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STYLE

March 9, 2005

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HealthKicks! workshop for kids

The next HealthKicks! event, organized by the Black Tiger Academy, will be March 15 from 2 to 4 p.m.

The event will feature a variety of activities that teach children to live healthier lives, including an Eat Green session in which kids will discover green fruits, veggies and other green snacks that will keep them healthy and satisfied.

Other activities include St. Patrick's Day crafts and games, and sessions about gardening and protecting the environment.

The Black Tiger Academy is at 548C Main St., Watsonville. Admission is \$12.

Class size is limited so register soon by calling 728-2251.

St. Patrick's Day food with a twist

If you're looking for a little culinary inspiration this year and want to try something other than corned beef and cabbage with green beer, pick up chef Robert Meyers Lussier's new cookbook, 'This is Delicious! What is It?'

The cookbook includes 250 recipes for international foods, including a few like beer-laden stew and an orange liquor-soaked dessert that will spice up your St. Patrick's Day menu.

The cookbook sells for \$24.95 at most bookstores. For more information, visit www.Thisisdeliciouswhatisit.com.

Try healthy yogurt substitutions

The state Milk Advisory Board recently came up with some easy yogurt substitutions that will help you meet your

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healthy eating goals. Here are some of them:

- Replace some of the fat in baked goods with plain or flavored yogurt.
- Try mixing plain yogurt, lemon juice and garlic for an alternative to a traditional Caesar salad dressing.
- Use yogurt as the base for zesty dressings in potato, macaroni and pasta salads.
- Season plain yogurt with Dijon mustard and chives and serve with crab cakes.

Here's a quick recipe:

Mediterranean Yogurt Dip

- 1 c. plain low-fat yogurt**
- 3 Tbsp. shredded Parmesan cheese**
- 2 Tbsp. chopped fresh basil**
- 1 Tbsp. finely chopped, oil-packed sun-dried tomatoes**
- ½ tsp. garlic salt**
- ¼ tsp. sugar**

Stir together all ingredients in a medium bowl. Cover and chill for at least one hour to allow flavors to blend.

Serve with chips, crackers or pita bread triangles.

Recipe courtesy of the California Milk Advisory Board.

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kcooper@santacruzsentinel.com



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