



AMERICAN INSTITUTE FOR CANCER RESEARCH

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

## Keep cool at dinnertime by using chicken breasts

BY MELANIE POLK  
SPECIAL WRITER

Chicken, long a best-seller in the supermarket meat department, has really taken off in recent years. Per capita consumption climbed from 29 pounds a year in 1960 to 72 pounds last year. Chicken breasts are quick and easy to use, and the white meat is somewhat lower in fat than dark meat pieces such as drumsticks and thighs.

Whether you buy your chicken breasts skinned 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 salmonella, 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 that 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 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 apricots and couscous

for a steamy Moroccan casserole, or with baby corn, green onions and red bell pepper in a fantastic Chinese 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 mixture of 3 tablespoons lemon juice, 1 chopped clove of garlic, ¼ cup olive oil, 2 tablespoons minced fresh tarragon (1½ teaspoons 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 luncheon 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
- 1 9-ounce package frozen artichoke hearts
- ¼ cup low-fat mayonnaise
- 2 tablespoons skum milk
- 1 tablespoon cider vinegar
- 2 teaspoons lemon juice

- 2 teaspoons mustard
- ½ teaspoon sugar
- ¼ teaspoon ground red pepper
- 1 4-ounce jar chopped pimientos, drained
- ¼ 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, prepare the artichoke hearts as directed on the package. Drain. Prepare the dressing by using a fork to beat the mayonnaise, milk, vinegar, lemon juice, mustard, sugar and red pepper in a small bowl.

When the chicken has cooled, remove the bones and cut into bite-sized pieces. In a large bowl, combine the chicken, artichoke hearts, pimientos, celery and dressing. Toss 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 summer, send \$6 with your name and address to the American Institute for Cancer Research, Dept. CB3, Washington, DC 20069.

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 Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313)591-7279.

### Classes

**COMMUNITY HOUSE**  
Summer Porch Desserts, 7:30-9:30 p.m. Wednesday, June 21, \$10. Classes taught at the Community House, 380 South Bates, Birmingham. (810) 644-5832

**FOOD PRESERVATION**  
Mini hands-on canning, freezing, and drying food preservation class, 9 a.m. to noon, Saturday, July 29, Michigan State University Extension, Oakland County, 1200 N. Telegraph, North Office Instructional Room. Cost \$10 covers all hand-outs. Pre-register by July 28. No registration at the door. Send \$10 check to: MSU Extension, Food Preservation, 1200 N. Telegraph, Dept. 410, Pontiac, 48341-0410. Seven week home study course available for \$15. (810) 858-0904

**LEWIS' NATURAL CUISINE**  
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Inkster, Road, Farmington Hills. Beginning cooking, June 19 & 26. (810) 476-4455

### Cooking demonstrations

**QUICK AND EASY CASSEROLES**  
Cooking demo with samples 7 p.m. Wednesday, June 21, Botsford's Health Development Network, Novi. Cost \$5, pre-registration required. (810) 477-6100

### HEALTHY SUMMER PICKERS

Free presentation with Oakland County Health Coalition. Learn tips to prepare healthier outdoor meals, 7-9 p.m. Tuesday, June 27, Botsford's Health Development Network, Novi. Call to register. (810) 477-6100

### MEXICANTOWN

Marilyn Tausers, author of "Mexico the Beautiful" cookbook, visits Brown Branch Public Library, 3648 West Varnor, (corner of West Varnor and West Grand Boulevard), Detroit, 6-7 p.m. Monday, June 19, Meet Tausers, and share your "Detroit-Mexican" recipes for possible publication. The event kicks off the Mexicantown Mercado, to be held 10 a.m. to 4 p.m. Sundays from June 25 to Sept. 3. The ongoing event will feature Mexican foods, handicrafts, imports, fresh produce, folkloric dancers, live music, and

children's activities. (313) 842-0450

### Dieting

**NUTRITIONAL TUNE-UP**  
Get your diet in gear. Focus on vegetarian, low-fat, low-cholesterol, or diabetic menus. Cost \$25 for individual counseling. Offered by Botsford Hospital. (810) 477-6100

### Support Groups

**FOOD ALLERGIES**  
Meeting for people with Anaphylaxis, a life-threatening allergic reaction, which can be caused by foods, insect stings, medications and even exercise. Learn about the signs and symptoms, and what to do when a medical emergency occurs, 7:30 p.m. fourth Monday of the month, Arbor Health Building, 950 W. Ann Arbor Trail, Plymouth. For information, call (810) 689-9424. (313) 420-2905

### MERGED HEARTS

Volunteer support group for people who have heart disease and their families. Meets 7 p.m. on the third Tuesday of each month at Beaumont Hospital Administration Building, Classroom 2, 13 Mile Road, Royal Oak. (810) 557-5627

## Brighten breakfast with eggs

Lift breakfast out of the ordinary with a few flavorful ingredients. For example, scrambled eggs take on a colorful personality when served with a piperaude of sautéed onion and red and green bell peppers. Serve with slices of whole-wheat toast. The eggs are flavored with hot pepper sauce.

- 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 salt
- 1 ¼ teaspoon hot pepper sauce
- 1 tablespoon butter or margarine
- Whole-wheat toast

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

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

In 10-inch, nonstick skillet over medium heat, melt butter; add egg mixture. Gently stir egg mixture, lifting it up and over the bottom as it thickens. Keep stirring until desired texture and doneness. Serve with pepper mixture and whole-wheat toast. Makes 2 servings.

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

# TEMPTATION.



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