

Toasted Flax

Nothing beats the warm, nutty flavor of toasted flax. You can use it as a garnish on soups, stews, or chowders, or as a topping for casseroles. It makes a tasty dessert topping, too. You can sprinkle it over ice cream, or you can dip fresh fruit in it—it's the perfect flavor complement for bananas, strawberries, kiwis, and apples. Best of all, toasting flax seed is as simple as 1-2-3!

1. Place whole (not ground) flaxseed into a small flat pan with a long handle, and cover securely.
2. Hold pan over high heat, shaking it vigorously to keep the seeds from burning. In moments, you'll hear the flaxseed start to pop—just like popcorn!
3. As soon as the popping stops (it only takes a few minutes), immediately remove the pan from the heat and remove the cover.