

# Mediterranean-style dishes super for summer meals

See related story on Taste front. Recipes from the Canned Fruit Promotion Service.

## PROVENçal PEAR CAESAR SALAD

- 1 quart Caesar salad mix or cut romaine lettuce
- 1 can (16 oz.) USA Bartlett pear slices, drained
- 1 cup lowfat croutons
- 1/4 cup bottled lowfat or fat-free Caesar salad dressing
- 2 tablespoons grated Parmesan cheese

Layer greens, pears, and croutons in large salad bowl. Just before serving, pour salad dressing over greens; sprinkle with Parmesan cheese. Toss lightly and serve. Makes 4 servings.

## MOORISH FRUIT BASKETS

- 18 (1 oz. each) frozen dinner roll dough
- 1/3 cup packed brown sugar
- 1 tablespoon flour
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1 can (16 oz.) California fruit cocktail, drained
- 1/4 cup diced dried dates
- 3 tablespoons butter or margarine

Place 1 ball of dough in each of 18 oiled muffin cups; let stand at room temperature about 1 hour or until thawed. Combine brown sugar, flour, and spices. Combine fruit cocktail and dates; mix well. Make a deep indentation in the middle of each ball of dough. Fill indentation with 1 teaspoon brown sugar mixture and 1 rounded

tablespoon fruit mixture. Sprinkle evenly with remaining brown sugar mixture. Top each with 1/2 teaspoon butter. Let dough rest 15 minutes. Bake at 350°F 15 minutes or until dough browns. Makes 18 servings.

**TIP:** To thaw, dinner roll dough may be placed in muffin cups, covered with wax paper, and refrigerated overnight.

## CATALAN PEACH-BERRY TART

- 6 sheets (18x14-in. each) filo dough, thawed
- 1 tablespoon olive oil
- 1 can (16 oz.) California cling peach slices
- 2 teaspoons cornstarch
- 2 teaspoons lemon juice
- 2 cups frozen strawberries, sliced, thawed and divided

1 pint frozen or regular lowfat vanilla yogurt, optional

Stack sheets of filo dough and cut into 12 (4-in.) squares. Arrange each stack by rotating 3 layers in a stack to form a 4-pointed star. Press arranged stack into oiled muffin cups allowing points to fan like petals. Brush bottom and sides of each stack with oil. Bake at 400°F 6 to 8 minutes or until crisp and lightly browned. Cool.

Remove from muffin cups onto serving platter. Drain peaches; reserve 1/4 cup liquid. Dissolve cornstarch in reserved peach liquid in small saucepan. Cook and stir until mixture thickens and boils. Gently stir in peaches, 1 cup strawberries, and lemon juice into thickened mixture. Puree remaining strawberries. Spoon peach

mixture into filo cups just before serving and drizzle with strawberry puree. Top each serving with a heaping tablespoon of yogurt, if desired. Makes 12 servings.

## ONE-POT LEBANESE SUPPER

- 12 ounces skinless chicken or turkey breast strips (2x1/2x1/4-in.)
- 1/4 cup chopped onion
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- Dash pepper
- 1 can (16 oz.) California chunky mixed fruit
- 1 cup cracked wheat bulgur
- 1/4 teaspoon dried oregano, crushed
- 1 can (14-1/2 oz.) chicken broth
- 1 tablespoon lemon juice
- 1 cup farm fresh or ranch-

style mixed frozen vegetables

- 1/4 cup water
- 2 tablespoons chopped parsley
- 1/2 teaspoon grated lemon peel

Sauté chicken and onion in olive oil in medium saucepan; season with salt and pepper. Drain mixed fruit; reserve 1/4 cup liquid. Add bulgur, oregano, chicken broth, reserved mixed fruit liquid, and lemon juice; bring mixture to boil.

Cover, reduce heat and simmer 15 minutes or until all liquid is absorbed. Combine mixed vegetables and water in small pot; bring to full boil and drain. Stir drained vegetables, parsley, and lemon peel into bulgur mixture; cover pan and let stand 5 minutes. Makes 4 servings.

# Sauces enhance flavor of barbecue

See related Taste Buds column on Taste front.

Like fish on the grill? Try this:

## LEMON CINNAMON SAUCE

- 1/4 cup fresh lemon juice
- 1/3 cup extra virgin olive oil
- 3 pinches ground cinnamon or 1/8 stick cinnamon, crushed
- 1 tablespoon chopped fresh oregano
- 1 teaspoon minced garlic
- Salt and fresh ground pepper to taste

In a small bowl, combine all the ingredients, mix well and set aside.

Cook your fish as desired and serve with the sauce or for a more abundant taste and flavor. Lightly baste the fish during cooking. Makes a bit more than 1/2 cup. Like something a little sweeter

and hotter? This is dynamite on grilled poultry (chicken, duck and turkey) and can also be used on fish and pork. Think of it as your Asian version of A-1!

## SWEET AND HOT SAUCE

- 2 tablespoons sesame oil
- 1 tablespoon minced fresh ginger
- 1 teaspoon minced garlic
- 6 tablespoons cider vinegar
- 1/4 cup firmly packed brown sugar
- 1/2 cup dark molasses
- 1 tablespoon dry sherry
- 2 tablespoons rice vinegar
- 1 tablespoon minced fresh green (mild) chili pepper
- 2 tablespoons cornstarch
- 2 1/2 tablespoons cold water

In a sauce pan, heat sesame oil, add the ginger and garlic and cook until barely golden, about 2 min-

utes. Add remaining ingredients (except cornstarch and cold water) and bring the mixture to a boil. Lower to a simmer and simmer for 3 minutes. In a small bowl, combine cornstarch and water. Whisk cornstarch mixture in simmering sauce and simmer for 5 minutes, stirring frequently. Remove from heat, allow to cool, cover and refrigerate until ready to use. Makes a bit more than 2 cups.

If you've ever enjoy a good Kansas City Barbecue sauce, this is it! (Good on chicken, beef or pork)

## KANSAS CITY BARBECUE SAUCE

- 2 tablespoons olive oil
- 6 cloves garlic, minced
- 1 large white onion, chopped fine

- 3 large ripe tomatoes, chopped
- 2 tablespoons chopped fresh basil
- 3 tablespoons tomato paste
- 2/3 cup distilled white vinegar
- 2 tablespoons bourbon
- 1 teaspoon salt
- 2 teaspoons Worcestershire sauce
- 1 teaspoon Tabasco
- 2 shakes (about 1 teaspoon) cayenne pepper
- 2 cups water

One day ahead, or at least 2 hours ahead, heat a large pan with olive oil and saute the onion and garlic until translucent. Add the remaining ingredients and bring to a boil. Lower to a simmer and simmer for 2 hours, uncovered, adding a bit more water, if necessary. Makes about 3 cups.

# Mixed grill combines pork, vegetables

See related story on Taste front.

Here is a fun and easy way to

enjoy a healthy meal that is full of variety and flavor. You can change the recipe ingredients with the season, substituting

redskin potatoes for sweet potatoes, changing your mushrooms for adding zucchini, cherry tomatoes, summer squash or egg-

plant. Be creative. Remember, variety is an important aspect of a healthy diet.

## GINNY'S MIXED GRILL

Marinade:

- 1/4 cup Teriyaki Sauce
- 2/3 cup seasoned rice vinegar
- 1/3 cup olive oil
- Kabobs
- 1 to 2 sweet potatoes (about 3/4 pound)
- 1 pound pork tenderloin
- 6 ounces Shiitake mushrooms (any large mushroom will do)
- 1 green pepper
- 1 red pepper
- 1 Vidalia onion
- 4 ears of corn

Combine marinade ingredients. Microwave sweet potatoes for 3 to 4 minutes on high, turning once, until slightly cooked but not soft. While potatoes are cooking, cut up the pork and all other vegetables into bite-size chunks. When potatoes are done, peel and cut into bite-size chunks.

Alternate vegetables and the pork on skewers (we like to put a piece of corn on the end of the skewer).

Place skewers in a shallow baking pan. (A broiler pan works, too.) Pour marinade over kabobs. Cover and refrigerate until ready to grill, turning occasionally.


Grill kabobs over medium to high heat, basting occasionally with marinade from pan. Time of grilling varies, but pork should be cooked until meat shows no pink when sliced into and vegetables and meat are charred on outside.

Serve with fresh, crispy, whole wheat bread, sliced tomatoes and chive cheese. Serves 4.

**Marinade nutrition per serving:** Calories 202, Protein (g) 0, Fat (g) 22.25, Sodium (mg) 166, Carbohydrates (g) 0. Percent calories from fat 99. Note: Keep in mind that much of the marinade cooks off when it is on the grill reducing the calories, fat and sodium.

**Mixed Grill nutrition per serving:** Calories 281, Protein (g) 31, Fat (g) 8.3, Sodium (mg) 78.38, Carbohydrates (g) 31.6. Percent of calories from fat 18.

Recipe from HDS Services.



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