

Secret FBI report reveals:



**OBAMA
ASSASSIN
GUNNED
DOWN!**



Prez's life saved by terrorist's wife!

**What's up, Prince Harry?
HIS BOOZING OUT
OF CONTROL!**

**-NOW HE'S
WEARING
NAIL POLISH**



WIN!
\$4,185
in puzzles and

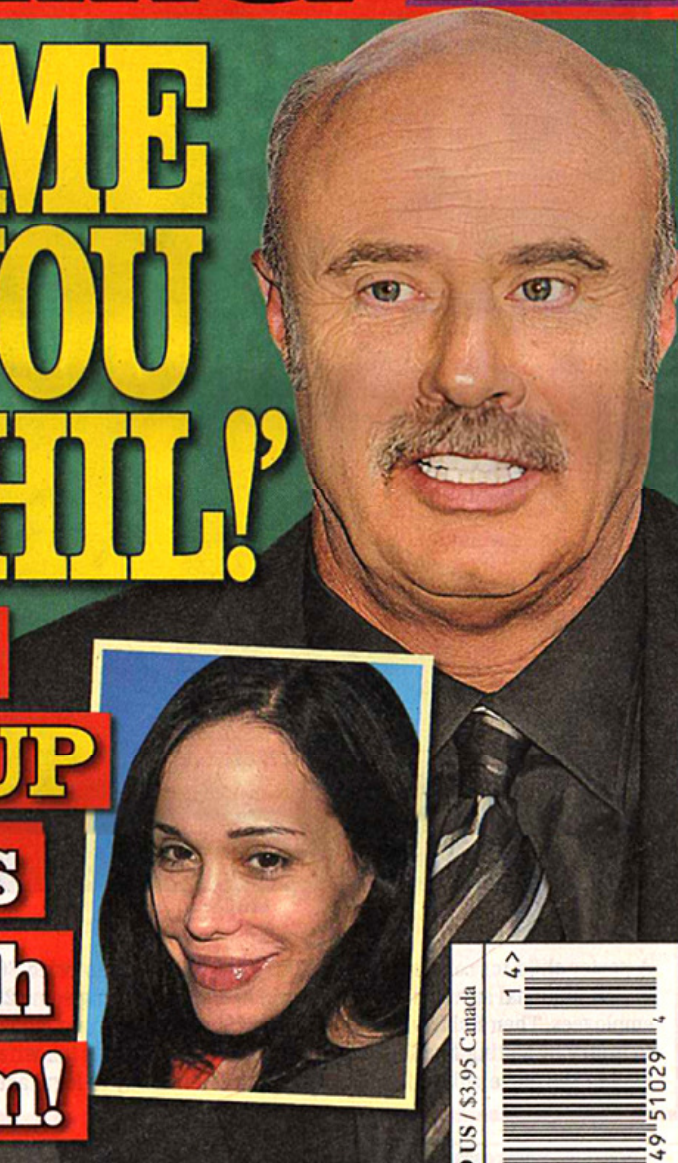
NATIONAL
Examiner

April 6, 2009

**'SHAME
ON YOU
DR. PHIL!'**



**Oprah
BLOWS UP
over his
deal with
Octomom!**



**GOOD
NEWS!**

POTATO CHIPS BEAT DEPRESSION!

**NEW
STUDY**

\$3.29 US / \$3.95 Canada



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NATIONAL Examiner GIVEAWAY

Spray on flavor!

JUST a dash will do ya with Gourmè Mist — spray misters that contain imported olive oil and aged balsamic vinegar to help control the amount used on salads, and in cooking, baking and sauteing. We have five olive oil and five balsamic vinegar misters from the Gourmè Food Company to give away FREE — an \$18 prize for each winner. For a chance to win, see page 54. Gourmè Mist sprayers are found in fine-food and grocery stores nationwide. Try these two recipes, and log onto www.gourmemist.com for more.



VEGGIE OMELETE

- | | |
|---------------------------------------|--|
| 1 Gourmè Mist Organic Oil | 1 small tomato, chopped |
| 4 medium eggs | 1/4 cup milk |
| 1/4 red or green bell pepper, chopped | Salt & pepper to taste |
| 1/4 onion, chopped | Spice with curry, thyme, basil or dill |

DIRECTIONS

CRACK eggs into a bowl, add milk and whisk. Spray medium-size pan with Gourmè Mist. Over low heat, add tomatoes, peppers, onions and spices, and stir until soft. Spray again and pour in eggs, covering the entire pan. Brown and flip or fold in half. Garnish with fresh parsley or basil. Serve with toast, sausages and orange juice.

BALSAMIC GLAZED AVOCADO & TOMATO SALAD

- 2 to 3 ripe tomatoes
- 2 avocados
- 1 Gourmè Mist Extra Virgin Olive Oil
- 1 Gourmè Mist Barrel Aged Balsamic Vinegar
- Black pepper
- Grated Asiago Cheese, optional

DIRECTIONS

SLICE tomatoes and avocados, and place on a serving dish. Spray with olive oil and balsamic vinegar. Sprinkle with pepper and cheese. Makes 4 servings.



READER RECIPE

**Win
\$25 for your
recipe**

Poor boy cookies

“This cookie recipe has been in my family for years,” says Joyce Jones of Iola, Kan., our \$25 prize-winner. “It’s easy to make and very tasty.”

- | | |
|--------------------|--------------------------|
| 1 cup water | 2 cups all-purpose flour |
| 1 cup raisins | 1 tsp. baking soda |
| 1/2 cup shortening | 1 tsp. cinnamon |
| 1 cup sugar | 1/4 tsp. salt |



DIRECTIONS

Bring water to a boil. Add raisins and shortening. Boil 5 minutes. Meanwhile, mix all dry ingredients together in a large bowl. Add 1 teaspoon of baking soda to the water, stir and slowly add the liquid to the dry mixture. Stir well as it thickens. Spread batter in a greased 9x13x 2-inch pan. Bake at 350 degrees for 20 minutes. Cool. Spread with glaze or icing. Cut into bars and enjoy.

Want to see your recipe in The National EXAMINER? Send it to READER RECIPE, The National EXAMINER, 1000 American Media Way, Boca Raton, FL 33464-1000. Please enclose your name, address and DAYTIME phone number. All recipes must be original and must include can sizes if canned goods are used. We'll pay \$25 for those we publish. Please allow 8 weeks for payment.