

There's still time Cajun chicken adds zest to last of the summer picnics

A picnic is the perfect way to spend a sunny day. Whether you head for the beach, a cool mountain glade or a city roof top, whiling away the hours with friends and al fresco feasting is one of the special pleasures of summer.

While avid picnickers may be unabashed romantics, they know that the practical side of picnic packing is every bit as important as the ambience. Experienced picnic enthusiasts can appreciate the festive look of a wicker basket, but for safety's sake they forgo it in favor of an insulated cooler or ice chest. Using proper picnic paraphernalia and planning for the protection of perishables goes a long way toward insuring the safety and enjoyment of a portable party.

SOME FOODS travel better than others, and one food particularly suited for movable meals is salad dressing. Even though some people still believe that commercially prepared salad dressing can cause food poisoning, this simple is not true. In fact, salad dressing's high acidity level actually slows the bacterial growth which causes food to spoil. It's a simple case of guilt by association. When a dish containing commercially prepared salad dressing spoils, research has proven that the culprit are the perishable foods combined with it.

All foods destined to be carried from home require extra loving care. To help "summer-proof" all your picnic fare, follow these guidelines:

- Refrigerate home-cooked pic-

nic-bound foods as soon as they stop steaming.

- Prepare foods far enough in advance that the food and the containers in which they are to be carried may be thoroughly chilled before transporting.

- Pack well-chilled perishable foods in an insulated cooler with ice or ice packs.

- Pack the cooler so the food to be eaten first is on top. This will help you avoid unpacking and repacking the food outdoors.

- In the car, place cold foods out of the sun's rays, but not in the trunk where temperatures can soar.

- At the picnic site, place your cooler in a shady spot to help it keep its cool.

- Discard leftovers — don't be tempted to carry them home. Any food that has been exposed to warm temperatures and dressing for hours can be harmful, even though it may still look appealing.

Next time you step out to celebrate the season, try this tasty recipe twosome. Both are light new versions of all-time picnic favorites, created to suit today's fitness-conscious style of eating and both are a breeze to prepare.

No self-respecting picnic would be complete without chicken, and Crispy Cajun Chicken is sure to be a new favorite. Prepared from skinless chicken and baked instead of fried, it boasts a crispy crumb coating secured by a mixture of mayotyped salad dressing and Cajun seasonings. The versatile salad dressing helps to seal in the chicken's mois-

ture as it bakes and adds its own unique flavor appeal, as well.

Make room on your blanket for Summer Garden Salad, a creative and colorful mélange of fresh vegetables in a creamy dressing that combines mayo-typesalad dressing and dill. Add a loaf of crusty bread and a beverage and your picnic's as easy as summer cooking should be.

CRISPY CAJUN CHICKEN

1 2 1/4 to 3-lb. broiler-fryer, cut up, skin removed
1/2 cup salad dressing
1 tsp. ground cumin
1 tsp. onion powder
1/2 tsp. ground red pepper
1/2 tsp. garlic powder
1 1/2 cups crushed sesame crackers

Brush chicken with combined salad dressing and seasonings; coat with crumbs. Place on rack of broiler pan. Bake at 400 degrees, 45 to 50 minutes or until tender. 3 to 4 servings.

SUMMER GARDEN SALAD

3/4 cup salad dressing
1/2 tsp. dried dill weed
dash of salt and pepper
1 small head cauliflower, cut into flowerets, cooked, drained
1 cup cut green beans, cooked, drained
1 cup chopped green pepper
1 cup cherry tomato halves

Combine salad dressing and seasonings; mix well. Add remaining ingredients; mix lightly. Chill. 6 to 8 servings.



Cajun Chicken adds just the right spice for a picnic during the last of the summer months.

Jam and jelly sweet fruits of an abundant harvest

Jams and jellies freeze well when prepared and stored properly. With the season's abundance, jams and jellies are a perfect way to take advantage of fruits and vegetables from your garden, or roadside stand or grocery store.

For a different ad unique spread, try Red Pepper Jam. This bright red jam looks spectacular, and its sweet and sour flavor enhances meat and vegetable dishes. One of the best ways to serve Red Pepper Jam is spread over a block of cream cheese. Serve with crackers and it will be the hit of your next cocktail party. You can also mix a few tablespoons with either sour cream or yogurt to make a marvelous dip for raw vegetables. Red Pepper Jam spread on peanut butter, grilled cheese or cold meats is a great change from the standard sandwiches. When frozen, the jam becomes a strawberry pink color, but turns bright red again

when thawed.

To produce tasty, flawless jams and jellies use these suggestions:

- Always use the full amount of sugar in a recipe. Sugar acts as a triggering agent for the pectin to thicken. Reducing the amount of sugar may prevent the jams or jellies from setting up.

Spicy Red Pepper Jam

3 medium sweet red bell peppers (about 1 pound)
4 cups sugar
2 tbsp. lemon juice
1 tsp. crushed dried red pepper flakes
1 ounce (3 ounces) liquid fruit pectin
5 freezer bags (pint size)
Seed and coarsely chop (do not puree) bell peppers. Use food processor or blender, if desired. Turn chopped bell peppers into 3-quart saucepan. Add sugar, lemon juice, and crushed dried red pepper flakes;

stir well. Bring to boiling over high heat. Stir in pectin and boil hard 1 minute, stirring constantly. Cool thoroughly. Skim off foam. Divide jam evenly in bags (about 1/2 cup in each); seal. Let stand at room temperature 24 hours to set. Store bags in freezer. When ready to serve, thaw jam, remove from bag and stir well. Serve as meat accompaniment or on cream cheese. Makes 4 cups jam.

WHAT OTHER CHARITY WOULD SIT UP, ROLL OVER AND BEG FOR YOUR MONEY?

The animals at the Michigan Humane Society are prepared to do whatever tricks it takes to gain your support.

They'll sit up for your donation which provides shelter, love, medical care and emergency rescues for thousands of sick, injured, abused and abandoned animals.

They'll roll over for a contribution that helps cover the expenses of investigation and prosecuting thousands of cruehy cases every year.

They're begging for your money. Do you have the heart to send them away empty-pawed?



Give to the Michigan
Humane Society.
7401 Chrysler Dr., Detroit, MI 48221

Detroit 872-3100
Westland 721-7300
Auburn Hills 852-7120



PHOTO: Ken Irwin

Dry Cleaning

1¢

*Bring in Any 2 Like Garments; pay the regular price on the 1st item, get the 2nd one for only 1¢.

(Offer Excludes Suits, Fur & Leather)

37111 Five Mile
Civic Center Plaza
At Farmington Rd.
Livonia, MI 48154
261-4445

Hours: Mon.-Sat. 7:30 a.m.-7 p.m. Expires August 30, 1986

Touch of Spring Cleaners

1 HOUR SERVICE AVAILABLE!

Coupon Must Be Presented With Incoming Orders

Monday thru Saturday 7:30 a.m. to 7:30 p.m.

22012 Farmington Rd.
Farmington Crossroads
At 9 Mile
478-0180

CLIP & SAVE

LABOR day SAVER

Fresh Canadian LAKE TROUT FILLETS	\$3.29 lb.	Fresh Alaskan SALMON STEAKS	\$4.99 lb.
Fresh SHARK FILLETS	\$4.29 lb.	LIVE MAINE LOBSTERS	\$5.95 lb.

(1 1/2 lb. avg.)

Offer good thru 8:30-86

SUPERIOR FISH CO.
House of Quality
Serving Metro Detroit for over 40 years
FREE Delivery

309 E. Eleven Mile Rd. • Royal Oak • 541-4632 M-W 8-5; TH & FR 8-6; SAT, 8-1

GET THRIFTY

thru 8/30/86

MEAT PIES.....6 for \$2.85
(limit 3 doz. at sale price)

SHORTBREAD\$3.35 doz.
(doz. paks only)

What's New? Pizza Pasties!!

Pasties! Tuos. & Wed.
Beef or Chicken
Delicious meat to eat!
a hearty appetizer!

Only \$2.35 for 3 (Reg. \$2.65)

Birmingham 300 Hamilton Rd. 255-5615
Redford 255-5615
540-3575 822-1181

Come and enjoy the finest one of a kind
Tortes, Truffles and Fruit Pastries available.
Made from all natural ingredients.
Fresh fruits, nuts and chocolates.
Serving available for coffee, croissants
or pastries. Desserts catering also available
(with 48 hour notice).

Hours: Mon.-Fri., 9am-7pm; Sat. 9am-5pm
Located in the Laurel Commons Shopping Center
57120 W. 6 Mile, Livonia MI 48152 • 464-6170

Lorries
Confectionately
YOURS

EMERGENCY NANNIES

CHILD CARE SERVICES

STAFF BUILDERS

is pleased to announce our
New Service!

- Are you a MATURE HOMEMAKER that would like to be paid for your PARENTING skills?
- Are you on a PENSION or SOCIAL SECURITY and would like to earn extra money but still not lose any of your current income?
- Have you been out of the job market for several years and not sure what skills you have to offer?

THEN WE HAVE THE JOB FOR YOU!
Agency seeking Mature Part/Full time Nannies for Temporary placement in Executive Parents homes, Birmingham, Bloomfield and Palmer Park areas.

Must have automobile and phone.
\$4.75 per hour.....NO FEE
Call Mon.-Fri. 9 am-4 pm, ask for Jay or Julie
557-8600