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Summer salad: Chicken and Artichoke Salad is perfect for a summer luncheon or light

Keep cool at dinnertime by using chicken breasts

BY MELANIE POLK SPECIAL WATERS

Chicken, long a best-seller in the supermarket meat department, has really taken off in recent years. Fer capita consumption climbed from 29 pounds as year in 1860 to 72 pounds last year. Chicken breasts are quite metals nomewhat lower in fat than dark meat pieces such as drumaticks and thighs.

Whether you buy your chicken breasts akinned and boned, or handle this chore yourself, be sure to remove all the skin and as much visible fat as possible before cooking. To guard against the risk of salmonells, chicken should be cooked to an internal temperature of 180 degrees F. A properly cooked chicken breast will be white throughout, with no traces of pink, and the juices will run clear golden rather than red when pricked with a knife point. A skinless, boneless chicken breast will generally cook in 10 minutes or less at medium-high heat.

Chicken is a staple in cuisines from all over the slobe, and by

or less at medium-high heat.
Chicken is a stople in culsines
from all over the globe, and by
mixing it with other grains, fruits
and vegetables, you can keep portions moderate as recommended
by the American Institute for
Cancer Research.

Pair chicken with white beans and pesto for a delicious Italian soup, with spricots and couscous

for a steamy Moroccan casserole, or with haby com, green onlons and red bell pepper in a fantastic Chiness stir fry.

Chicken breasts are great on the grill or in cold salads. Grilled lemon tarragon chicken is delicious with a simple pasta salad and steamed asparagus.

Grill chicken breasts coated with a mitrure of 3 tablespoons lemon juice, 1 chopped clove of garlic, ¼ cup olive oil, 2 tablespoons minced fresh tarragon (1½ tablespoons minced fresh tarragon (1½ taspoons dried), with salt and freshly ground pepper to taste.

Artichokes add an elegant touch and delicious flavor to chicken and Artichoke Heart Salad, perfect for a summer tunchen or light supper. Although this recipe calls for frozen artichoke hearts, you can use fresh artichokes. Simply remove all the leaves and stems, and steam the remaining hearts for 20 to 25 minutes or until tender. Serve this salad with whole-grain rolls or muffins and the meal is complete.

CHICKEN AND ARTICHOKE

HEART SALAD

4 chicken legs or breast halves, skinned

HEART SALAD

4 chicken legs or breast
halves, skinned

1 9-ounce pockage frozen artichoke hearts

4 cup low-fat mayonnalse
2 tablespoons akim milk
1 tablespoon clder vinegar
2 teaspoons lemon juice

½ teaspoon sugar ¼ teaspoon ground red pepper 4-ounce jar chopped pimentos, drained
 4-cup celery, chopped

M. cup celery, chopped
Place the chicken in a skillet or
Dutch oven with 2 inches of water
and bring to a boil. Reduce the heat
to low and simmer, covered, 25-30
minutes or until done (chicken will
be tender and the juices should run
out clear when deeply pierced with
a fork). Cool.
While the chicken is cooking, person the artichok heart as a direct-

a fork). Cool.

While the chicken is cooking, prepare the artichoke hearts as directed on the package. Drain, Prepare the dressing by using a fork to beat the mayonnaise, milk, vinegar, temon juice, mustard, sugar and red pepper in a small bowl.

When the chicken has cooled, remove the bones and cut into bitesized pieces. In a large bowl, combine the chicken, artichoke hearts, pimentos, celery and dressing. Tos gently. Serve or cover and refrigerate until serving time.

Each of the 4 servings has 213 calories and 5 grams of fat.

For a spiral-bound cookbook featuring over 75 healthy and delicious recipes for the aummer, send 3 with your name and address to the American Institute for Cancer Research, Dept. CB3, Washington, DC 2003.

Melanie Polk is director of nutrition education for the American Institute for Cancer Research.

COOKING CALENDAR

Send items to be considered for publication to: Keely Wygonik, Observer & Eccentric Newspa-pers, 36251 Schoolcraft, Livonia 48150, or by fax (313)591-7279.

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about the signs and symptotines, and what
in do when a medical enhance of the
Manday of the month,

Brighten breakfast with eggs

Lift breakfast out of the ordi-nary with a few flavorful ingred-lents. For example, scrambles orgs take on a colorful personality when served with a piperade of autteed onlor and red and green bell peppers. Serve with alices of whole-wheat toast. The eggs are flavored with hot pepper sauce.

SCRAMBLED EGGSPIPERADE

1 ¼ green bell pepper, seeded and sliced
1 ¼ red bell pepper, seeded
and sliced
4 large eggs
1 tablespoon water
1 ¼ teaspoon sait
1 ¼ teaspoon hot pepper
spuces

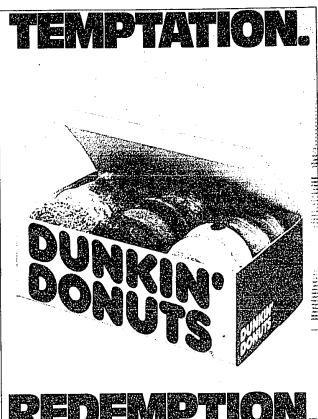
sauce 1 tablespoon butter or marga-

In a 12-inch skillet over medium heat, in hot oll, cook onion and bell peppers until tender-crisp, about 5

minutes, stirring occasionally.
In medium bowl, beat eggs, water, salt and hot pepper sauce until well blended.

blended.
In 10-inch, nonstick skillet over
medium heat, melt butter, add eg
mixture. Gendly stir eg; mixture,
lifting it up and over the bottom as
t thekens. Keep attiring until desired texture and doneneas. Serve
with pepper mixture and wholewheat toast. Makes 2 servings.

Nutrition facts per serving: 291 cal., 14 g pro., 8 g carbo., 23 g fat, 441 mg cbol., 781 mg sodium.



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