



## MONSTER MASH



It's surprisingly easy to make guacamole: (1) Start with two ripe avocados. (Gently press the skin. If there's no give, the avocados aren't ripe. If there's too much give, they may be overripe.)

(2) Cut the avocados in half, remove the pits, scoop the flesh into a bowl, and roughly mash with a fork.

(3) Add ¼ diced red onion,

1 cup chopped tomatoes, ¼ tsp. salt, the juice of 1 lime (2 Tbs.), and 1 minced jalapeño pepper. (Remove the stem and seeds. Wear gloves, or wash your hands thoroughly after you handle the hot pepper and make sure not to touch your eyes with your hands for at least an hour or two.)

Or pick up a box of **Wholly Guacamole** in your grocery store's refrigerator case. Trust us. Your dinner guests won't be able to tell the difference. Both the **Classic** and **Spicy** varieties are dead ringers for homemade or restaurant guacamole.

With Wholly Guacamole, your toughest job will be to try to stick to the two-tablespoon serving. Try hard. The stuff tastes so good that its 50 or 60 calories and 90 milligrams of sodium can quickly multiply.

What to do with guacamole? Slice up some red peppers and dip in. Or skip the store-bought tortilla chips and toast some whole wheat pita wedges for scoopers. Or serve as a topping for grilled fish tacos, chicken fajitas, or black bean quesadillas.

From now on, it's guac around the clock.

**Fresherized Foods: (817) 509-0626**

## BACON MAGIC

"Bacon is magical," intones **Denny's** Web site. "Bacon transforms classic foods into colossally awesome ones...Bacon is king."

Yup. Denny's is observing a "celebration of Bacon" called "Baconalia!" (Sorry if you missed the party. In May, the chain couldn't say how long it would continue.)

"And that's why our menu features seven new bacon dishes," notes the Web site. It's talking about creations like Bacon Flapjacks, a BBBLT, and, for dessert, a **Maple Bacon Sundae**. Yum!

Honestly, why hasn't anyone thought of putting bacon on ice cream before? What a bunch of slackers must be running these chain restaurants. There they are, trying to slather cheese onto every sandwich, salad, steak, or pasta on the menu. Or they're busy topping every dessert with ice cream, whipped cream, or both. But bacon? Brilliant.

The Maple Bacon Sundae starts with maple-flavoured syrup, a scoop of vanilla ice cream, and a "generous sprinkle" of bacon. Remember when ice cream with syrup was *already* indulgent?

Then Denny's adds *another* layer of syrup, *more* ice cream, *more* bacon, and *more* syrup. By the time they're done layering, your midsection and artery walls are layered with 810 calories and 21 grams of saturated fat. And—unlike bacon-free sundaes—the Maple Bacon comes with a bonus: 460 milligrams of sodium.

What's next? Sausage Shakes? Pork Belly Pecan Pie? Fat Back Banana Splits?

**Denny's: (604) 730-6620**



## dish

OF THE MONTH

### Sesame Greens

Plunge 500 g dark green vegetable into boiling water until bright green and tender (from 15 seconds for spinach, watercress, or mustard greens to 2 minutes for broccoli, broccoli rabe, bok choy, or kale). Drain very well. Toss with 1 Tbs. toasted sesame oil, 1 Tbs. toasted sesame seeds, and 1 tsp. reduced-sodium soy sauce.

Photos: Natalie Walsh (left), Jorge Bach (right).

**About CSPI,**  
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