



Meringue-Topped Strawberry Shortcake gives a sweet summer dessert added elegance.

## Strawberries combined with meringue a classic

Traditionalists define shortcake as a sweetened biscuit, split and layered with fruit. But shortcake can be so much more. This unique Meringue-Topped Strawberry Shortcake begins with the traditional tender shortcake biscuit and is baked with meringue topping it. Served topped with sweetened, sliced strawberries, it's a dessert so elegant, friends and family will think it was created by a pastry chef. So easy, you'll serve this sophisticated version of strawberry shortcake for all your special gatherings.

**Meringue-Topped Strawberry Shortcake**  
 Prep Time: 20 minutes  
 Bake Time: About 30 mins.  
 1 quart fresh strawberries  
 1/4 cup granulated sugar  
 2 1/3 cups Bisquick Original baking mix  
 3 tablespoons granulated sugar  
 3 tablespoons margarine, butter or spread,\* melted  
 1/2 cup milk  
 2 egg whites  
 1/4 cup powdered sugar  
 1/4 cup granulated sugar

1 tablespoon sugar  
 Slice strawberries; sprinkle with 1/4 cup granulated sugar and let stand 1 hour.  
 Heat oven to 375° F. Stir baking mix, 3 tablespoons granulated sugar, the margarine and milk until soft dough forms. Gently smooth into ball on surface dusted with baking mix. Knead 8 to 10 times. Pat dough in ungreased round pan, 9 x 1 1/2 inches.  
 Beat egg whites until foamy. Beat in powdered sugar and 1/4 cup granulated sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Spread meringue on dough, sprinkle with 1 tablespoon granulated sugar.  
 Bake about 30 minutes or until golden brown. Cool 10 minutes. Run knife around edge to loosen; turn onto cloth-covered wire rack or plate. Turn meringue side up onto wire rack; cool completely. Serve with strawberries. Makes 8 servings.  
 \*If using spread, use only stick that has more than 65% vegetable oil.  
 High Altitude (over 3,500 ft.): Not recommended.

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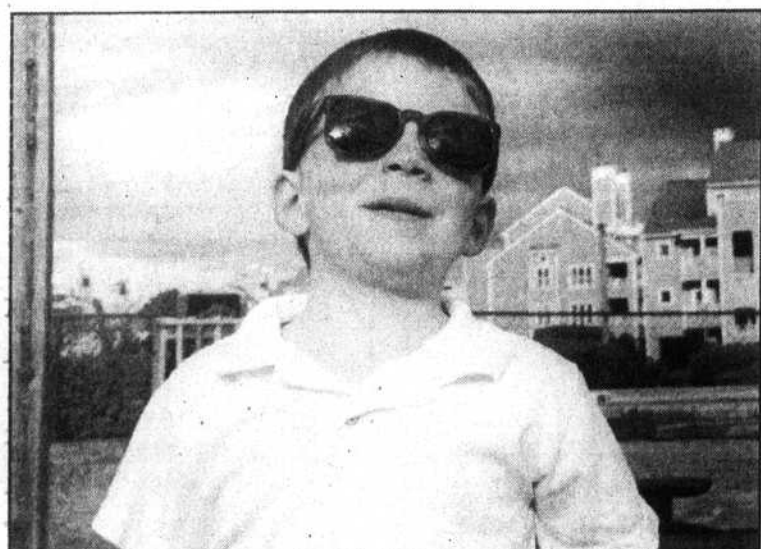
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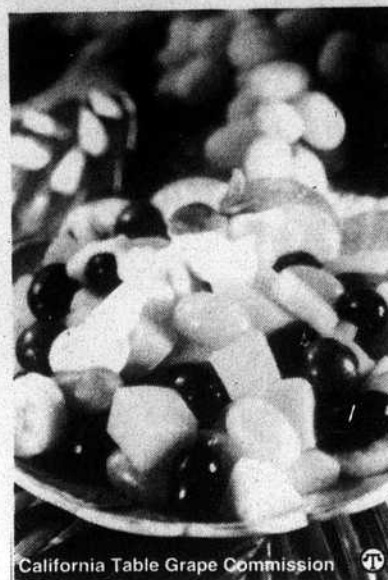
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# Snacking doesn't have to be bad for you

BY ELIZABETH PIVONKA  
 President, Produce for Better Health Foundation

Snacking can be a good thing — if you do it right. It used to be that in-between meal snacks were taboo, or so it seemed. Today we know that several small meals are better for weight control, blood sugar levels and for children with small stomachs — again, if you do it right!

Fruits and vegetables are the perfect snack. Not only do they taste and look good, but they are also easy to prepare and they're good for you. With more than 300 varieties of produce items in the grocery store at any given time, there are bound to be a few that everyone in your family will enjoy. My children, as a matter of fact, eat more grapes per year than any other fruit or vegetable. Grape varieties range from the tiny frosty green Perlette, to the



Tropical Fruit Salad healthy way to deal with 'snack attacks.'

large, deep red clustered Emperor. But to my kids, they're just the "green ones" and the "purple ones."

Grapes are versatile, too. You can slice them in half and add

them to a variety of salads. You can pop them in the freezer and pull them out for a cool snack. Or, like my kids, you can put either the "green ones" or the "purple ones" in a cup and eat them as you're driving to work or to school in the morning. Remember to keep grapes refrigerated in a plastic bag until ready to use, then rinse and serve or add to recipes.

Fruits and vegetables provide so many benefits. Not only do they taste and look great, but research has shown that those who eat five or more servings of fruit and vegetables every day have half the risk of developing cancer as those who eat only one or two servings a day. Fruits and vegetables are also important in reducing the risk of heart disease, stroke, obesity, and for just downright feeling good.

No doubt, mother was right — you should make sure you eat your fruits and vegetables.

My kids would recommend the "green ones" and the "purple ones."

**Tropical Fruit Salad**  
 2 cups California seedless grapes

- 1 medium banana, peeled and sliced
- 1 mango, peeled and cubed
- 1/2 cup lowfat tropical-flavored yogurt
- 1 teaspoon grated fresh ginger
- 4 mint sprigs

Combine grapes, banana and mango; toss to mix. Stir ginger into yogurt. Spoon dressing over mixed fruits or add to fruits and mix to combine. Place equal portions into individual glass bowls; garnish with sprigs of mint. Makes 4 servings.

Nutritional analysis per serving: 151.8 calories; 2.4 g protein; 1.0 g fat (5% calories from fat); 36.5 g carbohydrates; 2.3 mg cholesterol; 2.7 g fiber; and 19.5 mg sodium.

## Squeeze a little juice on favorite foods

Turkey tenderloins. Stuffed green peppers. Marinated chicken breast. Everyone has a favorite recipe they just can't live without, but to make that mouth-watering meal a little healthier, try substituting fats and oils with Florida orange

juice. Not only does orange juice enhance the flavor, it also increases the nutritional profile of favorite recipes.

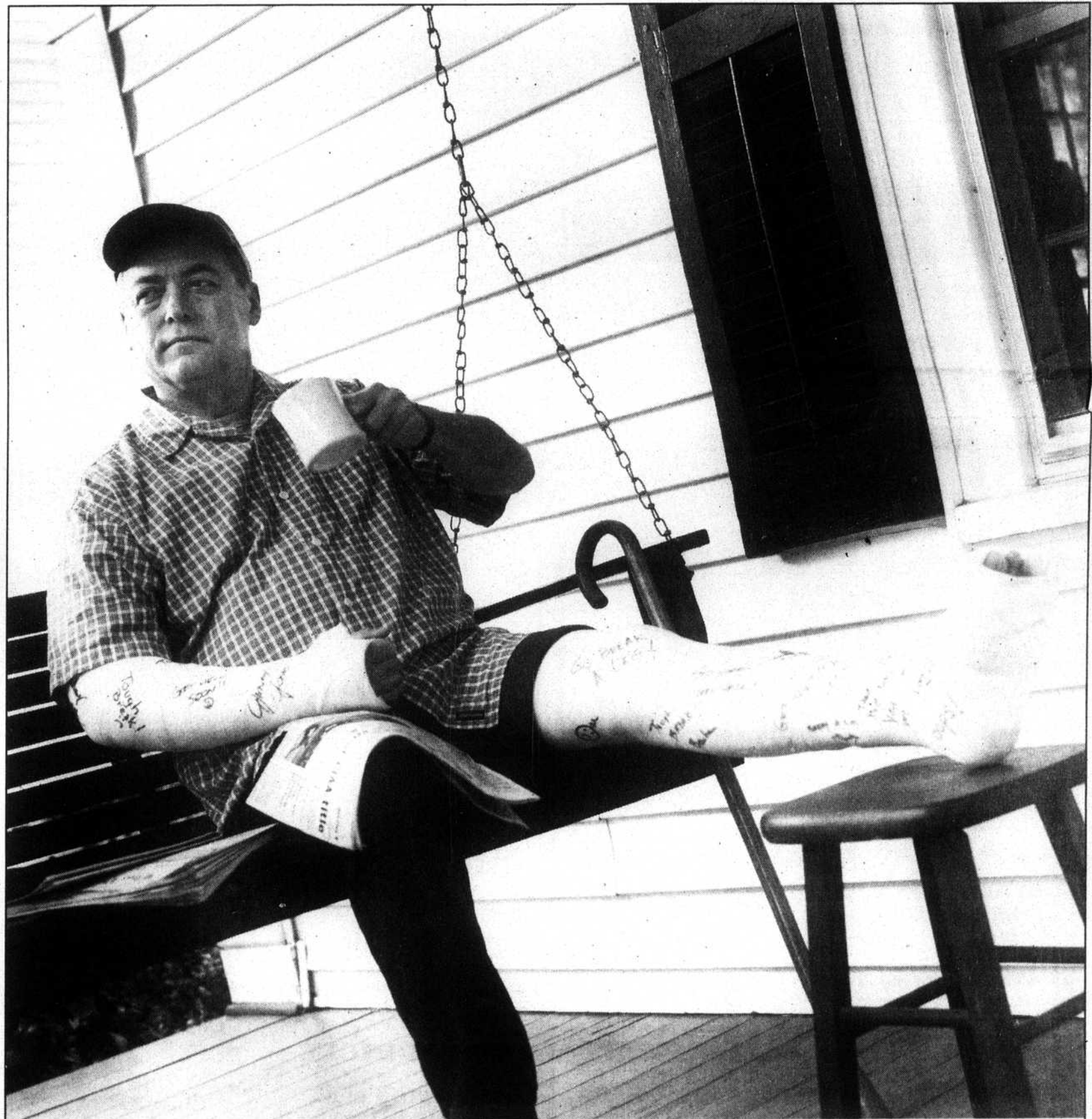
According to the American Cancer Society, nearly one-third of all cancer deaths in the United States may be related

to diet. A growing body of evidence suggests that eating a low-fat diet rich in fruits and vegetables containing vitamin C and beta carotene may help reduce the risk of some types



Adding orange juice to your favorite dish makes it healthier.

See JUICE On Page 4-B



It'll take a long time until Jack Hedges can walk again. Luckily, we plan to be here for at least another 52 years.



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