# Grilled cheese gets dressed up

Grilled cheese, all dressed up!
That's the Buckhead Diner's rendition of the time honored favorite. Oraca bread, Swiss and Cheddar, scallions, tomatoes and spicy mustard add the extra flavor and texture needed to elevate this andwish from simple to sublime.

On the menu at the Buckhead Diner in Atlanta, Ga., since the restaurant opened six years ago, it's a customer favorite.

Sandwiches are the hottest lunchtime item at the popular catery, acclaimed for its design as well as its food. It's reminiscent of a great Orient Express rail car — a combination of nostalgia coupled with giltz, class and service.

When saked what makes a successful sandwich, chof Kovin Osella said, "fresh bread with ingredients at the proper temperature, served immediately," For example, if the bread is supposed to be grilled crisp and buttery, with the cheese totally melted inside, then that's hout to worry. Try the delectable grilled cheese creation at home with your favorite bread, Ingredients are available at the provent with your favorite bread, Ingredients are available at the provent with your favorite bread.

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Ingredients are available at the supposed to be grilled crisp and buttery with the cheese totally melted inside, then that hout the hout the large nostice skillet over medium-low to medium hout to worry. Try the delectable grilled cheese creation at home with your favorite bread.

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Signature sandwich: Grilled cheese takes on new flavor and flair in this two-cheese grilled sandwich in-spired by chefs at the Buckhead Diner in Atlanta.

# Be creative, make healthier sandwiches

A healthful sandwich is more than a pile of sprouts atop layers of turkey breast between twice thin silices of bread in fact, you may be surnised at the variety of low-fit, healthful sandwich makings that are available, said Karen Wilder, registered dietitian and staff nutritionist for Total corpens up opportunities for entivity and variety. Here are a few lites to get you started.

Treparing healthful sandwiches opens up opportunities for rentivity and variety. Here are a few lites to get you started.

Thouses enriched, whole-grain breads such as whole wheat, multigrain, rye, oatmeal or brantheads such as whole wheat, multigrain, rye, oatmeal or brantheads. If Wirap fillings in soft torillas or spoon into pita bread.

Trepare sandwiches with mustard, horseradish or a drizzle of plain low-fat yogurt instead of high-fat spreads, such as butter or mayonnaise.

Substitute chicken or turkey bread, learn tast beef or lean substitute high read to the proper sandwiches as the substitute higher and the proper substitute soft fellings such proved the balance of your over.

■ Substitute chicken or turkey breast, lean roast beef or lean ham for higher-fat fillings, such as salami and liverwurst.

groups to add variety and help improve the balance of your over-all diet.

# Freeze fruits, vegetables to enjoy later



Garden fresh vegetables, tree sweetened fruits, homemade berry pies, and grandma's to mate sauce can be frozen now and enjoyed on cold days in January. ThieLENE The bountiful harvest in your readiside stands and other marketa can provide fresh produce at their pack. Make mean yelaning easier, fill your freezer full of good tasting frozen foods.

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easier, fill your freezer full of good tasting frozen foods.

Air is the main enemy to quality frozen foods, so packaging is extremely important. The exposure to sir can give foods an off color (gray), and off flawer and a tough white dry surface, called freezer burn. Don't use waxed paper, bread wrappers, cottage cheese containers plastic film or brittle plastic containers in the freezer. None of these are air tight and you run the risk of freezer burn and some may even crack at low temperatures.

Make the packages as air tight as possible. Foods packed in plastic bags should be laid on a hard surface, and pressed with your hand gently to force the air out. A flexible freezer bag should be taken the top with a the. Do not use cellophane the twisted very tightly at the top with a the. Do not use cellophane tape in the freezer, it will not hold. For best results, package alfoods in moisture and vapor-proof freezer containers or bags that are specifically labeled for freezer use.

To keep foods as close to freah so passible, they should be now warmer than room temperature before freezing. Refrigerate het foods before you freeze them to the present of the prese

should be cooked or served within 24 hours of thawing. The smaller the package the quicker it freezes and flat packages freeze faster than bulky ones. When packing the freezer, leave some space sround containors to allow for air circulation. Packages can be stacked after freezing. Keep your freezer set at 0 degrees F. or colder. Anything above 0 degrees, the enzyme activity and other chemical changes start to spoil food.

#### Freezing vegetables

Freezing vegetables

Row vegetables need to be blanched before freezing. Blanching stops enzymes that cause spoilage, and helps retain nutrients and color. The vegetables can be water, attend or nelcroward that the state of the color of the vegetables blanched. Black or the color of the col

#### Preserving fruits

NOWTHROUGH

SUNDAY, SEPTEMBER 19TH

ENJOY MCL'S LIVER

Preserving fruits

Raw fruits need no blanching.

Choose the fresheat, ripe fruits, not over ripe unless you'll be making jam or a sauce. Fruits or blanched vegetables can be frozen on cookle steeds to keep the produce separate and not a frozen block. When they are frozen, transfer to airtight containers. To

prevent discoloration of fruit, treat with a small amount of ascorbic or citric acid. Packing fruits in a syrup pack generally keeps them firmer, juicler and more flavorful than other methods. Sugar- and honey-packed fruits are best for making ples. A dry pack or diet packed fruit will be very soft when thaved so eat when they are still partially frozen. When freezing foods with a liquid allow room for expansion. Combination dishos will keep at 0 degrees F. up to eight weeks. Undersook vegetables, beauss, pasta and rice. When they are reheated, these will become tender rather than be overcooked. Use little or no salt when freezing as salt inhibits freezing. Artificial salt, sweeteners and flavorings do

not hold up well in the freezer. Freezing intensifies the flavor of spices so use less garlic, pepper

and cloves.

Proper thawing is extremely important to maintain the taste, texture and safety of frozen foods. Thawed frozen food is more perishable than fresh food. Never thaw foods at room temperature. Thawing isn't necessary for most products, put them directly into the oven or a saucepan. Freezing foods is simple, just remember start with top quality food, package it right, and use it in a timely manner.

Lois Thieleke of Birmingham is an extension home economist for the Cooperative Extension Ser-vice, Oakland County office.

# Low-fat marinads adds flavor to pork chops

AP — Lean, fresh pork merries well with a myriad of ingredients. Pork chops, for example, can be marinated in terlyaki sauce, simmered in sales, rubbed with Cajun spices, broiled with mustard or glazed with marmalade. In the following recipe for Coriander-Pepper Chops, a low-fat marinade is used to flavor the dish. Serve with fresh fruits and vegetables.

#### CORIANDER-PEPPER CHOPS

- 2 cloves garlic, crushed 1 tablespoon crushed corlan-der seeds 1 tablespoon coarsely ground black pepper 1 tablespoon brown sugar 3 tablespoons soy sauce

Combine all ingredients except pork chops. Place chops in a shal-low dish and pour marinade over, let marinate 30 minutes. Prepare medium-hot coals, banked, in grill

medium-hot coals, banked, in grill bed. Remove pork from marinade, discarding marinade, and grill chops over indirect heat for 12 to 15 minutes, turning once.

Or, remove from marinade and broil or panhroll for 10 minutes, turning occasionally, Juices should our clear and chops should be tender and juicy. Makes 4 servings.

Nutrition information per serving:
20d cal., 62 fat, 66 mg chol.

Recipe from: National Fork Producers Council in cooperation with the National Fork Board.

### Answers to food questions

For answers to questions about food anfley, nutrition and preservation, call the Food and Nutrition Hot line, 8:30 a.m. to 5 p.m. Wayne County.

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Speaker: Carol Bock, Principal, Thomas Jefferson High School, **New York City** 



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