San-J -
Quick, Easy, Entertaining!

Next time you're in need of a perfect party snack recipe, try:

SZECHUAN GUACAMOLE

Made with our very own Szechuan Sauce, this is a party dip they will all love!

6	Large, ripe avocados
2	Tomatoes, diced
2	Small red onions, diced
2 Tbsp.	San-J Szechuan Sauce
1/2 cup	Lemon or lime juice
	Chopped cilantro

Peel avocados, remove pits and mash. Add next 4 ingredients & mix. Chill well. Garnish with cilantro & serve.

Makes 6-8 servings.

For more great recipes, featuring all-natural San-J products, visit www.san-j.com.

Save 55¢
on any 10 oz. San J Tamari, Cooking Sauce or Salad Dressing

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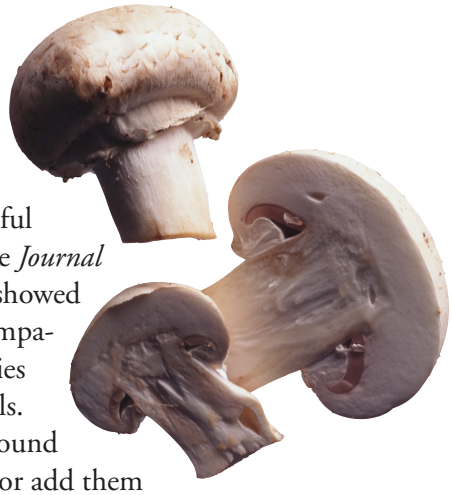
BUTTON UP!



Button mushrooms may rate lower on the glitz meter than the maitake or matsutake, but they pack as powerful an antioxidant punch. Research in the *Journal of the Science of Food and Agriculture* showed that white button mushrooms are comparable to more exotic, expensive varieties in their ability to scavenge free radicals. Try dicing them as a substitute for ground meat in recipes, toss them in a salad, or add them to a stir-fry.

taste test

SALSA OLÉ

Whether you like it *muy caliente* or mostly mild, we've got a salsa for you—just in time for Cinco de Mayo. Hint: A little can go a long way when it comes to mouth temperature.

—*Gabrielle Harradine*

salsa	why we like it	spiciness factor	shopping info
Food for Thought Cherry Salsa Atento	Uniquely fruity, with chunks of cherries	Mild jalapeño kick	$5.75/13 oz.; foodforthought.net
Fredericksburg Farms Guadalupe Valley Cilantro & Garlic	Nice depth of flavor; exciting bite	Hot, thanks to the serrano peppers	$6.95/12 oz.; salsaexpress.com
Green Mountain Gringo Roasted Chile Pepper	Wonderful tomato taste; subtly roasted	Medium; mellow fire-roasted chilies	$3/16 oz.; greenmountain gringo.com
Maria's Style Black Bean	Great texture; the beans make it a hearty, fiber-rich snack	Very mild; just right for a celery or carrot dip	$4/8 oz.; reidfoods.com