

**Marinated kabobs**

# Try tea and veggies at the barbecue

With so many people watching their weight and cutting down on protein foods, you may like to prepare a vegetarian barbecue once in awhile. Marinate an assortment of vegetables — such as zucchini and eggplant chunks, mushroom caps, green pepper wedges and cherry tomatoes — in a tangy marinade, then thread on skewers and grill over hot coals for about 15 minutes.

Serve the kabobs over rice or thin spaghetti as a main course or as a side-dish accompaniment to burgers or franks. A five-bean salad can round out the menu and contributes a portion of the day's protein requirement.

Iced tea is the perfect barbecue beverage. Because it's so low on the calorie scale, you can drink all you want before, during and after the meal. And because it's non-carbonated and non-sticky sweet, it won't build up a new thirst as soon as you've quaffed it.

**EASY WAYS TO MAKE ICED TEA**

With teabags or loose tea and boiling water: Bring 1 quart of freshly drawn cold water to a full rolling boil in a saucepan. Remove from heat and immediately add 15 teabags or 1/2 measuring cup of loose tea. Stir, cover and let stand 5 minutes. Strain again and strain into a pitcher holding another quart of cold water. Serve over ice.

Place vegetables in marinade, toss to coat all surfaces. Let stand 1 hour at room temperature or cover and refrigerate overnight. Thread vegetables alternately, except tomatoes, on 8 skewers. Grill over hot coals (about 15 minutes) turning often and brush with marinade. Add tomatoes the last 3 minutes. If desired, serve over thin spaghetti or rice sprinkled with Parmesan cheese.

filled glasses. Makes one quart. Recipe may be doubled.  
With instant powder or iced tea mix: Use 2 rounded tablespoons of instant tea powder to each quart of cold water. Stir. If using lemon-flavored iced tea mix, use two small envelopes or 1/2 cup of mix to each quart of cold water.

**VEGETABLE KABOBS**  
makes 4 servings, 2 kabobs each  
Marinade:  
3 Tbsp. salad oil  
2 Tbsp. lemon juice  
2 Tbsp. water  
1 tsp. salt  
1/4 tsp. pepper  
1/2 tsp. leaf oregano  
1/2 tsp. leaf basil  
1/2 tsp. garlic powder

Combine ingredients in refrigerator container or bowl.

**Kabobs:**  
1 medium zucchini, sliced thick  
8 large mushroom caps  
1 small eggplant, cut in 3/4-inch chunks  
8 cherry tomatoes  
1 large green pepper, seeded and cut in wedges

Place vegetables in marinade, toss to coat all surfaces. Let stand 1 hour at room temperature or cover and refrigerate overnight. Thread vegetables alternately, except tomatoes, on 8 skewers.

Grill over hot coals (about 15 minutes) turning often and brush with marinade. Add tomatoes the last 3 minutes. If desired, serve over thin spaghetti or rice sprinkled with Parmesan cheese.

**FIVE BEAN SALAD**  
Makes about 8 cups  
1/2 cup salad oil  
2 Tbsp. lemon juice  
2 Tbsp. cider vinegar  
1 tsp. salt  
Freshly ground black pepper to taste  
1/2 tsp. Tabasco sauce  
1/4 tsp. dry mustard  
1/4 tsp. garlic powder  
16-oz. can red kidney beans  
16-oz. can white beans  
16-oz. can chick peas  
10 1/2-oz. can black beans  
8-oz. can lima beans  
1 cup finely sliced green onions

1/2 cup coarsely chopped parsley  
Salad greens  
Prepare marinade dressing by shaking the first 8 ingredients in jar with tight lid. Drain beans and rinse well with cold running water. Drain thoroughly, place in large bowl along with onions and parsley. Add dressing and toss to coat beans.  
Cover and chill several hours or overnight, tossing a few times to distribute dressing. Let stand at room temperature 30 minutes before serving with salad greens. If desired, garnish with onion rings and lemon wedges.

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Patricia Chagnot - Detroit Free Press  
Expires Aug. 31, 1982.  
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**Sliced meats, pita bread make fast sandwiches**

"Summertime, and the living is easy" may be a popular song lyric, but it doesn't describe how today's health-conscious Americans are spending their summer. Realizing the importance of exercise, more and more people are feeling good about themselves by including jogging, swimming, bicycling, tennis and other outdoor sports in their summer plans.

Physical fitness is only part of a total health-promoting program, for dietary fitness is just as important. Fortunately, sticking to a smart dietary plan can be easy and satisfying, especially when it includes the nutritious, high-lean luncheon meats now available.

You can choose from a wide variety of these convenient, portable, prepackaged meats. Check the label, and you'll see that a number of these popular items contain between 20 and 50 calories per slice. Best of all, these lean luncheon meats come in many tasty varieties, ranging from cooked sliced ham and barbecued loaf to honey loaf and peppered loaf.

To discover just how delicious and versatile these lean cold cuts can be, try taking-along pocket sandwiches on your next summer outing. In pita bread, pockets, tuck slices of your favorite cold cuts, shredded lettuce and tomato slices, then top it off with a yogurt and vegetable dressing.

For safety, keep the meat, vegetables and dressing well chilled in an insulated ice chest or use a commercial freezing gel packet. When you reach your destination, assemble the sandwiches and enjoy.

**TAKE-ALONG POCKET SANDWICHES**  
12 slices cooked ham, honey-style loaf, peppered loaf or barbecue loaf  
1/2 cup yogurt  
1/4 cup shredded zucchini  
1/4 cup finely chopped radishes  
1/2 tsp. sugar  
1/4 tsp. dill weed  
2 loaves pita bread, cut in half crosswise  
1 cup shredded lettuce  
8 1/2-inch thick slices tomatoes

Combine yogurt, zucchini, radishes, sugar and dill weed. Cover lightly and refrigerate 2-4 hours or overnight. To make sandwiches, enlarge pockets in pita bread when necessary. Fold luncheon meats in half diagonally, place three slices in each pocket. Place 1/2 cup shredded lettuce and two tomato slices in each pocket. Spoon sauce over vegetables. Serves four.

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