



DON'T TOSS THESE PACKETS! A little Chinese takeout mustard adds spicy kick to marinades. It's great on sandwiches, too.

pass the mustard!

Confession from the writer: I have a dozen types of mustard in my fridge, from grainy Guinness to creamy Dijon... to name just a few. With such a delicious variety and a **PointsPlus** value of 0 per tablespoon, it's easy to get hooked!

WHY MUSTARD IS A MUST

This centuries-old condiment (mustard seeds were found buried with King Tut) can bring a burst of spicy/sweet/sharp/mellow/hot flavor to just about any food.

Beyond simply adding savor, mustard also acts as an emulsifier in vinaigrettes, binding oil and vinegar so the dressing doesn't separate.

With so many mustards available, you're sure to find one you love.

The Mustard Museum in Middleton, WI (mustardmuseum.com), offers 400 types online, from its best-selling Slimm & Nunne Sweet & Nicely Hot to a wasabi horseradish version, and even bacon mustard. Looking for local varieties? If your supermarket doesn't have many choices, try the farmers' market.



YELLOW
It's a classic. Creamy, smooth, and not too strong.

BEER
The darker the brew, the deeper the flavor.

SMOKY CHIPOTLE
An inspired blend of Tex-Mex heat and vinegary tang.

WHOLE GRAIN
Yellow and brown mustard seeds pop when you bite them.

DILL
Herbs add freshness and brightness.

JUST ADD MUSTARD

Brush roasted veggies with dill mustard.

Slather chipotle mustard on chicken breasts before you grill them.

Dip pretzel sticks in your favorite mustard for a crunchy, satisfying snack.

Stir grainy mustard into lentil soup.

Roast cubed potatoes with oil and horseradish mustard.

