

Mother's Day - May 11, 1997

Many winners for cookbook

There were 15 winners for the Company's Coming Meatless Cookbook contest.

Thanks to everyone who entered and congratulations to our winners.

From Stouffville the winners are: A. Vella, Carol McMann, Nijole Cherkas, Consuela Tabone, L. Thompson.

From Uxbridge the winners are: Randi Lockhart, Rita Irwin, Betty Cutler, Pat Busch and Kathy Gillingham from Whitby.

From Markham the winners are: G. Brown, Angela Canto, Terri Penney, D. Spurr and Poonam Sharma.

The answers to the questions were:

What is tofu?

2) a soy milk product also known as bean curd.

How can you have

your eggs and reduce your cholesterol too?

1) Substitute two egg whites for one whole egg

What is the main ingredient gives guacamole its green color?

2) mashed avocados

What's bulgur?

3) Wheat kernels commonly used in Tabbouleh (Ta-BOO-lay)

Tahini is

2) a spread made with sesame seeds

Which of the following are varieties of legumes?

4) all of the above

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

1) nuts

Which of the following is not a rice?

3) confetti

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

4) all of above

What do pinto, lima and kidney have in common?

They are ...
3) varieties of beans



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