

Salad recipe low on fat

AP — Project LEAN (Low-Fat Eating for Americans Now) is a national campaign to alert Americans to the health benefits of reducing the amount of fat they eat. The following recipe has less than 30 percent of their calories from fat, yet taste delicious.

Most of the fat in any salad is in the dressing. So this salad, which gets only 12 percent of its calories from fat, is made with a fat-free, sweet-sour dressing that tastes great with chicken and fruit.

CHICKEN AND FRUIT SALAD

1 cup long-grain rice
one 8-ounce can pineapple chunks (juice pack)
1/2 cup packed brown sugar
4 teaspoons cornstarch
1/4 teaspoon garlic powder
1/4 teaspoon ground ginger
1/2 cup unsweetened pineapple juice
1/2 cup water
1/2 cup red wine vinegar
two 5 1/2-ounce cans chunky-style chicken, drained and chilled, or 2 cups diced cooked chicken
1 medium apple, cored and chopped

1/4 cup chopped green pepper
1/2 cup seedless red grapes, halved
lettuce leaves

Cook rice according to package directions, except omit the salt and margarine or butter. Cover and chill. Meanwhile, drain pineapple, reserving juice. Cover and chill pineapple. In a small saucepan combine brown sugar, cornstarch, garlic powder and ginger. Stir in reserved pineapple juice, water and vinegar. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Cover surface with clear plastic wrap; chill. Just before serving, toss together rice, pineapple, chicken, apple, green pepper and grapes. Add cornstarch mixture, tossing to coat. Serve on lettuce-lined plates. Makes 5 servings.

Nutrition information per serving: 368 cal., 17 g. pro., 63 g. carb., 5 g. fat (12 percent of calories from fat), 59 mg. chol., 325 mg. sodium. U.S. RDA: 51 percent vit. C, 18 percent thiamine, 28 percent niacin, 16 percent iron.

Turkey breast and peas roll-up for microwave

AP — This microwave dinner is ready in just 10-14 minutes cooking time. The savory fold-overs combine turkey breast tenderloin steaks and fresh snap peas. Canned turkey gravy, jazzed up with parsley and lemon peel, makes the jiffy sauce.

STUFFED TURKEY ROLL-UPS

6 ounces fresh snap peas, cleaned (about 1 1/2 cups)
1 tablespoon water
1 beaten egg
1 cup herb-seasoned stuffing mix
1 medium carrot, shredded
2 tablespoons margarine or butter, melted
4 turkey breast tenderloin steaks (1 pound total)
1/2 of a 12-ounce jar (1/2 cup) turkey gravy
2 teaspoons snipped parsley
1/4 to 1/2 teaspoon finely shredded lemon peel

In an 8-by-8-by-2-inch microwave-safe baking dish combine snap peas and water. Cover with vented microwave-safe plastic wrap. Cook on 100 percent power (high) 2-3 minutes or until almost tender; drain snap peas and set aside.

In a small mixing bowl combine egg, stuffing mix, carrot and margarine. To assemble rolls, lay turkey steaks flat. Place 1/4 of snap peas on top of each turkey steak toward one end. Place 1/4 cup stuffing mixture on top of peas on each steak. Carefully fold the empty end of each turkey steak over the stuffing; fasten with a wooden toothpick. Place in same baking dish used for peas. Cover with vented microwave-safe plastic wrap. Cook on high 6-8 minutes or until turkey is tender and no longer pink, giving dish a half-turn and rearranging roll-ups after 4 minutes.

In a 2-cup glass measure combine gravy, parsley and lemon peel. Cook, uncovered, on high 2-3 minutes or until heated through, stirring once.

Open-face sandwich a fast meal

AP — On your mark, get set, cook! In 7 minutes preparation time and 5 minutes cooking time, these open-face sandwiches are ready for the table. Turn on the broiler first thing. While it preheats you will have time for the other preparation steps. To make a meal, add your favorite fresh fruit in season and sherbet.

CANADIAN BACON PIZZAS

1/4 cup mayonnaise or salad dressing
1/4 teaspoon dried thyme, dried basil or dried oregano, crushed
1/2 teaspoon garlic powder
2 cups torn fresh spinach
6 slices French bread, bias-sliced 1/4-inch thick
6 slices Canadian-style bacon, cut 1/4-inch thick
6 cherry tomatoes, quartered
6 slices Swiss cheese

Preheat broiler. Stir together mayonnaise, herb and garlic powder. Toss with spinach. Spread mixture on one side of each bread slice. Place bread slices, spinach side up, on the unheated rack of a broiler pan. Place bacon and cherry tomatoes on top of spinach mixture. Broil 3 inches from heat for 2-3 minutes or until heated through. Top with cheese slices; broil about 1 minute more or until cheese just starts to melt. Makes 3 servings.

Nutrition information per serving: 638 cal., 34 g. pro., 44 g. carb., 38 g. fat, 89 mg. chol., 1,356 mg. sodium. U.S. RDA: 66 percent vit. A, 40 percent vit. C, 45 percent thiamine, 32 percent riboflavin, 29 percent niacin, 63 percent calcium, 23 percent iron.

Turkish coffee ends evening

My column last month dealt with plans for an Arabian Nights party. We didn't have space to include the best part — the dessert and Turkish coffee.

Your friends will enjoy watching you make Turkish coffee, and you can really thrill them by reading their coffee grounds afterward. Even if you don't prepare a whole Arabian meal, you might enjoy serving just the dessert and coffee after an evening out.

KADAYIF

1 pound Kadayif dough, or 12 shredded-wheat biscuits
1 cup unsalted butter, melted
selected filling (see below)
syrup (see below)

Remove any lumps from the Kadayif dough by gently separating the strands with your fingers. Place half the dough in a buttered 12-by-16-inch cake pan, and brush with butter.

Alternate method: If you are using shredded wheat, break up half the shredded wheat and lay the shreds in the buttered pan, brushing them with butter.

Spread the selected filling evenly over the dough or shredded wheat. Cover with the remaining dough or shredded wheat, and brush generously with butter.

Bake in a 375-degree oven for 45 minutes, or until golden brown. Remove from the oven and pour cold syrup over it. Cook, and cut into squares.

Kadayif Fillings

Not Filling
2 egg whites
4 cups mixed ground nuts (such as walnuts, hazelnuts or cashews)

1/2 cups super fine sugar
1 teaspoon cinnamon

Beat the egg whites stiff, and slowly fold in the super fine sugar. Then fold in the nuts and cinnamon.

Cheese Filling

1 pound ricotta cheese
sugar to taste
1/2 cup raisins, soaked and drained (optional)
2 teaspoons grated lemon peel
cinnamon to taste

Beat the cheese to a smooth paste, and fold in the lemon peel. Add sugar and cinnamon. Add raisins, if you wish.

Fruit and Almond Filling

1 pound dried fruit, finely chopped
1/2 cup fruit preserves or jam
1/2 cup blanched, chopped almonds
cinnamon to taste

Combine all the ingredients, and mix well.

Kadayif Syrup

2 cups sugar (for a sweeter syrup, add another half cup)
1 cup water
juice of one lemon
1 tablespoon orange blossom water or rose water

Dissolve sugar in water and lemon juice, and bring to a boil. Simmer for 15 minutes. Stir in orange blossom or rose water, and remove from the heat. Cool, and pour over the pastries as soon as they come out of the oven.

TURKISH COFFEE

To brew Turkish coffee, you will need an ibrik, or long-handled brass



pot. These come in several sizes, from a 2-cup to an 8-cup size. A 4 or 6-cup size is usually the most useful one to own. You can use it for smaller amounts.

You will also need some demitasse cups. Plain ones, with no pattern inside are best. If you plan to read the coffee grounds, cups also should be round-bottomed, so that the grounds will adhere properly to the bottom and be easier to read.

Turkish coffee is stone-ground to a fine powder, and its consistency is somewhere between old-fashioned instant and the finest fresh-roasted coffee.

To make Turkish coffee, pour a demitasse of water for each cup into the ibrik (pot) and heat until it starts to steam but not yet to a boil.

Add one heaping teaspoon of coffee and one heaping teaspoon of sugar for each cup of water. The coffee comes out syrupy sweet and very strong.

STIR COFFEE and sugar into the water, and heat until the coffee foams to a boil. As soon as the foam comes up, remove from the heat and divide the foam evenly among the cups.

Put the pot back over the heat and bring coffee to a boil (twice more,

each time dividing the foam. Then pour each cup full to the brim with coffee.

The mud-like grounds go with the coffee into the cups and sink to the bottom. Only about 1/4 of the cup is drunk. The dregs remain, and it is in them that you will read the future.

After your subject has finished drinking, take the cup into your hands and pour out excess moisture, being sure not to disturb the arrangements of the settled grounds.

Look into the grounds at the lines, images and symbols you see there and interpret them according to your feelings about that person. Once you start, it will be easy.

I do suggest you might like to experiment alone a few times before, by preparing the coffee for yourself and reading your own cup. You will be more at ease with it when you do it for your guests.

If you have any questions or find you need more advice as you get ready for this party, don't hesitate to call Gundella at 427-1072.

Hut Say Yida! (Good Luck!)

My last column gave a recipe for open-faced meat pies but omitted the meat. You should use one pound of lamb or beef, very finely ground.



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