

DON'T FORGET MOTHER'S DAY MAY 11, 1997

Attention Moms Here's your chance to win



The Uxbridge and Stouffville Tribune and the Economist & Sun invites you to enter our Mother's Day Contest. For a chance to win a Company Comings Meatless Cooking cookbook, answer the following quiz and drop or mail your answers to *The Uxbridge Tribune*: 88 Brock St. W., Uxbridge, L9P 1P4; *The Stouffville Tribune*: 6244 Main St. Stouffville, L4A 1E2 and *The Economist & Sun*, 9 Heritage Rd., Markham L3P 1M3. The winners will be contacted.

What is tofu?

- 1) a rap star from California
- 2) a soy milk product also known as bean curd
- 3) a deadly martial art using your toes

- 4) all of the above
(*note: minestrone is an Italian vegetable soup)

What do pinto, lima and kidney have in common? They are ...

- 1) models of cars
- 2) the names of Columbus' ships
- 3) varieties of beans
- 4) breeds of horses

How can you have your eggs and reduce your cholesterol too?

- 1) substitute two egg whites for one whole egg
- 2) juggle a dozen in the air for five minutes
- 3) hatch them

What main ingredient gives guacamole its green color?

- 1) grass clippings
- 2) mashed avocados
- 3) crushed crayons

What's bulgur?

- 1) a sports where a team shouts "Bulgur!" after scoring
- 2) swearing in public
- 3) Wheat kernels commonly used in Tabbouleh (Ta-BOO-lay)

Tahini is ...

- 1) a hawaiian dance
- 2) a spread made with sesame seeds
- 3) a teeny weeny swimsuit

Which of the following are varieties of legumes?

- 1) beans
- 2) peas
- 3) lentils
- 4) all of the above

What ingredient is commonly used in vegetarian cooking because of its nutritional value?

- 1) nuts
- 2) bubblegum
- 3) beeswax

Which of the following is not a rice?

- 1) arborio
- 2) basmati
- 3) confetti

If you were a vegetarian, which of these would you most likely prepare?

- 1) black bean soup
- 2) lentil soup
- 3) minestrone soup

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