Sample tropical fare at home

Franklin High School, Livonia Concordia College, Ann Arbor Legal Sectr'i Career Inst., Southfield

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Putting the fizz in soda

mation before the cap is placed on, whereupon the bottle is whirled to mix its contents. Some bottlers use a premix system that combines the proper amounts of syrup and water, which are then carbonated and bottlers.

thed.

Probably the best thing that can be said about soft drinks is that their flavor encourages people to drink water. With some 147 calories for each 12 ounces, many people discount the nutritional shorteomins and indulge primarily because they enjoy the task, the tingle of the carbonation and the mildly stimulating effects.

I just know that on a bot summer I just know that on a hot summer day, you won't see me very far awa from a Big Gulp. We all know that water is a better thirst quencher, es pecially when a shot of fresh lemon is added. But who ever heard of potato chips with water?

Try these recipes using soda pop and let me know what you think.

Picking the best melons

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soft. According to Murtich's book,
they "seem to go from one extreme
to the other in a matter of he fair."
Finding a good Juan Canary is worth
the effort, but because its season
coincides with the more reliable cantaloupes and honeydews, sticking
with these usually make more sense.
One of the things that make
melons so popular are their simplicity and versatility. A scoop of low-fat
cottage cheese nestled in half a cantaloupe, is a winning diet meal. A
slice of proscutto wrapped around a
wedge of honeydew melon, is a simple, elegant appetizer.

Cook with soft drinks

HOMEMADE FRUIT PUNCH

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2 cups a sugar
1 cup planeapple
1 cup strawberries
1 cup banans
1 cup white grapes
1 cup manans
1 cup white grapes
1 cup manans
1 cup white grapes
2 cup manans
1 cup white grapes
1 cup manachibo cherries
the juice of 6 lemons
2 quarts sodd water
Boll water and sugar for 10 minutes. Cool and add crushed fruit and
juice. Fill a tail glass half full with
the fruit mixture, add ice and fill
with soda water. Makes 10 tail glass-cs.

GINGERBREAD

GINGERI 5 cup shortening 2 tablespoons sugar

l egg l cup dark molasses l cup bolling ginger ale 2¹/₄ cups flour * teaspoon soda

's teaspoon salt

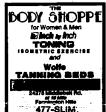
I teaspoon ginger

I teaspoon cinnan

Mix together shortening, sugar and egg. Blend in molasses and ginger ale. Silt together dry ingred-ients and add to molasses mixture. Beat until smooth. Pour into a light-ly greased and floured pan and bake 45-50 minutes.

THE CLASSIC CHOCOLATE SODA 2 tablespoons prepared chocolate syrup or sauce 14 cup chilled clab soda 2 large scoops vanilla ice cream

Mix in a tall glass chocolate syrup and club soda. Add vanilla lee cream and a little more soda if needed. Stir



CHEF CHRISTIAN'S CHICKEN 1 cup Triple Sec liqueur FLORIDA 1 cup flour cup flour chicken breast halves boned, salt and freshly ground pepper to taste

2 beaten and teamy grant of the control of the cont

Marinate the chicken in the li-queur for at least two hours, refri-gerated. Drain the chicken. Dredge the chicken in flour, to which salt and pepper have been added. Dip the chicken into beaten eggs and dredge in coconut.

Carefully heat the oil to about 375 degrees (medium high) and fry the chicken until golden brown. Do not overcook. Remove the chicken from the skillet. Pour off all oil except about 2 tablespoons. Add the marmalde, lime juice, and spices. Bring to a bubbly boil. Now add the chicken back into the pan and cook on each side for about 5 minutes. Just before the chicken is ready, add the orange then heat. Serve over bot fluffy gellow rice and garnish with fruit sections. Serves 4.

AVOCADO/CRAB/GRAPEFRUIT SALAD

4 avocados 1 lb. crab meat, diced 1 cup pecans
1 cup mayonnaise
2 teaspoon ketchup
dash of Worchestershire sauce

I cup grapefruit sections, halved 2 hard boiled, chopped eggs black olives.
Cut the avocados in half and remove the seeds. Combine the crab meat with the next four ingredients and spoon into the avocados. Serve on a bed of crisp lettuce surrounded by grapefruit sections and garnished with chopped eggs and black olives. Serves 4,

BAHAMA MAMA I % ounces light rum I % ounces Galiano

aplash grenadine splash orange juice splash pineapple juice splash coconut milk

Blend all ingredients. Pour into large glass filled with ice. Garnish with orange slice and cherry.

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