

Enjoy an Olympic fiesta

Even if your summer plans do not include a trip to Barcelona, chances are you'll still be watching the Olympic Games — from the comfort of home. And since nearly everyone else will be watching them too, why not invite a few friends for a fiesta and enjoy the games together?

To set the stage for the evening's entertainment, start with a quick-to-fix dinner featuring the flavors of sunny Spain. Two new recipes from the Pace Picante Sauce Test Kitchen will help keep preparations simple.

Make-ahead Barcelona Chicken is perfect for week night entertaining. Garlicky Shrimp Espanol is a speedy Spanish-style stir-fry.

GARLICKY SHRIMP ESPANOL

1 medium onion, cut into ½-inch wedges
3 garlic cloves, minced
1 Tablespoon olive oil
2 medium tomatoes, chopped (2 cups)
½ cup Pace Picante Sauce
1 teaspoon thyme leaves, crushed
1 teaspoon ground coriander
½ teaspoon salt

1 pound large shrimp, shelled and deveined
1 large green pepper, cut into short, thin strips
1 tablespoon lemon juice
¼ cup thinly sliced green Spanish olives or ripe olives
Hot cooked rice or pasta
Lemon wedges (optional)

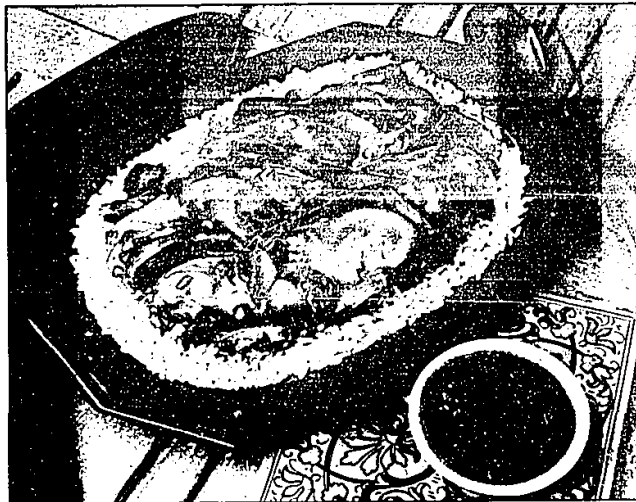
Cook onion and garlic in oil in large skillet over medium-high 2 minutes, stirring frequently. Add tomatoes, picante sauce, thyme, coriander and salt; mix well. Bring to a boil over medium-high heat. Reduce heat, cover and simmer 5 minutes. Stir in shrimp and green pepper; cook uncovered over medium-high heat until shrimp are cooked through and peppers are tender, 5 to 6 minutes, stirring frequently. Stir in lemon juice. Sprinkle with olives; serve with lemon wedges. If desired, add additional picante sauce. Makes 4 servings.

BARCELONA CHICKEN

6 boneless, skinless chicken breast halves
1 package (9 ounces) frozen artichoke hearts, thawed
1 medium onion, cut into ½-inch wedges
2 tablespoons flour

1 can (8 ounces) whole tomatoes, cut-up, undrained
¾ cup Pace Picante Sauce
¼ cup dry sherry
1 teaspoon ground cumin
½ teaspoon salt (optional)
½ teaspoon thyme leaves, crushed
2 to 4 Tablespoons coarsely chopped cilantro or parsley, as desired
6 servings hot cooked rice

Place chicken in single layer in shallow dish. In medium bowl, toss artichokes and onion in flour. Add remaining ingredients except cilantro and rice, mixing well; pour over chicken. Cover and refrigerate at least 2 hours or overnight, as desired. Transfer chicken and sauce to large skillet, arranging chicken in single layer. Bring to a boil. Reduce heat, cover and simmer until chicken is cooked through. Remove chicken from skillet and arrange over rice; keep warm. Increase heat to high; cook sauce, stirring constantly and scraping up browned bits from bottom of skillet, 2 minutes or until desired thickness. Spoon sauce over chicken and rice; sprinkle with cilantro. Serve with additional picante sauce. Makes 6 servings.



Barcelona Chicken: Boldly seasoned and created for health-conscious, time-conscious cooks, Barcelona Chicken is a festive combination of chicken, artichokes, onions and tomatoes.

Spectacular sauces dress up summertime dishes

LITE SUCCESS



FLORINE MARK

Summer fashions brighten up with fun accessories like straw hats, straw purses, and bangle bracelets. Just as you can accessorize any outfit, you can also accessorize a meal. Dress up your favorite summer dishes with spectacular sauces and bring them to life.

Summertime brings with it the search for the perfect barbecue sauce. This year, search no more. Barbecue favorites will sizzle when smothered in Royal Barbecue Sauce. Turn grilled chicken breast,

spare ribs, or pork chops into a dish that's fit for a king.

If you'd like something a little more elegant, thick and delicious Walnut Sauce will add a special touch to a romantic idyllic picnic for two. It can be prepared beforehand and stored in the refrigerator for up to a week.

Fresh summer vegetables are in abundance at the market, the corner vegetable stand, or even in your own back yard. For healthy summer snacking, vegetables are filled with nutrients and vitamins you may lose during outdoor activity. Just as you can dazzle a simple black dress with the right jewelry, vegetables take on a different flair when served with a great dip, like Citrus-Honey Mustard Dip. This tangy topping adds zip to ordinary vegetables for a

fabulous, healthy change.

Go to the mall to accessorize your summer wardrobe, but stop at the grocery store for the ingredients to accessorize your favorite summer recipes.

ROYAL BARBECUE SAUCE

½ cup ketchup
1 Tablespoon each Worcestershire sauce and distilled white vinegar
2 teaspoons each vegetable oil and firmly packed dark brown sugar
½ to ¾ teaspoon powdered mustard
½ teaspoon salt
Dash each ground red pepper (optional) and black pepper
In small saucepan combine all

ingredients and, over high heat, bring to a boil. Reduce heat to low and let simmer, stirring frequently until flavors are well-blended, 5 to 10 minutes. Makes 4 servings (about 2 tablespoons each).

Each serving provides: ¼ fat, 30 optional calories. Source: Weight Watchers Favorite Recipes, 1986.

WALNUT SAUCE

1 Tablespoon plus 1 teaspoon margarine
2 Tablespoons minced onion
1 garlic clove, minced
2 teaspoons all-purpose flour
1 cup water
1 packet instant chicken broth and seasoning mix
1 ounce shelled walnuts, very finely ground
2 teaspoons red wine vinegar

¼ teaspoon ground cinnamon
Dash each ground cloves, ground red pepper, salt and pepper
2 teaspoons chopped fresh parsley

In small saucepan heat margarine until bubbly and hot; add onion and garlic and sauté until softened. Add flour and cook, stirring constantly, for 2 minutes. Gradually stir in water; add broth mix and, continuing to stir, bring mixture to a boil. Continue to stir and cook until mixture thickens slightly; stir in remaining ingredients. Reduce heat to low and let sauce simmer, stirring occasionally, until flavors are blended, about 5 minutes. Serve immediately or let cool, then transfer to container, cover, and refrigerate until ready to use. Makes 4 servings.

Each serving provides: 1 fat, 55 optional calories. Source: Weight Watchers Favorite Recipes, 1986.

CITRUS-HONEY-MUSTARD DIP

2 ounces firm-style tofu
2 Tablespoons thawed frozen concentrated orange juice (no sugar added)
1 Tablespoon plus 1 teaspoon reduced-calorie mayonnaise
2 teaspoons country Dijon-style mustard
2 teaspoons honey
In blender combine all ingredients until smooth. Makes 4 servings.
Each serving provides: ¼ fat, ¼ protein, ¼ fruit, 10 optional calories. Source: Weight Watchers Simply Light Cooking, 1992.

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TO WHOM IT MAY CONCERN:

On Friday, July 10th., between 2 and 4 p.m., someone stole a hanging plant from the north side of our building. When you took that hanging plant, you took a part of us with you. That plant was tagged "sold" in three places and you had to cut a cradle made of rope to get it down. You stole our hearts, for inside that basket was a swallow's nest. We received that plant on Friday, June 5th., and by Monday discovered a pair of swallows had made it their home. So we put sold stickers all over it and built a cradle to prevent it from swinging in high winds. We named the birds Mr. and Mrs. Herman Swallow and watched with delight when she laid five eggs over five consecutive nights in late June.

We looked in the nest every morning and became very attached to them. By the time you stole the nest, only one baby had survived and you took that too.

For five days now, Mr. and Mrs. Swallow greet us every morning with inane chirping. Every night we forget - every morning we are reminded by these little guys. As far as life goes, this is no big deal. But we really enjoyed this unique opportunity to watch nature up close. We hope that whoever you are, you read this.

Also, stolen at the same time were 3 - 8" clay brush bowls. The home of Mr. and Mrs. Swallow was a 10" basket hanging New Guinea Impatiens with rusty red flowers with white crosses in them. If you know anything about this, please contact us.

Thank you, **Fresh Approach**