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POTLUCK

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Amber waves of grain

Millet crunchy and molasses sweet, the new Seedlander flatbreads from **Doctor Kracker** combine pumpkin seeds with whole millet grains and poppy seeds. Each flatbread has about 12 grams of whole grains and 100 calories. Top with fresh peanut butter, goat cheese, spinach feta or reduced-fat butter for a wholesome treat. About \$4 for a 7-ounce package. The line is carried at Whole Foods in Manhasset, Dr. Be Well in Plainview, Fairway in Plainview, Sherry's in Babylon.

A cut above the old way

This cute little can opener is deceptively strong. The Orbi SafeCut is ergonomically designed to make can-opening easy for those with arthritis, tendonitis or repetitive stress injuries. It's also good for southpaws. Plus, the cutting edge penetrates the seal of the can, leaving both can and lid edges smooth. About \$15.99 at most Bed Bath & Beyonds and online at www.laprimashops.com.

Corn cob innovation

These colorful, sturdy corn holders have an added benefit: the prongs interlock for safe storage and easy retrieval. No more pieces lost in the drawer, nor fingers bloodied in the search. Rustproof and dishwasher safe, a set of four pairs (one each in red, blue, yellow and white) retails for about \$5. Available at Bed Bath & Beyond, Linens 'n Things, Fortunoff (Westbury) and Le Gourmet Chef (Riverhead). For more information, or to purchase online, visit www.zylissusa.com.

One popular doggie

Americans eat 20 billion hot dogs a year, according to the American Meat Institute. In July alone, 2 billion red hots are devoured.

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