

Grill vegetables, then use in sandwiches

Next time you fire up the grill, throw on an extra zucchini, eggplant or other vegetable so you can recycle the flavorful leftovers in the next day's meals.

Grilled vegetables make good leftovers because you can toss them into pasta salads, tuck them into sandwiches, slip them into soups, or reheat and serve them over rice. Since experts advise at least five daily servings of vegetables for optimum health and cancer protection, making an extra supply of grilled vegetables is a nutritious as well as time-saving strategy.

Summer is the best season for buying fresh vegetables at low prices. Next time you go to your supermarket, pick up your favorites and add a few varieties you haven't yet tried. A "mixed

grill" is a savvy way to introduce new vegetables to the family and maximize the variety of antioxidants and phytochemicals that help protect the body against chronic disease.

Grilled vegetables go well with almost any type of salad and add extra color, flavor and nutritional value. To a pasta salad, add cup grilled vegetables, a can of beans, some vinaigrette dressing and a sprinkle of freshly ground pepper.

Leftover grilled squash, red bell pepper, zucchini and onions - or almost any other vegetable - also complement salads made with couscous, quinoa and rice.

Grilled vegetables also make great sandwiches.

GRILLED VEGGIE SANDWICHES

- 3 tablespoons balsamic or red wine vinegar
- 2 teaspoons extra virgin olive oil
- 1/4 cup fresh basil leaves, chopped (or 1 tablespoon dried), plus 1 tablespoon chopped fresh basil leaves (or 1 teaspoon dried)
- 1 small eggplant, sliced into thin rounds
- 1 zucchini, sliced thin
- 1 yellow summer squash, sliced thin
- 1 red bell pepper, seeded and sliced thin
- 1 small red onion, in 1/2-inch slices, separated
- Salt and freshly ground pepper to taste, if desired
- 1/4 cup non-fat yogurt
- 2 tablespoons reduced-fat mayonnaise

- 1 teaspoon lemon juice
- 4 buns, 4 tortillas, or 8 slices sandwich bread (preferably whole-grain)

Blend vinegar, oil and 1/4 cup basil in large bowl. Add vegetables and toss to coat. Grill or broil until tender and lightly browned, turning frequently to brown all sides and avoid charring.

Transfer to platter and set aside to cool. Vegetables may be grilled the day before and refrigerated, wrapped in plastic wrap, for up to 3 days. Bring chilled vegetables to room temperature or warm slightly in microwave before serving.

Recipe courtesy of the American Institute for Cancer Research.



AMERICAN INSTITUTE FOR CANCER RESEARCH

Easy sandwich: Grilled vegetables make good leftovers because you can toss them into pasta salads or tuck them into sandwiches.

Couscous: Spice it up with curry



AMERICAN INSTITUTE FOR CANCER RESEARCH
Curried couscous: Quick and easy to prepare, couscous can be used in salads.

A staple food throughout North Africa, couscous has been traced back as far as the 13th century. With its light and fluffy texture, couscous has become an alternative to rice or pasta in many homes.

Quick and easy to prepare, couscous can be used in salads, as a side dish or to accompany a stir-fry or stew. Prepare it by letting the grains steep in boiling water or broth. It only takes just a few minutes for couscous to become tender. The following recipe has a hint of the exotic flavors of this grain's native land.

CURRIED COUSCOUS SALAD

- 1 1/4 cups fat-free, reduced-sodium chicken broth or vegetable broth
- 1 tablespoon curry powder
- 3 teaspoons extra virgin

- olive oil divided
- 3/4 cup instant couscous

- 1/2 cup diced carrot
- 1/2 cup diced Spanish onion
- 1/2 cup diced seeded tomato
- 1/2 cup diced zucchini
- 1/4 cup dried currants
- 1/2 cup canned chickpeas, rinsed and drained (optional)
- 1/2 cup shredded cooked chicken (optional)
- 2 tablespoons fresh lemon juice
- Salt and freshly ground pepper to taste

In a medium saucepan over medium-high heat, bring chicken broth, curry powder and 2 teaspoons oil to a boil. Stir in

couscous, remove from heat and let couscous stand, covered, 10 minutes.

Fluff couscous with fork and transfer to large bowl. Stir in carrot, onion, tomato, zucchini and currants. If using chickpeas or chicken, add at this point.

In small bowl, combine lemon juice, salt and pepper. Whisk in remaining teaspoon of oil. Pour dressing over salad while tossing with fork until all ingredients are combined and dressing is evenly distributed. Season to taste with salt and pepper. Serve warm or at room temperature. Makes 6 servings.

Nutritional information per serving: 137 calories, 3 g. fat (less than 1 g. saturated fat), 25 g. carbohydrate, 4 g. protein, 3 g. dietary fiber, 153 mg. sodium.
Recipe courtesy of the American Institute for Cancer Research.

Too hot to bake? Try these cookies

BY THE ASSOCIATED PRESS

It's a summertime cooking equation that often doesn't add up: Everyone wants a sweet treat to top off the evening, but no one wants to be the baker slaving over the hot oven.

The solution might come from these Fruit and Coconut Bites from "1,001 Low-Fat Desserts" (Surrey Books).

The fact that each no-bake cookie has less than 1 gram of fat is also sure to please calorie-counting bathing beauties. And for each dessert in the cookbook, 35 percent or less of the creation's calories come from fat.

"Desserts can be part of a healthy eating plan, even a weight-loss diet," says author Sue Spitzer, who confesses to

having a sweet tooth.

She advises keeping these healthy cookies in an airtight tin to retain moisture.

FRUIT AND COCONUT BITES

- 2 cups mixed dried fruit
- 1 cup golden raisins
- 1 dark raisin
- 3/4 cup flaked coconut
- 1/2 cup wheat germ or crushed reduced-fat granola
- 2 teaspoons finely grated orange or lemon rind
- 2 tablespoons honey
- 2 tablespoons orange juice
- 1/2 cup chopped almonds
- 1/2 teaspoon salt
- Crushed reduced-fat granola or toasted coconut

Process dried fruit, raisins and coconut in food processor, using pulse technique, until very finely chopped, or chop fruit and raisins very finely by hand. Combine fruit with remaining ingredients, except wheat germ, granola or coconut. Mix well until blended. If mixture is too dry to stick together, add additional tablespoon of honey and/or orange juice.

Roll fruit mixture into 1-inch balls; roll in granola or coconut. Store in airtight containers. Makes 6 dozen cookies.

Nutrition information per 1-cookie serving: 47 cal., 0.9 g total fat (0.3 g saturated fat), 0 mg chol., 21 mg sodium, 9.2 g total carbohydrate, 0.8 g pro.

Ginger pear salsa flavors duck, pork and lamb

GINGER PEAR SALSA

The mellow flavor of pears goes very well with duck, pork or lamb. A salsa such as this one adds a graceful note to servings of grilled or smoked meats.

3 medium pears, such as Bartlett or Bosc, unpeeled

and cut into 1/2-inch cubes

- 1 medium red onion, cut into 1/4-inch pieces
- 2 green jalapeno chiles, finely diced
- 1/3 cup finely diced candied ginger

Combine all ingredients in a nonreactive bowl and mix together. Allow to set for at least 15 minutes for flavors to blend, tasting to adjust flavors to suit your spiciness preference. Makes 2-1/2 cups or 4 servings.

Recipe from "Jane Butler's Southwestern Grill" (HPBooks, 1996)

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