

# Fresh ink

**HOT OFF THE PRESS!**

## THE DENVER POST

Featuring Salba Smart in the December 17,  
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### Make This



### Pickled Green Chiles

Great on a sandwich. From "Southeast Asian Flavors,"  
by Robert Dahni. Makes 2 cups (with brine).

#### Ingredients

1½ cups distilled white vinegar  
1 teaspoon granulated sugar  
1 teaspoon kosher salt  
½ pound fresh green chiles, such as serranos, sliced into ¼-inch  
thick rings

#### Directions

Whisk together vinegar, sugar and salt until dissolved. Place chiles  
in a glass or plastic jar that is just large enough to hold them. Pour  
vinegar mixture over chiles. Transfer to refrigerator to marinate for  
at least 3 days. These will keep for up to two months.

### Yum Yum

You're going from feast to feast this time of year, but are you monitoring your nutrition? Ensure your omega-3 and fiber intake with a daily serving of Salba grains, which gives an excellent nutrition bang for your buck. Toss a tablespoon in with your cereal or salad, and you're covered. Available at Whole Foods, Vitamin Cottage and other area grocers.



### Drink Up

#### Golden Star White Jasmine Sparkling Tea, \$13/750 ml or \$7/375 ml

It's always good to have something non-alcoholic on offer for the holidays — extra points if it's dry enough to match with food and more interesting than water. This tea expertly fits the bill. The pale yellow hue with its delicate bubbles suggests champagne; the scent makes a flower lover swoon with its pure jasmine notes; the tea part of the equation keeps it from being too sweet. Made from filtered water, white jasmine tea and a little organic cane sugar, the flavor is pure and elegant. Poured into a wine glass, it's easy to forget that it isn't wine — with the bubbles and the smooth, restrained flavor, it acts like an exotic, elegant white. Perfect with dinners of steamed snapper with ginger sauce or takeout sushi. *Golden Star Tea Co., San Francisco, goldenstartea.com*

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