



Stuff pita at home

"Eat a pita."
"A what?" asks the balding man with white hair.
"Eat a pita."
"Pardon?" says the attractive woman with long hair.
The television commercial by one of the top fast-burger chains paints Joe and Jane Public as Mr. and Mrs. Stupid when it comes to pita bread.
In a follow-up commercial, where the singing is slightly off key, they come around to the company's way of thinking — and selling — but I suspect many people have been one step ahead all the time.
I've been stuffing pita with an assortment of salads and cold cuts for years.
A classic ancient Middle Eastern yeast bread, pita is flat and round. As the bread bakes, a natural pocket forms in the center.
Credit the Greek gyro — the sandwich filled with a mixture of lamb and beef, covered with a sour cream-yogurt sauce, some cucumber and a little feta cheese — with sparking pita's growing popularity.
My favorite stuffed pita contains Mediterranean salad with dressing. "Eat a pita" at home and pocket the savings.
THE SALAD
1 jar (6 oz.) marinated artichoke hearts
1 can (8 1/2 oz.) tuna, drained and broken in pieces
2 cups shredded iceberg lettuce
1 small red onion, thinly sliced and separated in rings
1/2 cup canned pitted ripe olives, sliced
1/2 cucumber, pared and thinly sliced
6 radishes, sliced
In large container with lid, combine artichoke hearts, tuna, lettuce, onion, olives, cucumber and radishes. Cover and refrigerate until ready to use.
THE DRESSING
Marinade from jarred artichoke hearts
2 tbsp. lemon juice
1/4 tsp. dried basil leaves
1/4 tsp. dried oregano leaves
Combine all ingredients in small container, cover and let stand at room temperature. Shake before using.
SALAD IN A POCKET
Salt and black pepper
4 pitas
Pour dressing over salad and mix well. Season to taste with salt and pepper. Cut breads in half and evenly spoon salad into pockets. Yields 8 servings.

Pie or parfait, it's sure to win raves

Here's a special treat — Peppermint Cream Pie, a deliciously light, minty taste with a subtle hint of chocolate flavoring. And for the ice cream lovers, try the popular drink version — light and crisp and sure to bring raves of delight.

PEPPERMINT CREAM PIE

1/4 cup margarine or butter, melted
1 1/4 cup cookie crumbs, chocolate
1/4 cup sugar
5 egg yolks
1/4 cup cold water 1 envelope unflavored gelatin
1/4 cup creme de cacao white
1/4 cup peppermint schnapps
1 1/2 cup heavy cream
Chocolate shavings

Blend cookie crumbs in the melted butter and press firmly against bottom and sides of 9-inch pie plate. Bake for 10 minutes in 350-375 oven. Cool.

Beat egg yolks till thick and light, and gradually beat in the sugar. Soften the gelatin in the cold water, and add the creme de cacao and peppermint schnapps. Heat in double boiler till gelatin is dissolved, then beat into the egg yolk mixture at low speed just till blended. Chill. When mixture begins to mound, whip cup of cream and fold into the gelatin combination. Pour into cooled crust, and chill until firm.

Whip remaining 1/2 cup cream, and use to garnish before serving; sprinkle with shaved chocolate.

PEPPERMINT CREAM PARFAIT

1 1/2 oz. peppermint schnapps
1 oz. creme de cacao white
3 oz. vanilla ice cream

Combine in blender, decorate with crushed chocolate cookie crumbs. Serve in parfait glasses.



Light and minty are the words to describe this peppermint cream pie or the peppermint cream parfaits designed to please ice cream lovers.

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