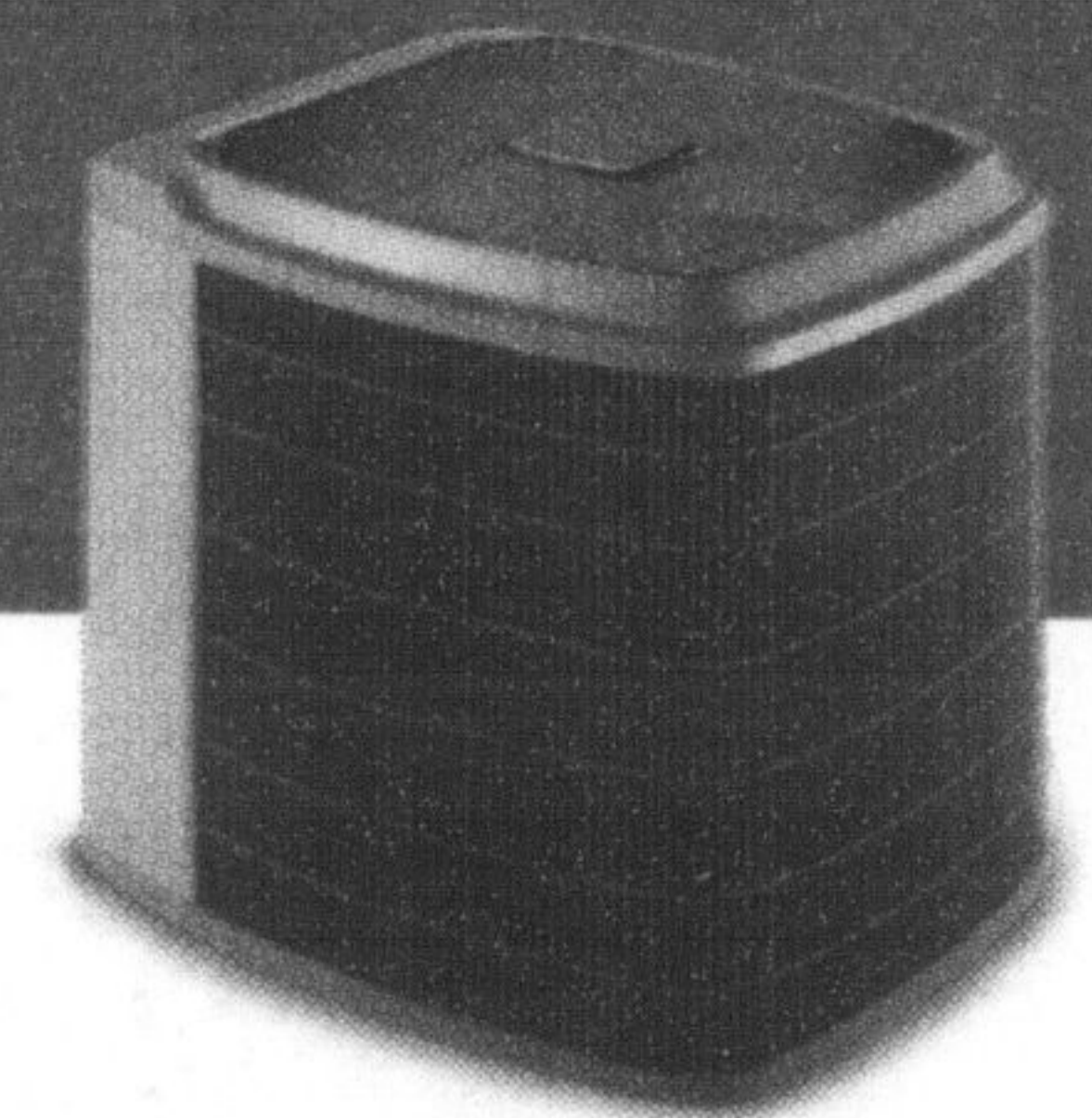
## A handful of walnuts a day keeps your heart healthy

(NC)—All it takes is approximately 10 large walnut halves a day to lower cholesterol levels and keep your heart healthy. Here are some great tips for getting your handful. For more ideas and tips, visit [www.walnutinfo.com](http://www.walnutinfo.com):

- Toss walnuts into your favorite yogurt
- Stir chopped walnuts in muffin, cookie or pancake batter

- Replace salad croutons with walnut halves
- Add walnuts to a stir-fry
- Pack a handful of walnuts for a healthy snack at work
- Sprinkle toasted walnuts in pasta
- Encrust meat or fish with chopped walnuts and herbs

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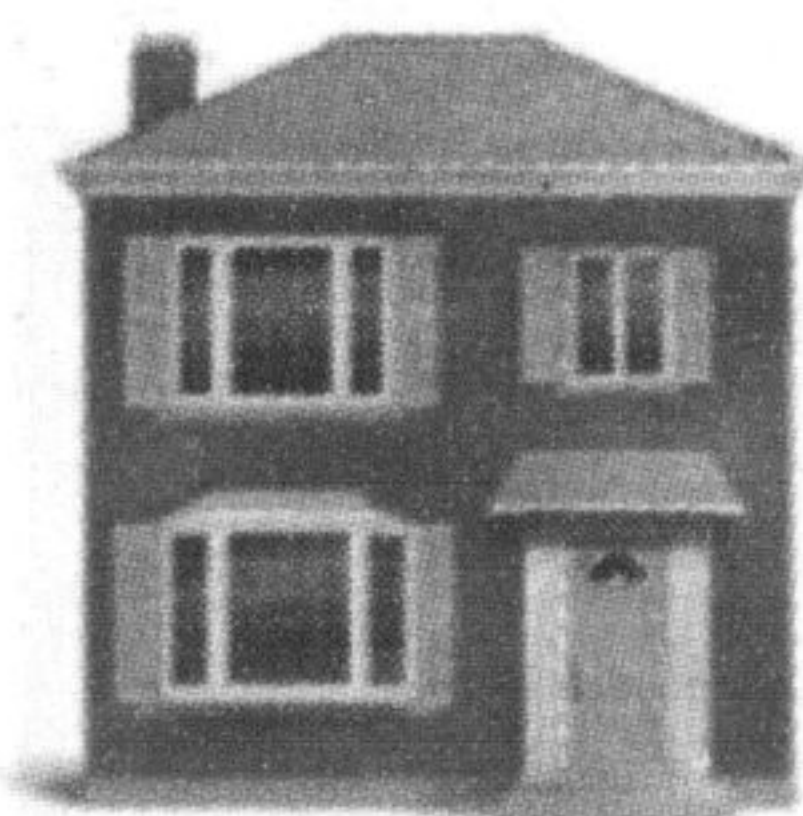
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Essential Home Services

Direct Energy and the Energy Bolt Design are trademarks of Direct Energy Marketing Limited. \*On approved credit. Ask for details. The 90 day deferral offer is available on selected cooling equipment purchased from Direct Energy Essential Home Services before March 31, 2004 and financed (\$400.00 minimum) with Direct Energy Essential Home Services. No payment or interest will be charged on the balance owing until approximately 90 days from the date of installation. An administration fee of \$19.95 along with applicable taxes are payable at the time of purchase. There are no penalties for early payment; the remaining principal balance can be repaid at any time. Financing of service work provided by Direct Energy Essential Home Services is restricted to installation and extended warranties. Following the 90 day deferral period, your rate of interest charged will depend on the amount financed as follows: amounts between \$400.00 and \$1,999.99 will accrue interest at 18.96% per annum; amounts between \$2,000.00 and \$4,999.99 will accrue interest at 15.96% per annum; amounts of \$5,000.00 and greater will accrue interest at 12.96% per annum. For example, a \$3,000.00 purchase financed at 15.96% per annum equals \$72.89 per month for 60 months. The cost of borrowing is \$1,373.43 for a total repayable of \$4,373.43. \*Offer only valid on purchases made by March 31, 2004 for installations completed by April 30, 2004, on approved credit and cannot be combined with any other offers. Ask for details.

## We'd like to invite you to a Seminar

Hosted By: Robert Lee Insurance Agency

**one** *When* **Tuesday April 6, 2004** **one**  
7:30pm - 9:00pm

*Where* **Hugh Foster Hall**  
(Beside Town Hall)

*What:* **"Manulife one"**

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**GUEST SPEAKERS:**  
(from Manulife Bank)

Victor McQuade -  
Banking Consultant

David Barker -  
Business Development Officer

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Kim Mitchell  
[kim@robertleeinsurance.com](mailto:kim@robertleeinsurance.com)

With this new product, it does not matter whether you have a mortgage or not as it has multiple uses. I can speak to it as I've had one myself for over a year! Feel free to invite anyone along that you feel may be interested, just let us know and please contact our office to reserve your seat(s) by Friday, April 2nd! Hope to see you there!

**ROBERT LEE INSURANCE AGENCY**

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