

## Spicy Tex-Mex salmon easy, fast

It's been a long day, and you have neither the time nor the inclination to stand in the kitchen and cook a full-fledged dinner. Yet you do not want to subject your family to the standard choices of spaghetti or a ready-made microwave meal. You want something different, and something healthy.

"Speed scratch cooking" is the name of the game — a meal assembled from healthy "scratch" ingredients in double-quick time. After all, a nourishing and tasty dinner need not take hours of fussing in the kitchen to create.

This one is a spicy Tex-Mex salmon concoction that will have your taste buds tingling. Salmon is generally perceived as a "stand alone" dish—either baked or grilled. But as this "Lone Star" dish will show, salmon lends itself easily to a variety of spicy combinations.

The ingredients — bought at the supermarket and stored, or scrounged at short notice from the refrigerator can be assembled in a jiffy. They do not contain artificial flavorings or preservatives. And this easy to prepare dish, which uses a bone-

less, skinless salmon fillet, is an ideal meal for the entire family.

This recipe wraps the delicate flavor of salmon in the delights of Southwestern cuisine — along with all the benefits associated with farmed salmon. Farmed salmon are harvested only after they reach a certain size and level of fat content. This gives every bite of farmed salmon a moist, rich texture. Farmed salmon are also subject to stringent inspection procedures.

Farmed salmon is currently produced in Australia, British Columbia and New Brunswick in Canada, Chile, the Faroe Islands, Iceland, Ireland, Norway, Scotland, the Shetland Islands and the United States, all members of the International Salmon Farmers Association.

### SALMON IN TORTILLAS WITH SALSA CREAM AND AVOCADO

- ¾ cup prepared salsa, medium or spicy depending on taste
- ¾ cup diced fresh tomato
- ¾ cup peeled, seeded and diced cucumber
- ¾ cup sour cream
- 1½ pound skinless salmon fillet



**Sensational salmon:** Enjoy the nutritious goodness of salmon in an unorthodox Tex-Mex setting — salmon wrapped in a tortilla with salsa.

- 1 ripe avocado
- 4 ounces sprouts of choice (radish, alfalfa, onion, etc.)
- 4 flour tortillas (approx. 9 inch)
- 1 packet fresh salsa spices, (Lewy's Fresh Salsa Spices & Seasonings for example)

Preheat oven to 425 degrees F. Wrap the tortillas in foil.

To make the salsa cream, combine the salsa, tomatoes, cucumber, and sour cream. Season with salt and pepper, if desired.

Cut the salmon fillet into four equal portions and arrange in a baking dish. Brush the salmon with oil, and sprinkle generously with the salsa spices (you will not use the whole envelope).

Put the salmon and the

wrapped tortillas in the preheated oven. Cook until the salmon is done. The cooking time may be determined by using the rule of 10 minutes of cooking time for every inch of the fillet's thickness. For example, a fillet that is ¾ of an inch thick would cook for 7½ minutes.

While the salmon is baking, peel, pit, and slice the avocado. Set aside. When the salmon is done, unwrap the warm tortillas and lay them out on plates. Arrange one portion of salmon on each tortilla, top it with a generous spoonful of the salsa cream, followed by the sliced avocado and a small handful of sprouts. Fold the tortillas over the filling, and serve with the extra salsa cream on the side. Serves 4.

Recipe from the International Salmon Farmers Association.

## Survey shows families are cooking after work



KEELY WYGNONIK

Spring has sprung and I've got the fever. Already I've planted my cold weather crops — lettuce, radishes and beets. My daffodils and hyacinths are blooming, and the tulips will be any day now.

How about you? Please let me know how those gardens are progressing. It's always great to hear from readers.

Here are some interesting dinner-time facts from a national survey of working men and women by Birds Eye. Monday, Wednesday and Friday seem to be busier nights of the week when it comes to dinner — 19.5 percent say every night is busy in their homes.

Seventy-eight percent of working men and women cook dinner three or more nights a week. 79.4 percent spend between 21 and 60 minutes preparing dinner, less than half the time their mother spent on dinner when they were children. (And 75 percent remember their mothers spending between one and 2.5 hours on week-night dinners.)

Seventy-one percent report it's important for the family to have dinner together and 59.2 percent say they commonly serve chicken for dinner.

Mark 3-7 p.m. Sunday, May 2, on your calendar. More than 45 metropolitan Detroit area chefs will be participating in Cranbrook Schools' 15th annual Le Gala de Cuisine at 550 Lone Pine Road, Bloomfield Hills.

Dine on rack of lamb, shrimp, lobster, exotic hors d'oeuvres, decadent desserts and special coffee treats created by top-notch chefs representing Michigan Chefs de Cuisine Association.

Hear music performed by Cranbrook Kingswood instrumental and singing groups, and watch

Jessica Sinclair's dancers in concert.

Tickets are \$125 per person (friend), \$150 (patron) and \$200 (benefactor), which includes a cookbook featuring recipes from participating chefs, and Le Gala de Cuisine poster. All proceeds go to faculty enrichment, scholarships and school restoration. For tickets, call 647-2847 or 642-1035.

Weight Watchers is celebrating its 30th anniversary by sponsoring local walks throughout the nation during the weekend of May 15-16 to benefit area food banks. In our area, Weight Watchers is sponsoring a four-mile walk Saturday, May 15, at the Southfield Civic Center, 26000 Evergreen, Southfield, to benefit the Hunger Action Coalition of Detroit. Registration will begin 8:30 a.m. followed by the walk at 9:30 a.m., and awards and refreshments at 11:30 a.m. There will be entertainment supplied by the Stevenson High School band, Livonia, refreshments, and free "Walk Away Hunger" T-shirts for all walkers while supplies last.

Walkers should bring one bag of non-perishable groceries. For more information or to receive pre-registration forms and food donation details, call Weight Watchers at (800) 487-4777.

Word of Mouth Foods and Portershouse Meats announces their second annual parking lot barbecue 10 a.m. to 5 p.m. Saturday, May 22 at 1058 S. Main, Plymouth. The benefit barbecue, with free will donations going to Seamp, a summer camp for special needs children, has become a popular event. Sample Word of Mouth products including two flavors of barbecue sauce, veggie pasta sauce and the newest product — "Call it Complete," seasoning.

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## Shop for the leanest, tastiest lamb

AP — Leaner, tastier and more tender than ever, lamb is in prime time during spring. That's good news if you like to serve lamb for special occasions.

Shopping for lamb is similar to shopping for beef. Top-quality fresh lamb can range in color from reddish pink to bright red. Look for meat that has a compact, fine grain, and a thin layer of firm, white fat surrounding it. A cross section of the bone should be red, moist and porous. Meat from older lamb is darker in color, the bones are drier and whiter. Look for the latest date stamped on the package to get the freshest — and mildest flavored — meat.

Symbols of quality

Domestic lamb is inspected by

the U.S. Department of Agriculture for quality. It is graded for tenderness, juiciness and flavor, just like beef. USDA Prime, the most tender, usually goes to restaurants. USDA Choice is most often sold in supermarkets and is also a very tender cut. About 90 percent of all lamb graded by the USDA is classified as Prime or Choice.

Under a special certification program administered by the American Lamb Council, lamb may also be graded according to how lean it is. The leanest of the five grades (grades one and two) means that the lamb can be labeled as Certified. Certification helps you identify a superior lamb product. The amount of fat and the age of the animal are two

main factors that are used to judge whether the lamb can be certified.

In the supermarket, lamb will probably be labeled as USDA Choice, perhaps with a sticker indicating the certification of leanness. Not all lamb producers participate in the certification program, so you may find lamb that is lean, even though it may not have a sticker. Below are some different products you may see: Certified American Lamb: Meat from a U.S. — raised sheep that is less than 1 year old. It cannot have more than a quarter inch of fat around the edge. Certified American lamb is the highest quality lamb available.

Imported Lamb: Often from Australia or New Zealand, this

lamb arrives frozen and therefore is not graded or certified.

Yearling: Meat from a sheep that is between 1 and 2 years old. It cannot be called lamb. Yearling meat is inspected for wholesomeness but is not graded. It is seldom sold in the United States, except in ethnic and specialty markets. You can special order it.

Mutton: Meat from a sheep that is 2 years old or older. Mutton is stronger in flavor. Like yearling meat, mutton is inspected but not graded.

# Breadwinner

## Special of the Week

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**WITH THIS AD • GOOD THRU SAT., MAY 1**

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