

Bottled waters quench thirst

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At Carlin Beer Stein & Wine in Westland, clerk Shirley Carter notes New York Seltzer is outselling brands manufactured by Faygo and Schwepps.

"IT'S THE BIGGEST seller we have and we only carry plain," she

says. "It's less sweet than pop. The hotter it gets, the more we sell." Even that old standby Gatorade, the vitamin and mineral-laden drink of athletes, is getting a boost on the current popularity of indoor drinks. "Everyone is more health conscious. The sale of all natural drinks are increasing," Jonna says.

You can keep cool with main salads

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cucumber slices sliced mushrooms green pepper rings two ounces of marinade top with dry roasted peanuts boneless, skinless chicken

MARINADE
serves 4-6
25 ounces peanut oil
20 ounces soy sauce
15 ounces wine vinegar
5 ounces dry sherry
5 ounces lemon juice
15 tablespoons sugar
10 tablespoons dry mustard
crushed red pepper to taste

Mix ingredients of marinade in the given order.

Drop chicken into boiling water. Cook until tender and white. Chill in refrigerator. Cut chicken into bite-size pieces. Add to marinade and let sit overnight in refrigerator.

Dress plate with greens and garnish with fresh vegetables. Serve marinated chicken on greens, top with peanuts. Serve marinade on side to pour over salad.

SHRIMP DILON SALAD
per person
1/2 head lettuce or fresh greens
fresh sliced cucumbers, tomatoes and mushrooms
black olives and halved hard-boiled eggs
6 large cleaned and deveined shrimp
garnish

MUSTARD-DILL VINAIGRETTE
10 servings
15 ounces fresh lemon juice
5 ounces dill weed
20 ounces olive oil

Whisk lemon juice, mustard and dill together. Gradually bring oil in this stream. Season with salt and pepper.

Dress salad plate with fresh greens, vegetables and fresh fruit. May be prepared ahead; if so, whisk it again. Garnish with cucumber, red peppers and/or fruit

Lobster tail good on grill

DEVILED CRAB LOBSTER TAILS

2-8 to 10-ounce frozen lobster tails, thawed
1/2 teaspoon lemon-pepper seasoning
2 tablespoons sliced green onion
1 tablespoon sliced celery
1 tablespoon margarine or butter
1 1/2 teaspoons all-purpose flour
1/4 teaspoon dry mustard
dash ground red pepper
1/4 cup light cream or milk
1/2 teaspoon Worcestershire sauce
1/2 of a 6-ounce package frozen crabmeat, thawed
2 tablespoons plain breadcrumbs, coarsely crushed

Use kitchen shears to halve lobster tails lengthwise. Cut a lengthwise slit in meat of each lobster tail; spread meat apart slightly. Use a sharp knife to cut between meat and shells. Do not remove meat from shells. Sprinkle slits with lemon-pepper seasoning. Set aside.

In a small saucepan cook green onion and celery in margarine until tender but not brown. Stir in flour, mustard and red pepper. Add cream and Worcestershire sauce. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Remove from heat. Gently stir in crab and breadcrumbs. Carefully spoon mixture into slits in lobster meat.

Grill stuffed tails, shell side down, on a covered grill, directly over medium-hot coals about 18 minutes or until lobster meat is opaque. Makes 4 servings.

Nutrition information per serving: 184 cal., 31 g pro., 5 g carb., 8 g fat, 108 mg chol., 234 mg sodium. U.S. RDA: 14 percent vit. A, 90 percent thiamin, 11 percent riboflavin, 26 percent phosphorus.

Chef Larry tries SeaLegs

SOUTHWEST SEAFOOD SALAD
serves 4
1 12-ounce package SeaLegs Crabmeat (salad style)
1/4 cup diced canned green chiles
1/4 cup corn
2 green onions, chopped
1 small cantaloupe, cut in half, seeds removed
1 large avocado
lettuce leaves to line four plates

Mix SeaLegs crabmeat, chiles, corn and onions together. Stir in

dressing and spoon onto lettuce leaves surrounded by alternating slices of avocado and cantaloupe. Chill.

DRESSING

1 teaspoon each, salt, pepper, fresh chopped cilantro
1/2 teaspoon ground coriander
3 tablespoons lime juice
3 tablespoons oil

Whisk all ingredients together.

GRILLED SHELLFISH KEBABS
1 12-ounce package SeaLegs Crab Claws
10 slices bacon, cut in half
1/2 cup soy sauce
1/2 cup tomato sauce
1/2 teaspoon dry mustard
1/4 teaspoon garlic powder
1 teaspoon ginger
dash cayenne pepper

Wrap each claw with bacon. Skewer with alternating slices of pineapple. Mix remaining ingredients together; brush on both sides of skewered crab. Grill or broil 5 minutes on each side.

SEAFOOD QUICHE

10 ounces SeaLegs, defrosted and cut into small pieces
1/4 pound fresh grated Swiss cheese
2 eggs
dash salt and pepper
ploch nutmeg
1 9-inch deep dish pie shell

Place SeaLegs, onion cheese in the pie shell. Mix remaining ingredients, and pour into shell. Bake at 375 degrees for 1 hour.

SEA LEGS SORRENTO

serves 4
10 ounces SeaLegs, defrosted and cut into small pieces
1 16-ounce package spaghetti noodles
1 can condensed New England Clam Chowder
1/2 cup white wine
1 cup milk
dash garlic powder
1 cup plus 2 tablespoons fresh grated parmesan cheese

Cook spaghetti according to package directions. Meanwhile, combine chopped SeaLegs, clam chowder, wine, milk and garlic and two tablespoons parmesan cheese. Simmer until heated throughout. Top cooked pasta with the mixture and top with fresh grated parmesan cheese.

(fanned strawberry, slices of honeydew and cantaloupe).

BROCCOLI, CAULIFLOWER AND CHEESE SALAD
per person
one 6th head broccoli
one 10th head cauliflower
2 ounces Swiss cheese

DILL DRESSING
serves 6-10
also wonderful dip for fresh vegetables
20 ounces sour cream
10 ounces mayonnaise
3 ounces dill weed
1-2 teaspoons dry mustard
1 teaspoon garlic powder
1 ounce lemon juice
1 ounce Worcestershire sauce
1 teaspoon onion powder
salt and pepper to taste

Dressing can sit overnight, if desired

Serve curried egg dish

AP - Serve this spicy egg mixture over tomato or avocado wedges and topped with alfalfa sprouts. Or spoon it into large flat bread rounds that have been halved and lined with lettuce and a slice of boiled ham. Either way, count on four servings.

CURRIED EGG SALAD
6 eggs
1/4 cup dairy sour cream or plain yogurt
1/4 cup sliced pitted ripe olives
1/4 cup chopped green pepper
1 tablespoon sliced green onion
1 teaspoon curry powder
1/4 teaspoon salt

Place eggs in a large saucepan. Add enough water to cover bring to boiling. Reduce heat; cover and simmer for 15 minutes. Pour off water. Fill pan with cold water. When

eggs are cool enough to handle, remove shells; chop eggs. In a bowl combine sour cream, olives, green pepper, onion, curry powder and salt. Gently stir in eggs. Cover and chill.

Nutrition information per serving: 167 cal., 10 g pro., 3 g carb., 13 g fat, 410 mg chol., 3 mg sodium, U.S. RDA: 11 percent vit. A, 21 percent vit. C, 14 percent riboflavin, 11 percent iron, 15 percent phosphorus.

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