

It's summer, so chill out with cool, easy salads

See Chef Larry Jones' Taste Buds column on Taste front.

COOL FIVE BEAN SALAD

- 1 can black turtle beans, drained

- 1 can garbanzo beans, drained
- 1 can kidney beans, drained
- 1 can white beans (Great Northern or Cannellini), drained
- 1 can pinto or black-eyed

- beans, drained
- 1 cup (about 2-3) onions, chopped fine
- 1/2 cup bottled Italian salad dressing
- 1 teaspoon Mrs. Dash table blend mix

- Salt and fresh ground pepper to taste

Combine all ingredients in a large bowl and toss gently to mix. Enjoy. Serves 6. Keep refrigerated for up to 4 days covered, if desired.

ROMANIAN AND GRAPE SALAD

- 1 cup romaine lettuce, washed, drained and chopped
- 1 orange, peeled and seeded
- 1 cup seedless grapes
- 1/4 cup shelled nuts (pecans, walnuts, almonds)

- 4 tablespoons French dressing
- Salt and fresh ground pepper to taste

Combine all ingredients in a bowl and toss gently. Serves 4.

Michigan blueberries make berry special treats

See related story on Taste front.

MINTED FRUIT SALAD

- 1 pint basket strawberries
- 3 kiwi fruits
- 1 medium-size ripe cantaloupe
- 1 medium-size ripe honeydew melon
- Handful fresh mint leaves
- 1/2 cup fresh orange juice
- 1/4 cup fresh lemon juice
- 3 tablespoons granulated sugar
- 1 pint blueberries

Galliano to taste (optional)

Wash, drain, hull strawberries. Peel kiwi and slice thin reserving 1 sliced kiwi for garnish. Using melon baller, cut balls from melons. Mix all fruit together, except for reserved kiwi.

Mix orange and lemon juice with

sugar and Galliano and pour over all. Toss salad gently and thoroughly. Arrange reserved kiwi slices on top and garnish with a fresh mint leaf. Chill 2-3 hours, and serve cold.

Recipe from MDG Marketing

OATMEAL-BLUEBERRY MUFFINS

- 1 1/2 cups all-purpose flour
- 6 tablespoons sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon grated nutmeg
- 1/2 cups rolled oats
- 1 cup milk
- 1 teaspoon vanilla
- 1 large egg
- 4 tablespoons (1/2 stick) unsalted butter, melted
- 1 heaping cup blueberries

Sift the flour, sugar, baking powder, salt and nutmeg together onto a piece of waxed paper. Mix in the oats. In a large bowl stir together the milk, vanilla, egg, and melted butter. Add the dry ingredients and mix just until they are thoroughly moistened. Don't overmix or the muffins will be tough. Fold in blueberries.

Fill 12 oiled muffin cups two-thirds full of batter, and bake in the center of a preheated 425 degree F. oven until the muffins are golden and spring back when lightly touched, 12-15 minutes. Remove the muffins from oven, turn muffins out on a wire rack and let cool five minutes before serving.

BLUEBERRY-RICOTTA SQUARES

- 1 cup flour
- 1/4 cup sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt

- 1/2 cup milk
- 1/4 cup shortening
- 1 egg
- 1/2 teaspoon vanilla
- 1 1/2 cups blueberries

Topping:

- 2 eggs
- 1 1/4 cups ricotta cheese
- 1/2 cup sugar
- 1/4 teaspoon vanilla

In a small mixer bowl combine flour, sugar, baking powder and salt. Add the milk, shortening, the 1 egg and 1/2 teaspoon vanilla. Beat with an electric mixer on low speed until combined. Beat on medium speed for 1 minute. Pour batter into a greased 9-by-9-by-2-inch baking pan and spread evenly. Sprinkle blueberries over batter.

In a medium mixing bowl lightly beat the 2 eggs with a fork. Add the ricotta cheese, the 1/2 cup sugar, and the 1/4 teaspoon vanilla. Beat until combined. Spoon ricotta mixture

over blueberries and spread evenly. Bake in a preheated 350 degree F. oven for 55-60 minutes, or until a knife inserted near the center comes out clean. Cool. Cut into 16 squares. Store, covered, in the refrigerator.

BLUEBERRY GRUNT

- 1 quart blueberries, stemmed
- 1/2 cup sugar
- 1 1/2 cups flour
- 1/4 teaspoon salt
- 2 teaspoons baking powder
- 1/4 teaspoon grated nutmeg
- 2 teaspoons grated orange peel
- 1/4 cup milk
- Heavy cream or frozen yogurt

Four blueberries into a heavy, nonreactive skillet. Stir in the sugar, and stirring frequently, cook over low heat until the berries begin to bubble.

Meanwhile, prepare the dumpling batter by mixing the flour, salt, baking powder, nutmeg and orange peel in a bowl. Stir in milk. Drop batter by spoonfuls on top of the simmering blueberries to form eight dumplings. Cook the skillet and cook for about 15 minutes, or until dumplings have doubled in size. Serve the dumplings with the

blueberries and top them with cream or frozen yogurt.

COTTAGE CHEESE AND BLUEBERRY PANCAKES

- 3 eggs, well beaten
- 1 cup low-fat milk
- 1 cup small-curd cottage cheese
- 3 tablespoons honey
- 1/2 cup whole wheat pastry flour
- 4 tablespoons wheat germ
- 1 teaspoon cinnamon
- 1 cup blueberries

On for frying: Applesauce or maple syrup


In a mixing bowl, blend the beaten eggs with the milk, cottage cheese and honey. Add the flour, stirring it in half at a time, followed by the wheat germ, cinnamon and blueberries.

Heat just enough oil to coat the bottom of a non-stick skillet. When the oil is hot enough to make a drop of water sizzle, pour in enough batter to make 3- to 4-inch pancakes. Cook on each side until lightly browned. Flip gently. Keep the first batch warm in a covered container while the rest cook. Serve with applesauce or maple syrup.

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Power from page 1B

remain good one full day after power goes out if the freezer is half full. If the freezer is full, food should remain frozen two days.

"Big pieces of meat like turkeys and roasts will keep longer," Treitman said. Fish may spoil more quickly.

Generally, you have just half that time in a regular refrigerator freezer, Treitman said.

When power is restored, each food item should be assessed individually. Frozen dinners and other convenience frozen foods should be tossed if they have defrosted at all. Juices can be refrozen, as can margarine and fruits. Uncooked meats can be refro-

zen if they are partially frozen in the middle and if they still have ice crystals. Many meats that are still "refrigerator" cold can be cooked and then frozen again, Treitman said.

Fresh produce should be judged on its appearance and smell. Any food that has an odd smell or color or should be thrown away without question, Treitman said.

The extension services offer a hot line for anyone with questions about what to keep and what to throw out. "We'll go through items one at a time with the caller," Treitman said. That number is (810) 858-0904.

Chef Larry from page 1B

no, too glamorous. Marinated mussels, no, too chewy. Canned vegetarian refried beans, no, too much like dog food. Ah, but lo and behold, here is a can of black turtle beans stacked on top of a can of red kidney beans sitting beside a can of Cici (Garbanzo) beans directly adjacent to a can of pinto beans sitting in front of a can of white cannellini beans. The perfect dish for a steamy, sultry night: a five bean salad. It was all I could do to break a sweat while opening the cans. The refrigerator squealed a cryptic "help" while I opened the door in search of Wishbone Zesty Italian. I couldn't even consider chopping the onion so I threw it in the Cuisinart and pressed the button instead of exercising the wrist. The only true energy I expended was getting on my hands and knees to look for a Tupperware bowl large enough to hold my cool concoction, and mind you, that was enough.

For one lots of a second, the thought of whipping up something in the coolness of my microwave with Normas Schonwetter's new book "Mix: Schenwetter's to Your Heart's Content" (copyright 1993 by Normas Schonwetter) did cross my mind but I got tired just thinking about it. It was all I could do to toss all the drained beans and onion into a bowl, douse it with a healthy handful of Wishbone and mix

gently. Thank heavens I saw that last empty pita bread sitting lonely on the bottom shelf as I went to put the Wishbone away. I could fortify my legumes with a good grain while showering with a fresh crackling of pepper and a pinch of Mrs. Dash's table blend herb mix. (It will even taste better in a day or two.) I quickly put myself on the back when I reach into the freezer for an ice cube or two to chill my water wondering why I ever questioned the day. If an ice maker was really worth the extra 50 bucks. (If you're even contemplating, it's worth more!)

Chill the bean salad you say? Warm the pita in a toaster oven, you ask? "Why?" I respond, "When these are the dog days of summer and the only thing on my mind at this very moment" is trying to find a cool, shady spot in which to enjoy my cooling repast."

Yes, I love summer. I try to keep these hot days in low gear, sit back, and enjoy the cooling moments of life. Who knows, for tomorrow's dinner I might wander out to the garden and snip me a little fresh parsley to toss into the bean salad. When the temperature outside soars, don't even think about cooking. If your pantry (or cupboard) doesn't have the makings for a cool toss together, do what I would do — make reservations.

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