

Lite success

Florine Mark

Barbecue meals can be different

I know, it seems like summer just started. But don't concede the balance of the season just because August has arrived. We still have one-third of the summer left to enjoy.

Let's continue to use the suitcase of energy we packed on the first of June and leave the end-of-summer blues in the attic.

One of my favorite things to do in August is have friends and relatives over for a good old-fashioned barbecue.

I like to serve meals which really show off what variety there is for barbecues. Hamburgers and chicken are great on a grill and make a wonderful meal, but it is more fun to be different. And different does not mean expensive or difficult.

THERE ARE no limits to the items you can barbecue. Have you tried corn on the cob? Leave the corn in the husk, but remove the silk, and soak in ice water for 20 or 30 minutes. The soaking moistens the husk so it won't burn. Barbecue on all sides until the husk is brown, and serve. The corn is crispy and wonderful.

Also, any vegetables can be barbecued and come out tasting superb. Experiment — try zucchini, peppers, tomatoes, potatoes — picked right from the garden or from the produce department. The possibilities are endless.

For entrees try a turkey cutlet or any type of fish. Salmon, tuna and halibut are fantastic grilled and the flavor is outstanding. Fish that is filleted can also be barbecued by wrapping it in foil and placing it on the grill.

TURKEY CUTLETS WITH SAUCY ONION RELISH

- 1 tablespoon plus 1 teaspoon olive oil
- 1 cup chopped onion
- 2 tablespoons reduced-calorie apricot preserves (16 calories per tablespoon)
- 2 tablespoons barbecue sauce
- 1 teaspoon cider vinegar
- 2 tablespoons thawed frozen orange juice concentrate
- ¼ teaspoon freshly ground pepper
- 4 (5-ounce) turkey cutlets ¼ inch thick

Preheat barbecue. To prepare relish, in small saucepan, over medium heat, heat 2 teaspoons olive oil. Add onion, cover and cook until very soft, about 10 minutes. Stir in preserves, barbecue sauce and vinegar. Remove from heat; cover and keep warm. When fire is medium-hot, in small cup, with pastry brush, blend orange juice concentrate, pepper and remaining oil. Brush half of mixture evenly over one side of turkey cutlets. Place turkey on grill, brushed side down. Brush remaining mixture evenly on top of turkey. Grill 3-4 minutes on each side, or just until browned and cooked through. Serve each cutlet with ¼ of the warm onion relish.

Each serving provides: 4 Protein Exchanges, ¼ Vegetable Exchange, 1 Fat Exchange, 30 calories Optional Exchange. Per serving: 245 calories. Source: Weight Watchers Magazine

GRILLED TOMATOES PROVENCALE

- 2 medium-sized ripe tomatoes

Preheat barbecue. Cut each tomato in half crosswise. Squeeze halves slightly, remove some of the seeds. In small food processor, or with mortar and pestle, crush remaining ingredients. With small spatula, spread ¼ of the mixture evenly over each tomato, pressing mixture down into tomato. Place tomatoes in prepared pan, cut side up. When fire is medium-hot, grill tomatoes 12 minutes or until hot. Makes 4 servings.

Each serving provides: 1 Vegetable Exchange, 4 Fat Exchange. Per serving: 33 calories. Source: Weight Watchers Magazine

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Spinach phyllo whets appetites

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- 5 eggs
- 3 cups zucchini, shredded (about 3 medium)
- 3 cups All Bran or bran flakes
- 1 ½ teaspoon baking powder
- 2 teaspoons baking soda
- 1 ½ teaspoon cinnamon
- 1 teaspoon salt
- 1 cup chopped walnuts (optional)

Preheat oven to 350 degrees. Grease muffin pans. Sift together dry ingredients. In electric mixer, beat eggs till fluffy, gradually add sugar and oil, then some of the dry ingredients. Mix in remaining ingredients using a wooden spoon. Pour into greased muffin pans and bake at 350 degrees for 25 minutes or till done.

- 1 tablespoon minced fresh parsley
- 2 teaspoons olive oil
- 1 garlic clove, minced
- 1 teaspoon minced fresh oregano or ¼ teaspoon dried

Preheat barbecue. Spray a 9-inch square metal baking pan with non-stick cooking spray. Cut each tomato in half crosswise. Squeeze halves slightly, remove some of the seeds. In small food processor, or with mortar and pestle, crush remaining ingredients. With small spatula, spread ¼ of the mixture evenly over each tomato, pressing mixture down into tomato. Place tomatoes in prepared pan, cut side up. When fire is medium-hot, grill tomatoes 12 minutes or until hot. Makes 4 servings.

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- CAROL AND JIM DON'S FAMILY CASSEROLE
- 1 package family size (14-ounce) macaroni and cheese dinner
- 1 pound ground beef
- 1 jar (25-ounce) spaghetti sauce
- mozzarella cheese to top

Cook macaroni dinner according to box directions. Cook ground beef and heat spaghetti sauce. In a large serving dish, place macaroni and cheese in bottom. Top with beef and pour hot spaghetti sauce over the top. Top with mozzarella cheese, return to oven and bake until cheese is melted.

- DOREEN AND BRIAN MUSCOE'S COUNTRY-STYLE POTATO SALAD
- 8 medium white potatoes
- 6 large eggs

Responded that since his "little ranch" (a mere 250,000 acres) can handle only about 10,000 head of cattle, he first introduced his brand of natural beef slowly, so as not to completely deplete his herd. He started marketing it on the West Coast and only last month granted the first wholesale distribution to Allied Provision, with headquarters at Detroit's Eastern Market.

Since his introduction here in metropolitan Detroit, in addition to MacKinnon's, you can sample Coleman Natural Beef at the Hyatt Regency Dearborn, the Midtown Hotel in Birmingham, the Omni Hotel in Detroit, the Guest Quarters Hotel in Troy and McCarey's in Mount Clemens. A recent trip to the Hyatt had me sampling a Chateaubriand done up royally, complete with Coleman Beef, that had my dinner guest (who eats meat five days a week) raving.

- 3 stalks celery, chopped
- 4 long green onions, chopped
- ½ green pepper, chopped
- 16 ounces Hellman's mayonnaise
- ¼ cup mayonnaise
- ¼ teaspoon black pepper
- 1 teaspoon yellow mustard
- 2 teaspoons sugar

Early in the day, boil the potatoes until fork tender. Hard boil eggs. Set aside potatoes and eggs to chill. Peel off skins of potatoes, slice and place in a large mixing bowl. Peel and chop 4 eggs, add chopped vegetables. In a separate mixing bowl, add mayonnaise, milk, sugar, mustard and pepper. Stir to mix. Pour over potato mixture. Slice remaining eggs, place on top of potato salad. Garnish with paprika.

- JOYCE AND FRANK FIELDER'S HELLO DOLLIES
- 1 stick margarine
- 1 cup graham cracker crumbs
- 1 cup coconut
- 6 ounces chocolate chips
- 6 ounces butterscotch morsels
- 1 can Eagle Brand sweetened condensed milk
- 1 ½ cups chopped walnuts

Melt margarine in a 200 degree oven using a 13 X 9-inch pan. After melting, turn the oven to 350 degrees, sprinkle crushed graham cracker crumbs over it. Then sprinkle the coconut over the crumbs. Pour over chocolate chips and butterscotch chips. Cover with sweetened condensed milk. Top with chopped walnuts and bake at 350 degrees for 30 minutes. Let cool and cut into squares.

He's not beefing about tender steak

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rest of us had a platter of unadorned beef, no sauce to accentuate the taste, set down before us. This was no plain old beef. It wasn't even certified Black Angus. What it was great. Literally fork tender, with no gristle.

It looked like a steak, was colored like a steak (no artificial colors here) but most of all tasted like a juicy cut of prime aged beef with a more mellow flavor. Not that good steaks taste artificial, but these steaks had a unique, subtle flavor all their own. So I asked the gentleman rancher, since he has been doing this for the last 10 years, what took so long? He

simply an alternative for folks out there who are worried about additives, fat and chemical residues, or who are looking for better-quality beef.

Be on the lookout for other major suppliers who claim they have "natural beef," because Coleman is the only rancher who currently raises beef naturally from "conception to consumption" so that he has complete, ultimate control over what happens to his product.

Look for it appearing in major Farmer Jack stores soon, if not already, and at your favorite restaurants listed above. You won't be disappointed. Bon Appetit!

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