

hot stuff

Hot Stuff: A Food Odyssey

This past June, I took on the toughest assignment of my journalistic career. I covered the NASFT Summer Fancy Food Show at the Javits Center in NYC. While walking the floor, I had to fight off vendors who insisted on force-feeding me exotic salsas, sinfully-seasoned chips, piquant cheeses, delectable cookies and rich, creamy chocolate. I couldn't wait to get home to my blue box of mac & cheese. NOT! Below, my top picks from the show. Now excuse me while I re-mount my treadmill.

— TSC, Ed.

Sensible Does Not Have to Mean Tasteless

Sensible Portions' Cinnamon Apple Straws taste like...well...apples! Only crunchy. They're the closest to real apples I've ever eaten. And they're all-natural, no trans fats, no preservatives, kosher and cholesterol free. Other lip-smackin', savory snacks, too. www.sensibleportions.com.



Make Love, Not Trans Fats

Rock-n-Roll Gourmet, founded by husband-and-wife musicians, makes Hippie Chips. They're all-natural, low-fat, no trans fats, non-GMO, kosher and gluten-free. Best of all, they taste really good. Enjoy flavors like Haight-AshBerry Jalapeno, Lime is on My Side, Woodstock Ranch and more. www.rocknrollgourmet.com.



Yummy! Even if You're Not Lactose Intolerant.

Now you can enjoy a gluten-free donut that doesn't taste like dust! Kinnikinnick makes wheat, nut, dairy, soy, preservative and trans fat free, Vanilla Glazed and Chocolate



Dipped. Plus, KinniToos Sandwich Cremes are as close as you can get to gluten-free "O" cookies. www.consumer.kinnikinnick.com

Sweet and Savory Sauces With a Conscience

I don't know which I like better—these all-natural, flavorful, award-winning salsas, vinaigrettes and marinades, or the fact that brothers Mike and Nick Lampros donate to, and raise funds for, no-kill animal shelters. Named in memory of Mike's beloved dog Gunther, the company has online recipes for quick and easy dinners. www.gunthersgourmet.com



Authentic Flavor and the Pig Gets to Live

According to research, bacon is consistently the #1 food that vegetarians miss. Enter BaconSalt! Sprinkle it on eggs, and viola—bacon & eggs! BaconPop (so good) followed, then Baconnaise (to die for). Vegetarian, kosher and award-winning—but maybe they crossed the line when they introduced bacon-flavored envelopes and lip balm. Just sayin'... www.baconsalt.com

