

# Toss some vegetables, fruits into seafood salads

Salads have become a staple of summer dining. Light and flavorful, they match the feel of the season and provide the inspiration for many creative meals using summer's bounty of fresh fruits and vegetables. Seafood can make the main-dish summer salad a model of nutrition, with its rich stores of lean protein, B vitamins, phosphorus, zinc and healthful omega-3 fatty acids, all of which have been linked to a wide range of health benefits.

With the variety of ingredients found in seafood salads, you don't have to use large amounts of fish and shellfish to create a rich-tasting entrée; with some smart substitutions you can even avoid the unwanted calories or added fat provided by most salad dressings. Combine chunks of broiled cod fillet with steamed green beans (cut in 1-inch lengths), some minced green onion and a few sliced cherry tomatoes. Toss the salad gently with a zesty dressing made from a tablespoon each of fresh lime juice, raspberry vinegar, and olive oil and seasoned with finely chopped cilantro.

minced jalapeno and a bit of salt and pepper. You'll have a refreshing, colorful entrée that tastes much more elaborate than its simple ingredients!

A little lobster can go a long way in a salad made with curly endive, julienneed red pepper, and freshly steamed corn kernels. A mellow walnut vinaigrette made by whisking together two tablespoons walnut oil, one tablespoon sherry vinegar and one teaspoon finely minced shallots will complement the shellfish's rich taste.

Tuna salad fans can broaden their horizons and boost fiber intake by creating a seafood slaw made by mixing a cup of drained, flaked tuna, a tablespoon each of minced parsley and finely chopped onions, a half cup low-fat mayonnaise and two tablespoons lemon juice. In a salad bowl, combine 1/2 cup finely chopped celery, three cups shredded carrots. Add the slaw to the tuna mixture, toss to coat, cover and chill until ready to serve.

Fish and fruit make another winning summer salad combination that provides a taste of the islands without going beyond your own backyard. Combine small pieces of broiled fresh red snapper with some julienneed cucumber and minced shallots. Add a snappy dressing made of olive oil, lemon juice and rice vinegar dressed with black pepper and minced cilantro. An eye-catching dash of color and the unique spicy-sweet taste of tropical cuisine is added by serving the salad surrounded by diced fresh mango and papaya tossed in the vinaigrette.

If your taste favors the flavors of the Far East, try Oriental-Style Seafood Salad with its mild ginger-soy dressing. It's a complete, light meal in itself.

## ORIENTAL-STYLE SEAFOOD SALAD

- 1 cup uncooked brown rice
- 1 medium onion, chopped
- 1/2 cup plain low-fat yogurt
- 3 tablespoons cold water
- 1 1/2 tablespoons low-sodium soy sauce
- 3/4 teaspoon garlic powder

- 1/4 teaspoon pepper
- 3/4 teaspoon ground ginger
- 2 cups cleaned, cooked shrimp
- 1 1/2 cups cut green beans (fresh, blanched or frozen, thawed)
- 1 cup bean sprouts
- 1 cup red or green pepper, chopped

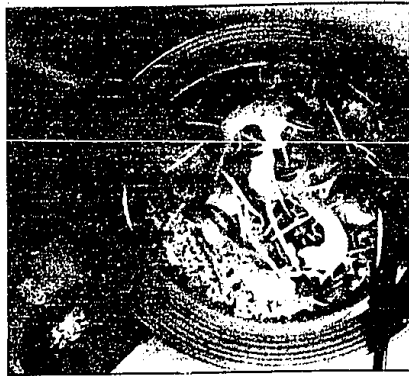
Bring the rice, chopped onion and 2 cups of water to a boil in a medium saucepan; simmer 45 minutes until the rice is tender and the water is absorbed.

To prepare the dressing, whisk together the yogurt, water, soy sauce, garlic powder, pepper and ginger in a small bowl and set aside.

When the rice is done, combine the dressing, shrimp and vegetables in a large salad bowl. Toss lightly to mix thoroughly. Serve immediately or cover and refrigerate until mealtime.

Each of the 4 servings (2 1/2 cups each) contains 202 calories and 2 grams of fat.

Recipe from The American Institute for Cancer Research.



AMERICAN INSTITUTE FOR CANCER RESEARCH

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## Blueberries from page 1B

and have only 80 calories per cup, so feel free to cat them out of hand, sprinkle them liberally on cereal, into pancake batter, or in a salad.

Make a tangy blueberry-lemon sauce by combining three cups of blueberries, 1/3 cup sugar, three tablespoons fresh lemon juice and three tablespoons water in a small saucepan. Bring the ingredients to a boil, stir and simmer uncovered for five minutes. Strain the liquid through a fine sieve into a bowl, stirring but not

pressing the solids. After covering and chilling the sauce for at least an hour, you'll have a refreshing dessert topping to drizzle over low-fat vanilla ice cream or frozen yogurt.

Blueberry sauces are versatile and can lend their distinctive flavor to more than one dish. Blueberry-ginger sauce is a tangy companion to cold poached chicken or salmon, and can also be served as a dressing over a salad of thinly-sliced oranges and sweet onions.

In a blender, purée 1/2 cup blueberries, three tablespoons water, one tablespoon vegetable oil, two teaspoons fresh lemon juice, 3/4 teaspoon minced ginger root, 1/2 teaspoon sugar, 1/4 teaspoon freshly ground black pepper, and 1/8 teaspoon salt. The sauce will separate if allowed to sit, so make it just prior to serving.

Melanie Polk, a registered dietitian, is director of Nutrition Education for the American Institute for Cancer Research.

## Treat yourself to homemade ice cream

See related story on Taste front.

### STRAWBERRY ICE CREAM

- 1 1/3 cups milk
- 2 2/3 cups heavy cream
- 1/2 vanilla bean, split
- 8 egg yolks
- 1 1/4 cups granulated sugar
- 1 pint ripe strawberries

Combine milk and heavy cream in a large, heavy saucepan. Add vanilla bean and bring almost to a boil. Reduce heat and simmer for 5 minutes.

Whisk the egg yolks together with 1 cup of the sugar until smooth and all sugar is dissolved. Remove milk mixture from heat, remove vanilla bean, and whisk 1 cup of the hot milk thoroughly into the eggs. Stir well, then whisk the egg mixture back into the milk.

Return saucepan to the stove and cook over low heat, whisking constantly, just until the custard thickens; do not let it boil. Strain the custard, cool, and chill well.

Meanwhile, rinse, drain and stem the strawberries. Crush them and stir in the remaining sugar. Let stand for 30 minutes.

Combine the strawberries with the chilled custard. Transfer to ice cream maker and freeze according to manufacturer's instructions. Yield 1 1/2 quarts.

Recipe from: "The Silver Palate Cookbook," by Julie Rosso & Sheila Lukins with Michael McLaughlin, (Workman Publishing, New York, copyright 1982).

### VANILLA CUSTARD ICE CREAM

- 10 large egg yolks
- 1 cup sugar
- 1 quart half-and-half
- 1 vanilla bean, split
- 1/4 teaspoon sugar

Beat the egg yolks and 1 cup sugar together until they are thick and lemon yellow.

In an enamel or stainless steel saucepan, scald the half-and-half with the vanilla bean. Gradually pour the hot half-and-half into the

egg mixture, stirring constantly. Return the custard to the heat and cook over very low heat, stirring constantly, until thickened, about 3 minutes. Let stand until the custard is cool. Remove vanilla bean.

Freeze the custard in an ice cream maker according to the manufacturer's directions until firm. Yield 1 1/2 quarts.

Recipe from: "Miss Ruby's American Cooking," by Ruth Adams Bronz, (Harper & Row, Publishers, New York copyright 1969).

Here are some ice cream tips from Melody Farms.

■ Plastic containers with tight fitting lids or overwrap with foil or plastic wrap provide good protection when storing ice cream, sherbet or yogurt for more than a few days.

■ A tightly closed carton also prevents drying, shrinking and the formation of ice crystals. To avoid crystallization after a carton has been partially used, cover surface of ice cream with protective wrap.

## Pancakes, muffins, berry good

See related story on Taste front.

### CORNMEAL BLUEBERRY PANCAKES

- 3/4 cup cornmeal
- 3/4 cup all-purpose flour
- 1/2 cup whole wheat flour
- 2 tablespoons granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 2 eggs
- 2 cups low-fat milk
- 2 tablespoons vegetable oil
- 1 1/2 cups blueberries (fresh or frozen)
- 1 teaspoon soft margarine

In a large bowl, mix the first six ingredients, set aside.

In a medium bowl, beat the eggs until they are light and frothy; stir in the milk and oil. Then, pour the liquid into the flour mixture, add the blueberries and stir until the

dry ingredients are moistened. (Don't worry about a few lumps in the batter).

Heat a large, nonstick skillet over medium heat until it is hot. Add margarine to lightly grease the pan. Drop large spoonfuls of batter into the skillet to form rounds; cook until bubbles form on the surface and the underside is golden brown. Turn the pancakes and cook until the bottoms are lightly browned.

Each of the 6 servings (three 5-inch pancakes) contains 301 calories and 9 grams of fat.

Recipe from The American Institute for Cancer Research.

### GREAT LAKES BLUEBERRY CITRUS MUFFINS

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

- 1/2 cup Confectioners sugar
- 3 teaspoons grated orange rind
- 1 1/2 tablespoons lemon juice
- 1/2 cup margarine
- 2 eggs
- 1/2 cup orange juice
- 3/4 cup cream
- 1/2 cup fresh or frozen blueberries

Lemon zest

Sift the dry ingredients together in large bowl. Cut in margarine. Add orange rind. Beat eggs, juice and cream. Add to dry ingredients just until moistened. Gently fold in blueberries. Place dough in greased muffin pans (large 9/muffins or medium/18-20 muffins). Bake at 375 degrees F. for 20 minutes (medium) or 25 minutes (large).

Michigan State Fair Blueberry Muffin Contest Winner

## Savor flavorful summer vegetables

See related Taste Buds column on Taste front.

### CAPRESE SANDWICH

- 1 long, slender, fresh baked baguette (bread)
- 1 clove garlic, cut in half
- 2 very ripe, thinly sliced, tomatoes, cut in half
- 24 fresh basil leaves
- 4 ounces fresh mozzarella, drained and cut into 1/2 inch dice
- 3 teaspoons extra virgin olive oil
- 2 teaspoons drained capers
- Kosher salt and fresh ground pepper to taste

Lay the baguette on a cutting board. Make a lengthwise cut down the middle, starting on the top of the loaf and cutting to but not through the bottom. Gently pry open to make a "V" shaped cavity. Rub the sides of the cavity with the cut garlic. Arrange the tomato slices down each side of the cavity, followed by the basil leaves. Gently mix the cheese, olive oil, capers, salt and pepper in a mixing bowl. Spoon this mixture into the loaf, between the rows of tomato and basil. Cut into 6 inch lengths. Serve. Makes 4 sandwiches.

### THAI FRIED RICE

- Spices:
- 2 tablespoons soy sauce
- 1 1/2 tablespoons lime juice
- 2 teaspoons honey
- 2 teaspoons Thai hot sauce (or bottled hot sauce)
- Fried rice:

- 2 tablespoons canola oil
- 3 cloves garlic, minced
- 2 teaspoons ginger, minced
- 2 scallions, minced
- 1 stalk lemon grass, trimmed and minced (about 1 tablespoon)
- 1 carrot, sliced as thin as possible
- 1 red bell pepper, cut into 1-inch pieces
- 1 cup napa or other Asian cabbage, thinly sliced
- 1 cup collard greens, cut into pieces
- 4 cups cooked rice
- 1 cup mung bean sprouts
- 1/2 cup chopped fresh mint or cilantro

For the sauce, combine the soy sauce, lime juice, honey and hot sauce in a small bowl. Stir to mix, set aside.

Just before serving, heat a wok or a large non stick fry pan over high flame. Swirl in the canola oil. Add the garlic, ginger, scallions and lemongrass. Stir fry for 15 seconds or until fragrant but not browned. Add the carrot, bell pepper, napa and collard greens and stir fry 3 minutes or until tender crisp. Stir in the rice and sprouts and stir fry 2 minutes or until thoroughly heated. Stir in the sauce and half the mint or cilantro and cook for 30 seconds. Correct seasoning with salt and pepper. Sprinkle the remaining mint or cilantro over the top. Serve. Makes 4 servings.

Recipes from Steven Raichlen's

"High Flavor Low Fat Vegetarian Cooking," (Copyright, 1995, Viking Books, \$24.95).

### STUFFED TOMATO SALAD

- 3/4 cup vegetable stock or water
- 2/3 cup quick cooking brown rice
- 2 teaspoons canola oil
- 1 small onion, minced
- 4 medium ripe tomatoes salt and fresh ground pepper
- 1 tablespoon fresh lemon juice
- 1/2 cup chopped walnuts or pecans
- 1/2 cup chopped parsley
- 4 tablespoons fresh grated Parmesan cheese

In a small saucepan, bring stock or water to a boil. Add rice; cover and simmer on low heat for 10 minutes. Transfer to a mixing bowl and allow to cool. In a small skillet, heat oil. Add onion and cook, stirring frequently, until onion is translucent and limp. Add to rice in mixing bowl. Cut the tops off the tomatoes; scoop and discard cores and seeds with a small knife. Turn tomato cups upside down to drain for a few minutes, then turn right side up and sprinkle to taste with salt and pepper. Add lemon juice, chopped nuts, parsley, salt and pepper to rice mixture. Mix well and divide evenly among tomato shells and sprinkle each with 1 tablespoon fresh grated Parmesan. Serves 4.

Recipe from: "Vegetarian Times Vegetarian Beginner's Guide," (copyright, 1996).

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