

Pepper salad: that's Italian!

AP - Say "Italian cooking" and many Americans still think of the heavy, red-sauced pasta dishes that used to pass for Italian in the United States. But we're learning more about Italian food and beginning to appreciate the vegetables and salads that Italian cooks prepare and season so well. Here's an example.

ITALIAN ROAST PEPPER SALAD
 2 sweet red peppers
 1 green pepper
 1 cup chopped peeled potatoes
 1 cup broccoli flowerets
 1 small tomato, chopped
 1/2 cup pitted ripe olives
 2 tablespoons olive oil salad oil
 1 clove garlic, minced
 1 tablespoon salted fresh basil or 1 teaspoon dried basil, crushed
 1 tablespoon salted fresh parsley or 1 teaspoon dried parsley flakes
 1/4 teaspoon salt
 dash pepper

lengthwise. Lift out stems and seeds from each half; rinse. Cut small slits in ends of pepper halves; flatten. Place peppers, skin side up, on a lightly greased broiler pan. Broil 4 inches from heat about 5 minutes or until pepper skin is just charred; watch closely. Place peppers in a paper bag. Close bag tightly; let stand for 10 minutes to loosen skins.

Meanwhile, in a medium saucepan cook potatoes in boiling water for 10 minutes. Add broccoli; cook 5 minutes. Drain well. Peel peppers; cut into thin strips.

In a large mixing bowl combine peppers, potato-broccoli mixture, tomato and olives. In a small bowl stir together oil, garlic, basil, parsley, salt and pepper. Pour over vegetables; toss well. Cover and chill. Makes 6 to 8 servings.

Nutrition information per serving: 99 cal., 2 g pro., 10 g carb., 6 g fat, 0 mg chol., 189 mg sodium. U.S. RDA: 54 percent vit. A, 137 percent vit. C.

3-ounce portion good beef serving

AP - Those Henry VIII-size cuts of beef served in restaurants are often double or triple the amount of meat you really need. For plenty of protein without too much fat and cholesterol, aim for a 3-ounce portion. You can make that smaller serving look more generous by slicing the meat, then frying on the plate.

Ten beef cuts, each containing less than 200 calories for a 3-ounce serving, star in our beef-cut honor roll. Starting with the lowest in fat, they are: eye of round, round steak, top round, flank steak, tip, top loin, tenderloin, sirloin, porterhouse steak and T-bone steak.

BURGUNDY BEEF
 1 pound boneless beef top round steak, cut 1/2-inch thick
 non-stick spray coating
 1 cup coarsely shredded carrot
 1/4 cup chopped onion
 1/2 cup burgundy
 1/2 cup water
 1 clove garlic, minced
 1 tablespoon cold water
 1 1/2 teaspoons cornstarch

thickened and bubbly; cook and stir 2 minutes more. Serve over meat. Makes 4 servings.

Nutrition information per serving: 209 cal., 25 g pro., 6 g carb., 7 g fat (30 percent of calories from fat), 69 mg chol., 99 mg sodium. U.S. RDA: 97 percent vit. A, 12 percent thiamine, 21 percent riboflavin, 26 percent niacin, 16 percent iron.

Melon flavors dessert

AP - Watermelons were early-comers to American gardens; the seeds came to these shores with the Puritan settlers in the 1660s. Today's watermelons are juicier and sweeter and come in yellow as well as red. Small round melons are as popular as the traditional long ones, and many new varieties are seedless. This frozen dessert captures the sweet melon flavor.

WATERMELON ICE
 one 5-pound piece of watermelon (about 5 cups)
 1/2 cup sugar
 1 teaspoon finely shredded orange peel
 3 tablespoons orange juice
 watermelon wedges (optional)

Seed and cut up watermelon, removing rind (should have about 5 cups). In blender container puree watermelon (should have about 3 cups puree). Stir together watermelon puree, sugar, orange peel and orange juice. Stir until sugar dissolves. Pour into a 9-by-9-by-2-inch pan. Cover; freeze 3-4 hours or until almost firm.

Break frozen mixture into chunks. Transfer mixture to a chilled bowl. Beat with an electric mixer until smooth but not melted. Return to cold pan. Cover and freeze 6-8 hours or until firm.

To serve, let stand about 5 minutes at room temperature. Scoop or scrape across frozen mixture with a spoon; mound in individual dessert dishes. Serve with watermelon wedges, if desired. Makes 6-8 servings.

thickened and bubbly; cook and stir 2 minutes more. Serve over meat. Makes 4 servings.

Nutrition information per serving: 209 cal., 25 g pro., 6 g carb., 7 g fat (30 percent of calories from fat), 69 mg chol., 99 mg sodium. U.S. RDA: 97 percent vit. A, 12 percent thiamine, 21 percent riboflavin, 26 percent niacin, 16 percent iron.



Lois Thieleke
 home economist, Cooperative Extension Service

Grill, microwave share meal

Chances are that your grill and microwave get a work-out year round.

There are many hardy souls who like to stand outside even in a snowstorm to capture that barbecue flavor in food. A recent survey on cooking trends shows barbecuing and microwaving increasing in popularity because of quickness and efficiency with no clean up. But have you thought how you can use both of these appliances together to make food preparation even shorter?

If it's been one of those hectic, busy days and you're running late, it's five o'clock and you realize you have invited people for dinner. What do you do? Turn to your microwave and grill.

Utilizing the microwave to begin the cooking process for meats and vegetables cuts down the outdoor cooking time but still gives a good color and charcoal flavor. You will need to practice food safety doing this.

If you are going to start chicken in the microwave, then the chicken must go directly from the microwave to the grill, with no stops in between. Do not start the chicken in the microwave and then let it sit for later. This procedure must follow directly so there are no interruptions in the cooking times.

Wrap tightly but leave a little room for steam to expand. Place on grill for approximately 15-20 minutes. Turn occasionally.

Spice up these frozen vegetables when foil grilling. To mixed vegetables, add sliced green onions or celery before cooking. Frozen spinach is very tasty if onion flakes and a dash of nutmeg are added before grilling. Use your imagination and creativity to spice up frozen vegetables.

Fresh or dried herbs such as thyme, rosemary, basil or oregano may be placed or sprinkled directly on hot coals before starting to grill. Soak herbs, drain well and then sprinkle on coals before grilling fish or chicken.

ADDITIONAL BARBECUING tips are to use dental floss for trussing a chicken for the grill. It does not burn and is very strong. When grill-

Utilizing the microwave to begin the cooking process for meats and vegetables cuts down the outdoor cooking time but still gives a good color and charcoal flavor.

foil in microwave. This is for the grill.

Wrap tightly but leave a little room for steam to expand. Place on grill for approximately 15-20 minutes. Turn occasionally.

Spice up these frozen vegetables when foil grilling. To mixed vegetables, add sliced green onions or celery before cooking. Frozen spinach is very tasty if onion flakes and a dash of nutmeg are added before grilling. Use your imagination and creativity to spice up frozen vegetables.

Fresh or dried herbs such as thyme, rosemary, basil or oregano may be placed or sprinkled directly on hot coals before starting to grill. Soak herbs, drain well and then sprinkle on coals before grilling fish or chicken.

corn, pull back husks, remove silk, tie back husks and soak in ice water for 10-15 minutes to ensure moist steaming.

Take advantage of the grill after the main course is completed. Place frozen pie or cake on the grill to thaw and warm. (Turn a gas grill off or you will cook the cake.) Or, naturally an apple crisp or pie can be baking in the microwave for dessert as you are eating the main course.

If there are any leftovers, reheating in the microwave will help retain the good flavor, color and texture. As long as the grill is on, do some extra food for the next day. It helps with meal planning and your family will enjoy it just as much.

Barbecuing used to be a summer activity but not anymore, with the increasing number of tabletop grills or built-in units on stove tops. Grill and microwave meal-planning together or separately add a new dimension in cooking styles and foods, besides keeping the house cool.

ORCHARD - 10 IGA
 24065 ORCHARD LAKE RD.
 Mon. thru Sat. 8-9; Sun. 9-5
We Feature Western Beef
 QUANTITY RIGHTS LIMITED • NOT RESPONSIBLE FOR ERRORS IN PRINTING

AT IGA
I GET ATTENTION!

IGA BACK TO SCHOOL LUNCH PROGRAM
 Drink Boxes - Hi-C, KoolAid
 Condiments - Mustard, Ketchup, etc.
 Snack Treats - Little Debbie, Hostess
 Produce - Fruit and more
 Also - Lunch Bags and more
 Bread - All Kinds

HERRUD
 1.49 PKG. Variety Pack
 Save 30 to 50*

IGA TABLETTE
Hamburger from
Chuck
 5 lbs. or more
 1.39 LB.
 Save 50 LB.

CLIP THIS COUPON
TRIPLE COUPON
 THIS WEEK ON FIVE MANUFACTURER'S COUPONS OF YOUR CHOICE UP TO 35% FACE VALUE

1..... 2..... 3..... 4..... 5.....

LIMIT ONE TRIPLE COUPON PER FAMILY WITH \$20 ADDITIONAL PURCHASE. GOOD MONDAY, AUGUST 28 THRU MONDAY, SEPTEMBER 4, 1989. ONLY 5 MANUFACTURER'S COUPONS MAY BE REDEEMED. ANYTHING OVER 5 MAY BE REDEEMED ACCORDING TO OUR DOUBLE COUPON POLICY.

IGA TABLETTE
Beef BBQ
Ribs
 1.59 LB.
 Save 40 LB.

Grocery
 Chef Boyardee
Pasta
 15 oz. Can
 .77

Produce
 U.S. No. 1 Michigan
Apples
 MacIntosh or Paula Red
 3 LB. BAG .99*
 U.S. No. 1 New Crop Michigan 3 LB. BAG

BONUS COUPON
 50 Off Label Liquid Bleach
Clorox
 .69
 Limit 1 Gallon

IGA TABLETTE
Sirloin Tip Steaks
 1.89 LB.
 Save 1.00 LB.

IGA TABLETTE
Whole Leg
Quarters
 .49
 Save 20 LB.

Pro-Priced At 5.79
Era
Detergent
 64 oz.
 2.99

New Crop Michigan
Yellow Onions
 1.29

Bonus Coupon
 Bush's - Reg. or W/Olions
Baked Beans
 3/100
 Limit 3 - 16 oz. Cans

IGA TABLETTE
Chicken Drumsticks
 .79 LB.
 Save 20 LB.

IGA TABLETTE
Chicken Thighs
 .59 LB.
 Save 20 LB.

FAME of Poland - 15 1/2 oz. Bag
Potato Chips
 100% Hardwood - 20 to 300
FAME Charcoal
 2.99

Bakery
Buns
 Buy One B.C. Pkg. At Regular Price, Get The Second Package **Free**

Bonus Coupon
 Assorted Flavors Except Special Recipe BBQ Sauce
Open Pit
 .79
 Limit 1 - 18 oz. Btl.

IGA TABLETTE
Boneless Chuck Steaks
 1.59 LB.
 Save 30 LB.

IGA TABLETTE
Spare Ribs
 1.49 LB.
 Save 20 LB.

Frozen
 Banquet - Original
Fried Chicken
 10 Piece/28 oz.
 1.99

Minute Maid
Orange Juice
 64 oz. Ctn.
 1.69

Bonus Coupon
 Assorted Sugar Sweetened Flavors
Kool-Aid Drink Mixes
 Buy One Get One **Free**

HOLLY FARMS
Whole Cut up Fryers
 .79 LB.
 Save 30 LB.

HYGRADE All Meat
Hot Dogs
 1.09 LB.
 Save 40 LB.

Minute Maid
Orange Juice
 10 1/2 oz. Can
 1.29

Dairy
 Country Style, Reg. or Plus Calcium
Cottage Cheese
 1.49

Bonus Coupon
 Assorted Varieties
Henri's Dressings
 1.99
 Save 70

All Varieties
 5.29 Plus Deposit
 2 Liter Coke 1.09 Plus Deposit

24 Ct. Cello Wrapped
Diet Coke, Classic or Sprite
 1.99

Minute Maid
Orange Juice
 1.29
Ice Cream
 3.99

Minute Maid
Orange Juice
 64 oz. Ctn.
 1.69

Bonus Coupon
 Assorted Varieties
Rice-A-Roni
 Buy One Get One **Free**

Bonus Coupon
 Assorted Varieties
FAME Milk
 1.79