

NATIONAL Examiner GIVEAWAY

ENGLISH MUFFIN PIZZAS

- 4 English whole grain muffins, split
- 1/2 cup spaghetti sauce
- 1/2 cup shredded cheese
- 1/3 cup chopped bell pepper
- 1/3 cup chopped pepperoni

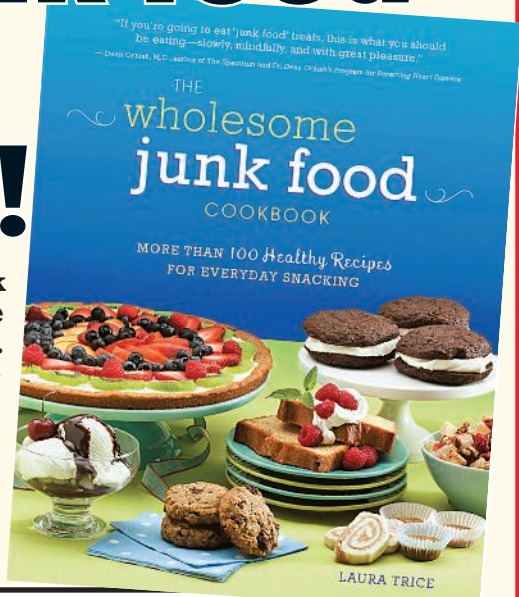


DIRECTIONS

Preheat oven to 400 degrees. Place muffins on a baking sheet and brown, 1 or 2 minutes. Spread sauce over the top. Add cheese, green pepper and pepperoni. Place in oven until the cheese melts and turns golden brown, about 8 to 15 minutes. Serve hot. Makes 4 portions.

Enjoy junk food without the guilt!

If you can't live without junk food, then take a look at *The Wholesome Junk Food Cookbook*. Author Dr. Laura Trice has more than 100 healthy snack foods to satisfy — without guilt. We have five copies of this \$17.95 paperback from Running Press to give away FREE. For a chance to win, see page 54. Here are two recipes from the book.



GOLDEN PINEAPPLE CARROT MUFFINS

- 1 1/2 cups unbleached flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1 tsp. each: cinnamon & vanilla
- 2 eggs
- 1/2 cup each: mashed banana, oil, chopped walnuts, shredded raw carrot & crushed unsweetened pineapple
- 1/4 tsp. sea salt



DIRECTIONS

Preheat oven to 400 degrees. Place paper liners in a muffin tin. In a bowl, sift dry ingredients together. In a separate bowl, combine eggs, banana, oil and vanilla. Beat well and pour into flour. Add walnuts, pineapple, carrots and nuts. Stir until moist. Fill cups 2/3 full and bake for 20 minutes or until golden brown. Makes 8 muffins

READER RECIPE

Here's a tasty and healthy side dish. Thanks to Timothy Polk of Chicago, Ill., our \$25 prize-winner, for sharing this delicious recipe.

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| 2 Tbsp. butter | 1 tbsp. chopped leeks |
| 1/2 cup wild rice | 1 1/2 cups chicken broth |
| 1/4 cup slivered almonds | |



Win \$25 for your recipe

Wild rice with almonds

DIRECTIONS

In a skillet over medium heat, saute the rice, almonds and leeks in butter. When almonds are browned, add the broth. Heat oven to 300 degrees and pour the mixture into a one-quart casserole. Cover tightly and bake about two hours. Add mushrooms, if desired.

Want to see your recipe in *The National EXAMINER*? Send it to **READER RECIPE**, *The National EXAMINER*, 1000 American Media Way, Boca Raton, FL 33464-1000. Please enclose your name, address and DAYTIME phone number. All recipes must be original and must include can sizes if canned goods are used. We'll pay \$25 for those we publish. Please allow 8 weeks for payment.