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## QUICK BITES: New stuff

August 1, 2007

**Pomegranate continues to be a darling**, with its powerful antioxidant qualities. Pompeian Inc. has three new pomegranate-infused vinegars: balsamic, red wine and blush balsamic. All three can be used mixed with olive oil as a marinade or vinaigrette. You can use these as part of a glaze for chicken, pork and fish. A 16-ounce bottle of the balsamic and blush varieties is \$3.29 and the red wine variety is \$2.29. They are at Meijer stores and some Krogers.

**The 12th Annual Ribs 'n' Soul Festival** is Friday through Sunday at Hart Plaza. A ribs cook-off and live entertainment are part of the event. The cook-off takes place Sunday, with 12 local ribs enthusiasts vying for the titles of Best Ribs or Best Sauce 2007. The two winners will be announced around 6 p.m. and afterward, sample ribs will be sold for \$12 for a half slab and \$22 for a full slab. Call 800-643-1220 or go to [www.ribsnsoul.com](http://www.ribsnsoul.com). The free festival runs 11 a.m.-midnight Friday, noon-midnight Saturday, noon-11 p.m. Sunday.

**There's still time to enter** Koegel's Fire Up your Grill contest. The contest is open to Michigan residents who can tell them, in 250 words or less, "Why my next cookout will be special." The deadline is Aug. 8; e-mail entries to [contest@koegelmeats.com](mailto:contest@koegelmeats.com).

The winner receives a gift pack of the company's popular meat products including their beef frankfurters. Koegel Meats is based in Flint.

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