The bright colors, rich flavors and veried textures of the season's bounty of fresh fruits and vegetables are reflected in brown rice-regetable side dishes. Brown Rice Quadalejara is a spicy side dish featuring golden sweet corn, vine-ripened tomatoes and green chilies seasoned with onion, gerlic and cumin.

Today is the first day of the rest of your life.

Give blood, so it can be the first day of somebody else's, too.

### THE LARGEST SELECTION OF DIABETIC SALT-FREE and ALLERGY DIET FOODS VITAL FOODS

## Try this dynamic duo

## Brown rice and fresh vegetables

While studies show that we're consuming more food than we illd ten years ago, where also eating more nutritiously. According to a recent Agriculture Department report, Americans are consuming 14 pounds less meat, aggs and dairy products and 38 pounds more vegetables, fruits and cereal grains.

are consuming 14 pounds less meat, eggs and dairy products and 38 pounds grains.

Fruits and vegetables, particularly in their fresh form, receive high marks from nutritionists. In addition to providing an array of vitamin and minerals, fresh produce is one of our richest sources of delary fiber. One small apple, unpecied, contains 3.9 grams fiber, while 's cup cooked peas contains 5.2 grams. When paired with cereal grains, the nutritional rewards are even higher. Brown rice, for example, contributes protein, B vitamins, iron and fiber to the diet. And as bearty wholerain and vegetables.

Take advantage of seasonal buys on fresh produce and plan late summercarly suturn meals around flavorful vegetable-brown rice side dishes. Pick a favorite rouse, and reach for brown rice.

When thinking of fresh ideas for brown rice-vegetable decompaniments, don't pass up one of summer's favorites — golden sweet corn. Even the most ardent corn-on-the-cob purits will love the sweet flavor and tender crunch of the golden kernels in brown rice daccompaniment. Their zesty flavors and bright colors will wake-up tired taste buds just as sure as the never fail,

no-watch cooking directions will result in perfect, separato-grained rice. Serve with grilled chicken or fish for a meal which will receive an A for great nutri-

which will receive an A for great nutri-tion and great taste.

If family tastes dictate a milder menu accompaniment, start with ev-erybody's favorite — peas and carrots — but serve them in an exciting new way. For an interesting combination of textures, pair the crits curve strips to the companient of the companient of the brown rice. Fresh dill and heavy cream stirred in just before serving elevates all three to new culturary heights.

BROWN RICE GUADALAJARA

BROWN RICE GUADALAJARA

To up beopped onlion
1 clove garile, minered
2 thap, butter or margarine
2 thap, butter or margarine
2 thap, butter or margarine
2 thap, sail
1 sail
2 cars sweet corn or
1 cup frozen corn, thawed
1 can (4 ox.) chapped green chilies,
drained
1 tap, sround comin

crained
I tsp. ground cumin
I large tomato, cut into %-inch pieces
I tbsp. finely chopped paraley

Cook onion and gariic in butter in medium saucepan until onion is tender but not brown. Add water and bring to a boil. Stir in rice and salt. Cover tightiy and cook over low heat 45 minutes. Cut corn kernels from cobs with sharp knife. Stir corn, chillies and cumin into rice. Cover and continue to cook over low heat until all water is absorbed, about 5 minutes. Just before serving, attr in tomato and parsley. Makes 6 servings.

DILLED CARROTS AND PEAS 11/4 tsp. chopped fresh dill or BROWN RICE 11/4 tsp. dried dill weed

1 cup brown rice 1 thep, butter or margarine 1 tap, sait 2 medium carrots, cut into 1 % x % x

i lb. fresh peas, shelled or 1 pkg. (10 oz.) frozen pens, thawed 3 thsp. heavy cream

Bring water to a boll in medium: saucepan. Stir in rice, butter and sait. Cover tightly and cook over low heat 45 minutes. Add carrots and peas. Cover-and centinue to cook over low heat un-til ell water is absorbed, about 5 min-utes. Stir in cream, dill and pepper-Makes 6 servings.

#### Pork is not so fat

Do you consider pork a food high in saturated fat? You may be surprised to learn that as little as one-third of the Hallon Bard. This counce serving of the Athree-ounce serving of in a serving of chiestering the staturated.

A three-ounce serving of in a serving of the National Live Stock and Maxt Board. This come in (reasted skin off) and fat in pork is saturated.

A three-ounce serving of the saturated in a serving of the saturated in the sa

#### Cookbook

goes into

second

printing

"Holy Cross of Farmington Hills Salad Cookbook" is now in its second printing. The book is a compilation of the favorite and most prized salad recipes of members of the church's suziliary and their friends. The collection of 80 ethnic and American salads was put into a soft cover book by the ladies auxiliary.

The book is recommended by Toula Patsalls, owner of Kitchen Glamor, who carries the book in all of her stores.

It is also available by sending a check for \$5 which covers postage and handling, made payable to Holy Cross Greek Orthodox Church, 25225 Middlebelt, Farmington Hills 48018; or by calling the church, 477-1677.



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