

A sweet deal to go
with your sweet recipes.



Use the coupon below to save 75¢
on any size box of
NatraTaste® Brand Sugar Substitute.

Manufacturer's Coupon Expires 12/31/02



**Save
75¢**
on any size box of
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Retailer: This coupon will be redeemed for face value plus 8¢ handling charges on NatraTaste Sugar Substitute provided terms of offer have been complied with by the retailer and the consumer. Any other application of this coupon constitutes fraud. Invoices proving sufficient stock to cover coupons must be made available upon request. This offer void in any state or locality prohibiting, licensing or regulating these coupons. Mail coupons to: Stadt Corporation, LMS Dept. 2160, P.O. Box 909, Tecate, CA 91980-0909. Cash value 1/20 of 1¢.

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NatraTaste®

Same sweetener as Equal® at a sweeter price.

Stadt Corporation 60 Flushing Ave. Brooklyn, NY 11205 www.natrataste.com

NatraTaste® serves up full-flavored
taste at a fraction of
the cost of other sugar substitutes.

OOOOOOOH

Savor the sweetness of NatraTaste for
yourself with the eight
delicious recipes you'll find inside.

MMMMMMM

While they don't have the extra calories
of sugar, they are
chock full of rich, mouth-watering flavor.

AAAAAAH



Same sweetener as Equal® at a sweeter price.

You can enjoy all the rich tastes of Southern cuisine when NatraTaste® Brand Sugar Substitute is on your ingredient list. These delicious recipes are inspired by the flavors of the South, but made even better with NatraTaste.

NatraTaste sweetens like sugar, but with no calories, making it a great choice for your tabletop or in recipes. NatraTaste offers you the same sweetener as Equal at a sweeter price.

And with the attached savings coupon, that's an ohhh so sweet deal.



REPLACE THE SUGAR. KEEP THE TASTE.

With Natrataste, you can enjoy the sweet taste of sugar without the calories. It's the perfect sweetener to sprinkle onto cereal, fruit and yogurt, or to stir into your favorite beverages, including coffee, iced tea and lemonade.

You can also use NatraTaste to sweeten your favorite recipes by following these guidelines:

SWEETENED SAUCES OR PUDDINGS All of the sugar can be replaced with NatraTaste (see chart below for conversion amounts). When preparing stovetop recipes, follow recipe directions, then stir in NatraTaste *after* the pan has been removed from heat.

BAKED GOODS Some sugar is usually required for proper volume and texture. For best results, experiment by substituting half the recipe's sugar with the appropriate amount of NatraTaste shown in the chart.

HOW TO SUBSTITUTE NATRATASTE FOR SUGAR

NatraTaste	Sugar
1 packet	2 teaspoons
6 packets	1/4 cup or 4 tablespoons
12 packets	1/2 cup or 8 tablespoons
24 packets	1 cup or 16 tablespoons



*Equal® and NatraTaste® contain the sweetener aspartame. NatraTaste® is a registered trademark of Stadt Corporation. Equal® is a registered trademark of Merisant Company. ©2002 Stadt Corporation. All Rights Reserved.



Sassy Blackeyed Salsa



Bluer than Blue Spinach Salad

Sassy Blackeyed Salsa

- 1 (16-ounce) bag frozen blackeyed peas, thawed
- 1 (15 1/4-ounce) can whole kernel corn, drained
- 2/3 cup diced red bell pepper
- 2/3 cup diced red onion
- 2 tablespoons seeded and minced jalapeno pepper
- 1/4 cup chopped fresh cilantro
- 3 tablespoons lime juice
- 2 tablespoons red wine vinegar
- 1 tablespoon minced garlic
- 2 packets NatraTaste® sugar substitute
- 1 teaspoon ground cumin
- Salt and pepper to taste
- Fresh cilantro sprigs, optional

In large bowl, combine first 5 ingredients; set aside. In small bowl, combine cilantro, lime juice, vinegar, garlic, NatraTaste and cumin; mix well. Pour cilantro mixture over blackeyed pea mixture; toss to combine. Add salt and pepper to taste. Cover and refrigerate 1 hour or overnight. Garnish with fresh cilantro, if desired. Serve with baked tortilla chips or as side dish. Makes 8 servings.

PER SERVING: 216 calories, 12 g protein, 42 g carbohydrate, 2 g fat, 0 mg cholesterol, 125 mg sodium, 8 g fiber.

FOOD EXCHANGES: 2 starch

Same sweetener as Equal at a sweeter price.



Bluer than Blue Spinach Salad

- 1/3 cup 100% fruit blueberry spread
- 1/2 cup raspberry vinegar
- 1 tablespoon olive oil
- 1 tablespoon orange juice
- 1 teaspoon Dijon mustard
- 2 packets NatraTaste® sugar substitute
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 1 (10-ounce) bag fresh spinach leaves, washed and dried
- 1/2 cup crumbled blue cheese, divided
- 1/2 cup fresh blueberries
- 1/4 cup chopped pecans

Combine first 8 ingredients; stir until smooth; set aside. In large salad bowl, toss together spinach, 1/4 cup of blue cheese and blueberries. Pour dressing over salad; toss to coat spinach evenly. Divide among 4 salad plates; sprinkle with remaining blue cheese and pecans. Makes 4 servings.

PER SERVING: 177 calories, 6 g protein, 14 g carbohydrate, 14 g fat, 13 mg cholesterol, 641mg sodium, 7 g fiber.

FOOD EXCHANGES: 3 vegetable

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Savory Stuffed Vidalias



Yummy Yam & Apple Pork

Savory Stuffed Vidalias

- 4 medium Vidalia onions
- 2 (14 1/2-ounce) cans reduced-sodium chicken broth
- Nonstick cooking spray
- 1 cup thinly sliced mushrooms
- 1 1/2 cups cornbread stuffing mix
- 1/2 cup ground turkey sausage, cooked and crumbled
- 1 packet Butter Buds® mix
- 2 packets NatraTaste® sugar substitute
- 2 tablespoons Parmesan cheese
- 2 tablespoons chopped parsley
- Additional Parmesan cheese, if desired

Preheat oven to 350°F. Cut 1/2 inch from top of each onion and remove papery outer skin, leaving root end intact. Core onions using paring knife or melon baller, leaving outer 5 to 6 layers intact. Remove inside of onions; reserve. Bring chicken broth to boil in medium saucepan. Add onion shells and reduce heat to simmer; cover and cook onions 10 to 15 minutes or until translucent and just tender when pierced with fork. Drain onions and reserve broth; cool onions. Spray 8- x 8-inch baking pan with nonstick cooking spray; place onion shells in pan hollow side up; set aside.

Chop reserved onion to equal 1/2 cup. Spray medium skillet with nonstick cooking spray; sauté onion and mushrooms until tender. Place stuffing mix in large bowl; add sautéed vegetables, sausage, Butter Buds, NatraTaste, Parmesan cheese and parsley; toss to combine. Stir in 1 cup reserved chicken broth to moisten stuffing; add more broth, if needed. Spoon stuffing mixture into onion shells. Sprinkle with Parmesan cheese, if desired. Bake stuffed onions for 20 to 25 minutes or until heated through. Makes 4 servings.

PER SERVING: 233 calories, 11 g protein, 36 g carbohydrate, 5 g fat, 24 mg cholesterol, 685 mg sodium, 4 g fiber.

FOOD EXCHANGES: 3 starch, 1/2 medium fat meat

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Yummy Yam & Apple Pork

- 3 medium sweet potatoes
- 4 medium pork chops (approximately 1 1/2 to 2 lbs.)
- Nonstick cooking spray
- 1 1/2 cups peeled and chopped apples
- 1 cup apple juice
- 1 tablespoon molasses
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 packets NatraTaste® sugar substitute
- 1 packet Butter Buds® mix
- 1 teaspoon cornstarch dissolved in 1 teaspoon water

Preheat oven to 350°F. Microwave sweet potatoes on high for 3 minutes; turn over and microwave 3 to 4 more minutes or until tender; cool. Spray bottom and sides of 9- x 13-inch baking dish with nonstick cooking spray. Place pork chops in baking dish. Peel sweet potatoes; chop into medium cubes; toss with apples. Sprinkle sweet potatoes and apples over pork chops.

In small saucepan, combine apple juice, molasses, cinnamon, nutmeg, salt, pepper, NatraTaste and Butter Buds; bring to boil over medium heat. Reduce heat to simmer. Add cornstarch mixture and cook, stirring constantly, until slightly thickened. Pour sauce over sweet potatoes, apples and chops in baking dish. Bake for 30 to 40 minutes or until chops are cooked through. Makes 4 servings.

PER SERVING: 410 calories, 26 g protein, 50 g carbohydrate, 12 g fat, 70 mg cholesterol, 483 mg sodium, 5 g fiber.

FOOD EXCHANGES: 2 1/2 starch, 2 1/2 medium fat meat

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Ohhh So Good Glazed Chicken



Mmmmmouth-Watering Marmalade Brownies

Ohhh So Good Glazed Chicken

- 1 (12-ounce) jar 100% fruit apricot spread
- 3/4 cup lime juice
- 1/2 cup reduced-sodium soy sauce
- 18 packets NatraTaste® sugar substitute
- 4 tablespoons minced garlic
- 1 teaspoon ground ginger
- 6 medium chicken breasts or leg quarters

Combine first 6 ingredients in medium bowl; stir until smooth. Divide mixture in half. Pour 1/2 glaze mixture in resealable plastic bag with chicken pieces. Seal and refrigerate for 3 hours or overnight. Place remaining 1/2 glaze mixture in sealed container; refrigerate.

When ready to cook, place glaze from sealed container in medium saucepan; bring to boil; reduce heat and simmer for 12 to 15 minutes or until glaze is thickened. Remove chicken from bag, discarding bag and marinade. Grill marinated chicken breasts over medium high heat. Brush chicken with thickened glaze during last 5 minutes of grilling. Serve with remaining glaze if desired. Makes 6 servings.

PER SERVING: 318 calories, 48 g protein, 24 g carbohydrate, 5 g fat, 128 mg cholesterol, 879 mg sodium, <1 g fiber.

FOOD EXCHANGES: 7 very lean meat

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Mmmmmouth-Watering Marmalade Brownies

Cookie Layer

- 2 eggs
- 16 packets NatraTaste® sugar substitute
- 1 teaspoon vanilla extract
- 1/2 cup melted margarine
- 1 cup grated coconut
- 1/2 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup chopped pecans

Brownie Layer

- 1/2 cup melted margarine
- 4 ounces unsweetened baking chocolate
- 1/3 cup evaporated skim milk
- 1/3 cup low-sugar orange marmalade
- 20 packets NatraTaste® sugar substitute
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 cup flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt

Glaze

- 1/2 cup low-sugar orange marmalade

Cookie Layer: Preheat oven to 350°F. Lightly grease and flour an 8- x 8-inch metal baking pan. Whisk together eggs, NatraTaste and vanilla in medium bowl; stir in melted margarine, coconut, flour, baking powder and salt. Spread mixture evenly in prepared pan. Sprinkle pecans evenly over top; bake 5 minutes.

Brownie Layer: Combine margarine, chocolate, milk and orange marmalade in medium microwave-safe bowl; microwave on medium power until melted, stirring every 30 seconds. Stir in NatraTaste, eggs and vanilla until combined. Stir in flour, baking powder and salt. Pour batter evenly over cookie layer. Bake for 30 to 35 minutes.

Glaze: Microwave orange marmalade in microwave-safe bowl on medium power 30 seconds or until melted. Pour warm glaze evenly over top of baked brownie bars. Let cool and cut into squares. Makes 9 servings.

PER SERVING: 261 calories, 4 g protein, 18 g carbohydrate, 21 g fat, 128 mg cholesterol, 385 mg sodium, 2 g fiber.

FOOD EXCHANGES: 1 carbohydrate, 1 fat

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Very Berry Southern Compote



Berry Special Sparkler

Just Peachy Smoothie

Marvelous Mint Crush

Very Berry Southern Compote

- 12 ounces unsweetened frozen whole strawberries
- 8 ounces unsweetened frozen blueberries
- 8 ounces unsweetened frozen blackberries
- 8 ounces unsweetened frozen raspberries
- 6 packets NatraTaste® sugar substitute
- 2 tablespoons cornstarch
- 1/4 cup orange juice
- Fresh mint leaves, optional

Thaw berries to room temperature. Strain juices into medium saucepan; reserve berries. Bring juices to simmer over medium heat. Dissolve cornstarch in orange juice; add cornstarch mixture to saucepan and cook, stirring constantly, until thickened. Lower heat; add NatraTaste and reserved berries. Cook just until berries are warmed through. Serve warm over pound cake, ice cream or French toast. Garnish with mint leaves, if desired. Makes 8 servings.

PER SERVING: 73 calories, <1 g protein, 18 g carbohydrate, <1 g fat, 0 mg cholesterol, 2 mg sodium, 4 g fiber.

Food Exchanges: 1 fruit



Same sweetener as Equal at a sweeter price.

Berry Special Sparkler

- 2 orange spice tea bags
- 2 cups boiling water
- 1 cup frozen raspberries
- 1/2 cup light or reduced-sugar frozen cranberry juice concentrate
- 6 packets NatraTaste® sugar substitute
- 1 cup raspberry-flavored seltzer water

Steep tea bags in water until cool; remove tea bags. Puree raspberries in blender until smooth; add to tea; stir in cranberry juice concentrate and NatraTaste. Strain mixture through sieve to remove seeds. Stir in seltzer. Serve immediately over ice cubes in tall glass. Makes 4 servings.

PER SERVING: 32 calories, <1 g protein, 8 g carbohydrate, 0 g fat, 0 mg cholesterol, 6 mg sodium, <1 g fiber.

FOOD EXCHANGES: 1/2 fruit

Just Peachy Smoothie

- 1 cup frozen sliced peaches
- 1 cup fat-free peach yogurt
- 1/2 cup orange juice
- 3 packets NatraTaste® sugar substitute
- 3/4 cup orange-flavored seltzer water
- Fresh peach slices, optional

In blender, combine peaches, yogurt, orange juice and NatraTaste; puree until smooth. Stir in seltzer until combined. Pour in tall glasses; garnish with fresh peach slices, if desired. Serve immediately. Makes 4 servings.

PER SERVING: 58 calories, 3 g protein, 12 g carbohydrate, 0 g fat, 1 mg cholesterol, 37 mg sodium, <1 g fiber.

FOOD EXCHANGES: 1 fruit

Marvelous Mint Crush

- 1/2 cup fresh mint leaves, washed and dried, torn in half
- 24 packets NatraTaste® sugar substitute
- 3 cups cold water
- 1/2 cup freshly squeezed lemon juice
- 1 (12-ounce) can diet ginger ale
- Fresh mint leaves, optional

Place mint leaves in the bottom of a pitcher. Add NatraTaste and crush mixture with back of wooden spoon. Add water, lemon juice and ginger ale; stir. Serve immediately over crushed ice in tall glass, garnishing with fresh mint leaves, if desired. Makes 4 servings.

PER SERVING: 33 calories, <1 g protein, 9 g carbohydrate, 0 g fat, 0 mg cholesterol, 29 mg sodium, <1 g fiber.

FOOD EXCHANGES: 1/2 carbohydrate



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