

Simply great

Serve quick-cooking rice on side

The secret to quick, delicious meals is simple: streamlined preparation creatively combining high-quality fresh and convenience foods.

Reserve those longer-cooking, multi-step preparation dishes for weekends. On weekdays when time is short, keep meals simple, but exciting. Select a quick-cooking meat, fish or poultry and pair it with complementary accompaniments. Fish fillets, pork tenderloin and chicken breasts, for example, require just minutes to prepare, as do most vegetables when cooked to the crisp-tender stage.

An especially appropriate accompaniment choice for delicious quick meals is fast-cooking long grain and wild rice. The deliciously seasoned blend of premium long grain and wild rice cooks in five minutes and complements any meat, poultry or fish.

Fast-cooking long grain and wild rice is a perfect companion to the turkey in Wild Turkey Cutlets, a quick main dish of sautéed turkey breast slices in a creamy marsala wine sauce. Stir-fried or steamed vegetables, cooked while you prepare the sauce, round out the meal healthily.

- WILD TURKEY CUTLETS**
- 1 tsp. lemon pepper
 - 1/4 tsp. paprika
 - 1 1/2 lbs. turkey breast slices
 - 2 tbsp. butter
 - 1/4 cup marsala
 - 2 cups water
 - 6 1/2 oz. fast cooking long grain and wild rice
 - 1/2 cup heavy cream
 - 2 tbsp. chopped green onion
 - 1 jar (2 oz.) chopped pimiento, drained
 - 1/2 cup thinly sliced celery

Combine lemon pepper and paprika; sprinkle evenly over turkey. Sauté turkey in butter in large skillet over medium heat until lightly browned on both sides, about 2 minutes per side. Add marsala to skillet; cover and simmer 3 to 4 minutes or until turkey is tender. Remove cutlets from skillet. Add cream and green onion. Cook over high heat 2 to 3 minutes or until thickened. Return turkey to skillet; heat through. Serve rice with turkey; spoon sauce over turkey. Makes 6 servings.



for a delicious meal in a hurry, select a quick-cooking main dish such as Wild Turkey Cutlets.

BURGHARDT'S FAMOUS GERMAN RYE BREAD
WITH THIS OLD FASHIONED BRICK OVEN QUALITY

Good at 20¢ OFF
Bakery location only 2 lb. Loaf

With this coupon this 2-28-86

25% OFF TEA COOKIES EVERY WEDNESDAY

ALSO FEATURING VALENTINE COOKIES, EUROPEAN BREADS AND FANCY TORTES

BURGHARDT'S BAKERY
3309 W. 7 Mile at Farmington Rd.
477-7153

HOURS:
Tues.-Sat. 9-5
Closed Sun. & Mon.

TIMESAVER SPECIALS THRU 2-22-86

Shepherd Pies 4 for \$1.99	Meat Pies 6 for \$2.85 (limit 2 doz. @ sale price)
--------------------------------------	---

Pasties! Tues. & Weds.
Beef or Chicken
Delicious meal to satisfy a hearty appetite
Only \$2.35 for 3 Reg. \$2.65

Ackroyd's
SCOTTISH BAKE HOUSE

Birmingham Redford
300 Hamilton Rd. 25566 First Mile Rd.
640-3575 532-1181

IN BUSINESS FOR OVER 30 YEARS!

Time-saving tips for meals in minutes

Tonight's main dish for dinner can be ready in minutes when you use your microwave oven and follow these cooking tips:

- Select microwave cookware that allows enough room for stirring during cooking and for stirring any sauces that might boil over during microwaving.

- Main dishes prepared with ingredients that are similar in size and shape cook more evenly and save on cooking time.

- Covering a main dish with microwave-safe plastic wrap or a glass cover will also shorten cooking time.
- If possible, stir the food before serving to be sure the temperature is equal throughout the dish.
- Frozen prepared convenience products can be used as ingredients in main dish recipes to shorten preparation and cooking time.
- Some old favorite main dish recipes can be converted to microwave recipes by following the instructions in

your oven manufacturer's cookbook. Salmon Macaroni and Cheese is a real timesaving main dish that can be prepared and cooked in a microwave in minutes.

SALMON MACARONI AND CHEESE

- 1/2 cup chopped celery
- 2 Tbsp. chopped onion
- 1 Tbsp. butter or margarine
- 1 pkg. (32 oz.) frozen macaroni and cheese, thawed

- 1 can (15 1/4 oz.) salmon, drained and flaked
 - 1 egg, beaten
 - 3 green pepper rings
- In 2-quart microwave-safe baking dish, place celery, onion and butter. Heat, covered, on HIGH 2 to 3 minutes or until tender-crisp, stirring once. Stir in macaroni and cheese, salmon and egg. Heat, covered, on HIGH 7 minutes, stirring once. Top with green pepper rings. Heat, uncovered, on HIGH 2 to 3 minutes or until hot. Makes 5 servings.

Homemade pasta is key to great taste

How do you make a good pasta dish great? Use fresh, homemade pasta.

Combine the pasta with essences of the Greek Islands — tangy feta cheese, succulent shrimp and fresh herbs — in a light tomato sauce to create Shrimp and Feta Alla Grecque. This great make-ahead dish can be served hot or cold as a light and elegant lunch, or for dinner with a salad tossed with lemon vinaigrette dressing.

The homemade pasta can be served immediately, dried completely, or wrapped and placed in the freezer.

SHRIMP AND FETA ALLA GRECQUE

- 1 lb. medium shrimp, cleaned and cooked
- 1 lb. feta cheese, drained and coarsely crumbled
- 1 cup sliced scallions
- 1 cup tomato sauce
- 1/2 cup olive oil
- 1/4 cup fresh lemon juice
- 1 Tbsp. chopped parsley
- 1 Tbsp. fresh basil
- 1 Tbsp. chopped fresh dill
- 1/4 tsp. salt
- 1/4 tsp. pepper

Combine shrimp, feta cheese, and scallions in a large bowl. Add tomato sauce, olive oil, lemon juice, parsley, basil, dill, salt and pepper; mix well. Cover and refrigerate 1 hour.

Toss shrimp mixture with hot noodles and serve immediately or refrigerate 1 hour and serve cold. Makes 6 servings.

Super sandwich ready in minutes

Hearty, spicy — and colorfully robust — Cheesy Italiano Broil is an altogether sensational super sandwich that's ready to serve in minutes.

The openface sandwich features broiled Italian sausage, topped with extra thick slices of pasteurized process cheese spread and served on a crusty roll spread with pizza sauce. Sautéed green and red pepper rings add crisp, bright flavor to the melted cheese topping.

ITALIANO BROIL

- 1 lb. Italian sausage, split
- 1 green pepper, cut into rings
- 1 red pepper, cut into rings
- 1 Tbsp. margarine
- 2 French bread rolls, cut in half lengthwise
- 1 8 oz. can pizza sauce
- 4 slices extra thick slices pasteurized process cheese spread, cut in half

Place sausage on rack of broiler pan. Broil both sides to desired doneness. Sauté peppers in margarine. Spread rolls with sauce. For each sandwich, top one roll half with sausage, process cheese spread and peppers. Broil until process cheese spread begins to melt. Makes 4 sandwiches.

Pineapple pillows are cheesy delights

GOLDEN PINEAPPLE PILLOWS

- 16 Canadian-style bacon slices
- prepared mustard
- 1 10-oz. pkg. frozen pastry shells, thawed
- 1 8 1/2-oz. can pineapple slices
- 6 extra thick slices pasteurized process cheese spread, cut in half

Lightly spread each with mustard. On lightly floured surface, roll each pastry shell to 8-inch circle. For each serving, top one circle with bacon, pineapple and process cheese spread. Fold opposite sides of circles to center, overlapping edges slightly. Pinch edges to seal. Place on lightly greased cookie sheet. Bake at 400 degrees, 20 to 25 minutes or until golden brown. 6 servings.

IGA ORCHARD-10 IGA
24065 ORCHARD LAKE RD.
Mon.-Fri. 9-9; Sat. 8-9; Sun. 9-5
We Feature Western Beef
QUANTITY RIGHTS LIMITED • NOT RESPONSIBLE FOR ERRORS IN PRINTING

AT IGA - WE REALLY CARE

PRICE - QUALITY - SERVICE

IGA TABLET Western Beef Beef Chuck Roast 89¢ lb. BLADE CUTS SOLD AS ROAST ONLY!	IGA TABLET Western Beef 7-Bone Beef Chuck Roast \$1.19 lb.	IGA TABLET Western Beef English Cut or Round Bone Roast \$1.49 lb.	Produce Seedless Grapes 99¢ Florida Temple Oranges.. 9/1.00 California Crisp Head Lettuce 49¢	IGA BONUS COUPON Crispy Crust or Regular Apple Pie Pizza 39¢ Limit 1 - 100-1-86
HOLLY FARMS Boneless Chicken Breast \$2.79 lb.	Semi-Boneless Lean, Tasty Hams \$1.19 lb.	Grocery Wilderness Cherry Pie Filling 99¢	FAME Catsup 44 oz. Bottle 99¢	IGA BONUS COUPON Kellogg's Corn Flakes 1.99¢ Limit 1 - 100-1-86
IGA TABLET Western Beef Boneless Beef Tenderloin Naturally Aged and Tender in the Bag \$2.99 lb.	SHENANDOAH Ground Turkey Use Like Hamburger 79¢	"LENTEN SEAFOOD SPECIAL" Orange Roughy Fillets Great Tasting! \$3.59 lb.	FAME Country Spread 16 oz. Jar 99¢	IGA BONUS COUPON FAME Whipped Topping 49¢ Limit 1 - 100-1-86
IGA TABLET Western Beef Boneless Beef Tenderloin Naturally Aged and Tender in the Bag \$2.99 lb.	SHENANDOAH Ground Turkey Use Like Hamburger 79¢	"LENTEN SEAFOOD SPECIAL" Orange Roughy Fillets Great Tasting! \$3.59 lb.	FAME Country Spread 16 oz. Jar 99¢	IGA BONUS COUPON FAME Whipped Topping 49¢ Limit 1 - 100-1-86
IGA TABLET Western Beef Boneless Beef Tenderloin Naturally Aged and Tender in the Bag \$2.99 lb.	SHENANDOAH Ground Turkey Use Like Hamburger 79¢	"LENTEN SEAFOOD SPECIAL" Orange Roughy Fillets Great Tasting! \$3.59 lb.	FAME Country Spread 16 oz. Jar 99¢	IGA BONUS COUPON FAME Whipped Topping 49¢ Limit 1 - 100-1-86