

Steam seafood and veggies in a bag



A combination of succulent seafood and fresh vegetables, steamed in a bag of aluminum foil, provides the ingredients for a quick and elegant meal. The flavors are reminiscent of the Creole cooking of Louisiana as is the "en papillote" method of cooking in a bag.

STEAMED SEAFOOD IN A BAG

4 medium sized shrimp, peeled and deveined
1/4 pounds scallops
6 little neck clams, washed but kept in shells
6 ounces fillet of red snapper
2 ounces peanut oil
1/2 cup extra dry sparkling champagne
1/4 tsp. salt
1/4 tsp. black pepper
1/4 tsp. oregano

Julienne:
1 whole carrot
1 small head broccoli, sliced
1/2 of 1 head cauliflower
3 large mushrooms
1 piece of aluminum foil at least 14 inches long

Place oil onto the foil and create a basket to hold the oil and the seafood and vegetables. Smooth oil all over the foil. Place the fish and seafood on the 1/3 and add vegetables. Season with salt, pepper and oregano. Add a little lemon juice and champagne.

To create the bag, fold all sides above the ingredients. Roll the foil and pinch all openings tightly so that nothing leaks out and a tight covering is created. Place the bag on flat pan and bake in a 400-degree oven for 30 minutes. Serve from open bag.

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Tex-Mex apple burritos

Ole! Here's a south-of-the-border inspiration for gringos who'd like to try Tex-Mex cuisine without their taste buds suffering from instant "burn out."

APPLE BURRITOS

1 pkg. 8-inch flour tortillas
20-oz. apple pie filling
Butter
1/4 cups raisins
2 tbsp. rum or water
1/4 cup chopped nuts
1/4 tsp. fresh grated lemon peel

Soften tortillas: wrap in foil and heat in warm oven for 8-10 minutes or put in plastic bag and microwave on med-

um power for 2 minutes. Spread butter on one surface of tortillas.

Soak raisins in rum for 15 minutes (or in microwave for 1 minute). Combine raisins and remaining ingredients.

Place about 3 tablespoons filling on each tortilla and roll up. Place seam down on buttered baking dish. Brush rolls with some melted butter. Bake at 400 degrees for 20 minutes. If not golden brown, brush again with butter and broil 6 inches from element for a few minutes. Watch carefully!

Set out grated sharp cheddar cheese, sour cream, or yogurt for optional toppings. Great with ham or sausages for brunch.

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Here's tasty curried chicken for low-sodium dieters

Cutting down on sodium in your diet? Here's a recipe that's low in sodium (just a little more than 100 milligrams per serving) but high in flavor. Plump chicken breasts are baked with a flavorful stuffing of shredded wheat, fruits, and herbs and spices.

A mild aromatic curry sauce heightens flavors and transforms these stuffed chicken breasts into a delicious delicacy fit for all.

LOW-SODIUM CURRIED CHICKEN BREASTS

4 large whole chicken breasts, boned, skinned and split (about 2 pounds)
3 Tbsp. vegetable oil
2 Tbsp. finely chopped onion
5 shredded wheat biscuits, finely rolled, or 2 cups shredded wheat finely rolled (about 1 1/2 cup crumbs)
1/2 cup finely chopped apple
2 Tbsp. raisins
1 egg, slightly beaten
1/4 tsp. ground cinnamon
1/4 tsp. powdered sage
1/2 tsp. ground black pepper

CURRY SAUCE

2 Tbsp. vegetable oil
2 Tbsp. all-purpose flour
1 tsp. curry powder
1/4 tsp. ground black pepper
2 cups milk

GARNISH

1 Tbsp. reserved shredded wheat crumbs
1 Tbsp. chopped parsley
Cooked rice, unsalted (In low sodium cooking, substitute an equal amount of lemon rice for any salt called for)

Preheat oven to 375 degrees. Grease a 12-by-8-by-2-inch baking dish. Pound chicken breasts slightly. In medium skillet, over medium heat, oil, saute onion until tender, about 3-5 minutes. Remove from heat. Reserve 1 tablespoon shredded wheat crumbs for garnish; stir remaining crumbs, apple, raisins, egg, cinnamon, sage and pepper into skillet; mix well.

Spoon about 1/2 cup mixture onto center of each breast; roll up; secure tightly with toothpicks. Place in prepared baking dish; cover with foil; bake 15 minutes.

Meanwhile, in medium saucepan, combine oil, flour, curry powder and pepper; gradually stir in milk until smooth. Over medium heat, bring to a boil, stirring constantly; lower heat; simmer, stirring, until thickened, about 2-3 minutes. When chicken has baked 15 minutes, pour over sauce; re-cover; bake an additional 10-15 minutes. Mix reserved 1 tablespoon shredded wheat crumbs with chopped parsley; remove toothpicks from chicken breasts. Spoon cooked rice, unsalted, onto serving platter; top with chicken breasts and curry sauce. (Serve remaining curry sauce along-side.)

Garnish with shredded wheat parsley mixture. Makes 8 servings.

MICROWAVE DIRECTIONS: Pound chicken breast slightly. In 1 1/2-quart microwave-proof bowl, microwave oil and onion at 100 percent power until onion is transparent, about 1 1/2 minutes. Prepare stuffing and stuff breasts.

Place in 12-by-8-by-2-inch ungreased microwave-proof baking dish; cover with plastic wrap, leaving 1 corner open. Microwave at 100 percent power 3 minutes; remove from oven.

In 2 1/2-quart microwave-proof bowl, combine curry sauce ingredients. Microwave at 100 percent power 7 to 8 minutes, stirring every 2 minutes until sauce comes to a boil and is slightly thickened. Pour over chicken; re-cover; microwave at 100 percent power 7-8 minutes, rotating one-half turn at 3 1/4 minutes, until chicken is tender. Serve following above directions.

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