

Swoot side dish: Fruited Rice is a colorful accompaniment to baked or grilled poultry,

Fruit makes summer meal

When it comes to summertime foods, selecting and preparing a delicious side dish can really enhance a meal. And the possibilities are practically endiess for blending summer's fresh fruits and vergetables in delicious combinations that are never boring and siways healthy.

If fresh corn is a seasonal favorite, try corn and green pepper hash — just sautee a cup of dieed green peppers and a cup of dieed green peppers and a cup of dieed mushrooms, then edd two cups of cooked corn kernels, I tablespoon chopped chives and a tablespoon of fresh pariley, and heat.

Give a new taste to broccoli with a sweet-sour marinade. Just arrange 4 cups of raw or lightly steamed broccoli spears in a shallow dish and cover with a mixture of 1 cup cider vinegar, W cup vegetable oil, W cup sugar, 1 minced Bermuda onton and a teaspoon each of salt and pepper. Cover and refrigerate at least four hours.

When cucumbers are at their peak, serve cold cucumber rice saled. In a jar, shake together I mashed garlic clove, W teaspoon salt, W teaspoon sty kinesy winegar and 3 tablespoons vegrtable oil. Four this dreasing over 6 cups of hot

cooked rice just as much as can be absorbed) and let cool. Then toes the rice with 3 seeded and diced cucumbers, we cup fresh mint, we cup chepod walnuts and lemon julce to taste.

Use delicious ripe peaches to make peach salsa that's great with poultry or lean park. Simply peel, pit and chop one large peach and toes in a bowl with 2 tablespoons fresh lime julce (to keep the flesh from turning dark). Then stir in we cup diced red onion, we cup diced reach bot chill pepper (to taste), and I tablespoon vegetable oil, Just before serving, attir in 2 tablespoons of fresh coriander. Fruited Rice, a recipe from the American Institute for Cancer Research, is a colorful, delicately sweet side dish that's a wonderful accompaniment to simple baked or grilled poultry, lean beef or pork.

FRUITED RICE

% cup dried apricots
% cup ratins
1 % cups quick-cooking brown
rice

11/2 - 2 tablespoons low-sodi-

uties
1 tablespoon dried parsley (or
3-4 tablespoons fresh)
29 taaspoons dried orange rind

find "At the special content of the special c

and fluff resulty with a fork before serving.
Each of the 6 servings contains
245 calories and 1 gram of fat.
For the free brochurs, "Feast
on Fruits and Vegetables," send
your name and address to the
American Institute for Cancer
Research, Dept. FP, Washington, DC, 20063.
The material in this column is
reviewed by Melanie Polk, Director of Nutrition Education,
American Institute for Cancer
Research.

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Cook up 'Taste of History'

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Poor Mars Lemon Pie

- 3 tablespoons comstanth, dis-solved in 19 cup water 2 tablespoons butter 3 eggs, sepierated, yolks algrity besten 3 tablespoons cider vinegar 6 tablespoons asit (less than 19 tablespoons into 19 tablespoons upor 1 tablespoons sugar Unbaked 8 or 9 inch pastry shell
- Frebest oven to 325 degrees F. Mix one cup sugar and water and bring to a boil. Size in dissolved constant-heater mixture. Boil un-til clear and thick. Remove from

hear.

Add butter, beaten yolks, vinagar, temon juice and sait. Stir well and pour into unbaked pie shell. Bake W hour.

Whour.
Best egg whites until foamy, then slowly add 9 tablespoons of sugar, one tablespoons at a time. Best until saiff. Spread meringue ever pia. Bake an additional 18 minutes until top is galden brown. Cool. Store. Recipe from Chef Tom Prenickly, Henry Ford Museum, Overnfield Villege.

SMOTHERED PORK CHOPS 6 (I -tnch thick) center-out pork

2 tablespoons becon drippings (or substitute your choice of

- oil) 1 lemon, thinly sliced 2 medium-sized onlons, thinly
- I small green and/or red boil peoper, cored and sliced
- into rings
 4 targe ripe tomatoes, peoled, seeded, and coarsely
- chopped
 1 cup water
 2 tablespoons distilled white

2 tablespoons distled white vinegar Pinch of ground cloves, allspice, cinnamon, colery seed, cityanne pepper 2 tablespoons sugar Satt and freshly ground pep-per, to taste

per, to taste

Brown the pork chops in becom
drippings in a heavy skillet. Add
lemon and onion and bell pepper
alioes, and continue to seuts. Mix
tomatoes, water, vinegar, spices,
sugar, asil and pepper in a small
bowl until they are a thick sauce.
Pour owe pork chops. Cover shillet
and simmer the pork chops over
medium best for 40 minutes, or until they are tender and the tomato
mixture has turned into a gravylike
sauce.

sauce.
Smothered pork chops are usually served with rice, so that the sauce from the chops can become the gra-

Adapted from a Grace Mattoz re-cipe. The Mattoz house from Georg-

in was lived in from the late 1870s to cory 1960s by three generations of one African American family. Smodward Post Chops represents a recipi Grace may have prepared for her family during the Great Depres-sion. The Mattax House was moved to Greenfield Village.

BEATEN BISCUITS OR MARYLAND BISCUITS

- Vs oup butter or other shorten
- 15 cup mate

He cap make

Sift sugar and salt with flour,
blend in shortening and just enough
milk to make a very wiff dough.

Kneed on floured board until dough
becomes soft and pliable.

Run dough through a meet grinder or a biscuit machine using a
coarse knife or best steedily with a
wooden potato masher for 30 miluutes, or until dough blisters, keeping edges turned in.

Roll to 44-inch thickness, cut
with a blacuit cutter (or round cookits vitten) prich with a fork and
bask in moderate oven (350 degrees

P.) 30 minutes. The blacuits should
be a very delicate ivery color. makes
about 144-doesn blacuits.

Adensed from "Mr. Ossera" Cook

Adapted from "Mrs. Osems' Cook Book, "1884 and "U.S. Regional Cookbook," 1847. This recips is typ-ical of foods prepared in tideusster Maryland in the 1800s.





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