

Brown rice adds nutty taste, texture to any dish

The one characteristic common to the most popular cuisines across the country today is flavor. As one food au-

thority has noted, "there is a passion for basic and flavors that provide a 'hit in the mouth.'" Whether the accent

is Sichuan, Thai, Tex-Mex or down-home American, we prefer foods that have hearty, "deep" taste.

This is true of foods prepared at home, whether ethnic or not. No longer are we satisfied with bland foods. Instead, we choose recipes, like Fish Saute with Brown Rice, a lighter recipe for the '80s. Sautéed with just a small amount of butter, the fish has a robust garlic and cayenne-flavored flour coating. The nutty taste and slightly chewy texture of the brown rice, combined with fresh broccoli and carrots, gives the accompaniment enough character to stand with the fish.

Baja Chili Rice Skillet combines brown rice with beef cubes, tomatoes, kidney beans and Tex-Mex seasonings for an effortless, one-skillet.

FISH SAUTE WITH BROWN RICE
1 medium onion, cut into 1/4-inch wedges
4 tbsp. butter or margarine
1 can (13-1/2 or 14 1/2 oz.) chicken broth
1 cup brown rice
2 large cloves garlic
1/2 tsp. salt
1/4 tsp. cayenne pepper
1 1/2 lbs. fresh cod fillets*
2 carrots, thinly sliced on the diagonal
1 cup broccoli flowerettes
1 1/2 tsp. basil, crushed

Cook onion in 2 tablespoons of the butter in medium sauté pan until tender but not browned. Add enough water to chicken broth to make 2 1/2 cups liquid. Add to sauté pan and bring to a boil. Stir in rice. Cover tightly and cook over low heat 45 minutes. Combine garlic and salt in small bowl; using back side

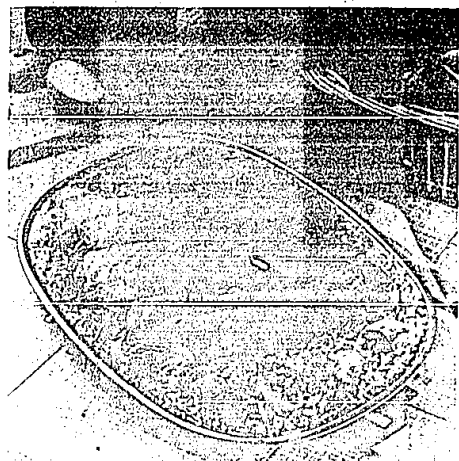
of spoon, finely crush garlic with salt. Combine with flour and cayenne pepper. Coat fish with flour mixture. Cover and refrigerate for 30 minutes. Cook fish in remaining 2 tablespoons butter in large skillet over medium heat 3 to 5 minutes on each side or until cooked through. Stir carrots, broccoli and basil into rice. Cover and continue cooking until all liquid is absorbed, about 5 minutes. Arrange rice and fish on serving platter. *1 1/2 pounds frozen cod fillets, thawed, may be substituted. Makes 6 servings.

BAJA CHILI RICE SKILLET
1 lb. beef top round or sirloin tip, cut into 1/2-inch cubes
1 medium onion, thinly sliced
2 cloves garlic, minced
2 tbsp. vegetable oil
1 can (14 1/2 or 16 oz.) whole peeled tomatoes
1/2 cup dry red wine
1 cup brown rice
1 can (4 oz.) chopped green chilies, drained
1 1/2 tsp. ground cumin
1 tsp. salt
1 can (about 15 oz.) light red kidney beans, drained and rinsed
1/2 cup chopped green pepper
Suggested Toppings: Sliced avocado, shredded cheddar cheese, alfalfa sprouts and plain yogurt

Brown beef with onion and garlic in oil in large skillet. Drain. Drain and combine wine and tomato liquid; add enough water to make 2 1/2 cups. Chop tomatoes, reserving liquid. Add liquid to skillet and bring to a boil. Stir in rice, chilies, cumin and salt. Cover

tightly and cook over low heat until all liquid is absorbed, about 50 minutes. Stir tomatoes, kidney beans, and green

pepper into skillet; heat through. Serve with desired suggested Toppings. Makes 6 servings.



Fish Saute with brown rice is typical of favorite foods in the '80s — light yet with hearty, "deep" taste.

Tasty turkey ideal diet food

Health professionals and consumers alike are becoming increasingly aware of the important role food plays in our diet. Nutritionists recommend decreasing fat consumption while stressing the importance of desirable weight maintenance. Consumers, more aware than ever of eating right and keeping fit, are looking for stimulating, nutritious foods that taste good. That is why turkey, a meat naturally low in calories, fat, and cholesterol, is becoming a popular choice for healthy eating. Its convenient new forms — turkey parts, turkey hot dogs and turkey deli meats — offer consumers a new meat category with a wide choice of light, nutritious and convenient products to eat any day in any number of ways.

Turkey is considered "calorie efficient" — it provides good nutritional value while adding few calories. Its value comes from its high-protein, low-fat composition. While meats in our diet are generally recognized as sources of protein, turkey stands apart as a particularly good source.

TURKEY PROVIDES more protein per serving in relation to calories than other meats. Of the 170 calories contained in 3 1/2 ounces of turkey, 116, or 69 percent are contributed by protein. Although equal portions of beef, pork, lamb, and veal have roughly equivalent numbers of average protein calories (from 102 to 107), the ratio of protein to fat is much lower. For instance, only 35 percent of beef's or pork's 300 calories come from protein. This demonstrates that turkey provides more protein and less fat than other meats.

Turkey's low fat content makes it lighter to eat and easier to digest than many other protein sources. While some fat in the diet is important, nutritionists conclude more fat is consumed than is needed. Besides being the highest contributor of calories in our diet, fat also is a major factor in the "heaviness" often felt after a meal.

Some fats in the diet are directly added, such as oils, salad dressings and butter. These can easily be controlled.

Other fats are hidden in foods like red meats and cheeses, and are therefore more difficult to reduce. Ground beef contains 25-30-percent fat, while ground turkey is less than 16-percent fat. A beef steak can contain as much as 45-percent fat, while turkey steak contains less than 4 percent. And, for those consumers concerned about saturated fats and cholesterol, turkey is naturally low in these, too.

For those concerned with weight control, turkey compares favorably with the "traditional diet foods." A 3 1/2 ounce serving of turkey breast contains 126 calories. The same sized serving of tuna fish (packed in water), beef liver, low-fat cheese slices, or hard-cooked eggs provides 127, 140, 180, and 163 calories, respectively. Turkey is also a good source of riboflavin and niacin, two essential vitamins important in energy production in our bodies.

EVEN TURKEY'S new non-traditional forms — turkey parts, deli meats and hot dogs — carry turkey's nutritional benefits. Turkey deli meats and hot dogs contain a third to a half fewer calories and fat than their traditional red meat counterparts while offering the same taste.

For instance, turkey bologna contains almost half the fat and 100 fewer calories than beef or pork bologna. A turkey ham and Swiss cheese sandwich on rye bread will contain 100 fewer calories and nearly two-thirds less fat than a comparable pork ham and Swiss cheese sandwich.

Turkey is an ideal food for people of all ages. Children like its mild taste, elderly people enjoy its easy digestibility. Adults like its economy and versatility. To all forms and to all people, turkey provides high-quality nutrition for a more healthy diet.

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