

# Veggie fajitas great picnic fare

Some people call them the dog days of summer and vow to spend the season (with or without their dog) no more than 10 feet away from an air conditioning unit.

Then there are those who handle the heat the natural way — they head for the beach!

Melanie Barnard is one of those beachgoers — even when she isn't anywhere near a large body of water.

This cookbook author, grilling expert and lover of all things summery maintains that the beach is really a state of mind. To Barnard, the beach can simply mean sipping a cool glass of iced tea as you munch on a sugar cookie while chatting with your neighbor on the patio.

The beach can also be your kids running through the sprinkler, or taking a dip in the wading pool. It can even be a castle built in a backyard sandbox.

But the ultimate beach event is, of course, the picnic. Now, it's certainly the best of all worlds if your picnic can be toted to Kent Lake or even the upper shores of Lake Michigan.

If traveling is not in your plans, there's no reason why you can't have a beach picnic at your local community park, the nearest country meadow, or even in your own backyard.

Barnard suggests setting aside a little space for your picnic equipment. Then, at the drop of a hat, you will be ready to marshal family and friends for a sunset supper.

Barnard keeps a hamper filled with these non-perishable items.

■ Sturdy paper plates, oversized napkins and plastic-backed wipeable or disposable tablecloths.

■ Heavy duty aluminum foil and zipper-style plastic bags for transporting food to the picnic and leftovers home.

■ Paper towels and a container of pre-moistened disposable towels.

■ Heavy-duty large plastic bags for cleaning up the picnic site.

■ Inexpensive metal eating utensils (or sturdy plastic forks), a chef's knife, serving spoons, grilling tongs and a spatula.

■ A bucket for removing and disposing of used coals, if using a charcoal grill.

Those hamburgers and hot dogs are sometimes on the menu. Barnard loves to liven up the picnic with a few food surprises.

One of her favorite mid-summer recipes is Grilled Vegetable Fajitas.

## GRILLED VEGETABLE FAJITAS

1/2 cup bottled Italian dressing

1 tablespoon chili powder

6 tablespoons chopped cilantro

1 large yellow bell pepper, seeded and quartered

1 large red onion, cut crosswise into 1/2-inch slices

1 medium zucchini (about 6 ounces), cut lengthwise into 1/2-inch slices

1 large meaty tomato (about 1/2 pound), seeded and cut crosswise into 1/2-inch slices

4 large flour tortillas

1/2 cup prepared guacamole

1 cup (about 4 ounces) shredded Monterey Jack Cheese  
1/2 cup plain yogurt or sour cream

In a small bowl, combine the Italian dressing, chili powder and 2 tablespoons of the cilantro.

Brush all sides of the pepper, onion, zucchini and tomato with the Italian dressing.

Grill the vegetables over medium coals, turning once until softened, about 7 minutes for the bell pepper and onion, 5 to 7 minutes for the zucchini, and 1 to 2 minutes for the tomato.

Wrap the tortillas in foil and warm at the edge of the grill for about 2 minutes.

Remove vegetables from grill and place on cutting board. Cut the peppers, squash and tomato into chunks, and separate the onion into rings.

To serve, spread the tortillas with the guacamole, top with the vegetables, sprinkle the cheese, roll up and dollop with the yogurt.

Recipe compliments of Wish-Bone Dressing



WISH-BONE DRESSING

**Picnic fare:** Home-grown vegetables and beach picnics reach peak season at the same time, so it's a great idea to combine these two wonderful events of summer with Grilled Vegetable Fajitas.

# Creamy chicken salad, cool sippers are low in fat

There's no time like summer for a fresh start on making low-fat cooking and eating a lifelong commitment for you and your family.

"By adjusting a few cooking methods, you can keep all the taste of your favorite foods and still improve the way you feel every day," said award-winning cookbook author Julie Rosso.

## CREAMY CHICKEN SALAD

One (8-ounce) chicken breast, boneless, skinless, cooked and shredded into bite-sized pieces

1/4 cup finely minced scallions, green part only

8 ounces asparagus, steamed until tender, cut into 1/2-inch pieces (about 1 1/2 cups)

1/2 cup sliced water chestnuts

2 tablespoons sliced almonds, toasted (optional)

3 tablespoons Nonfat Blend (recipe follows)

1 tablespoon mayonnaise

2 tablespoons finely minced fresh tarragon or dill

Freshly ground black pepper to taste

In a large mixing bowl, combine the chicken, scallions, asparagus, water chestnuts and almonds, if using.

In a small bowl, combine the Nonfat Blend, mayonnaise, tarragon and pepper and mix well.

Add to the chicken and toss to coat. Taste and adjust the seasonings. Chill until serving.  
Cal. 232, Carb. 12g, Prot. 28g, Chol. 67mg, Fat 8.5g/133%, Sod. 135mg

## NONFAT BLEND

Makes about 2 cups  
1 cup nonfat plain yogurt

1 cup nonfat cottage cheese

In a blender, combine the yogurt and cottage cheese and blend until smooth.

Transfer to a container, cover and refrigerate for up to 1 week.  
Cal. 9.3, Carb. 0.8g, Prot. 1.3g, Chol. 0.14mg, Fat 0g/10%, Sod. 33.3mg

Here are some satisfying sippers from "Great Good Food, Luscious Lower-Fat Cooking" by Julie Rosso, (Crown Publishers, 1993).

## STRAWBERRY SLUSH

1 cup fresh strawberries,

hulled and halved

1 tablespoon mint leaves

Sugar to taste

1/2 cup fresh orange juice

1 tablespoon fresh lemon or lime juice

In a blender, puree the strawberries and mint until very smooth. Serves 1.

Add sugar to taste and strain if you like. Add the juices and serve immediately over ice.

Cal. 107, Carb. 25g, Protein 2g, Chol. 0mg, Fat .8g/16%

## COFFEE SIP

1 cup strong brewed coffee

1/4 cup nonfat plain yogurt

1/2 cup skim milk

Sugar to taste

1/4 cup ice cubes

Process the coffee and yogurt in a blender until very smooth. Add the skim milk and sugar to taste.

Add the ice cubes and blend to desired consistency; strain if you like. Serve immediately. Serves 1.

Cal. 81, Carb. 12 g, Protein 7g, Chol. 2mg, Fat .6g/16%



**WE CAN CLEAN ANYTHING!**  
"It feels so good to have the very best"

STEAM CLEANING (DuPont Teflon In Recommended)	"DRY" CHEMICAL CLEANING (DuPont Teflon In Recommended)	SHAMPOO OR FOAM PRE-SCRUB (DuPont Teflon In Recommended)
ANY 2 ROOMS \$14.95	ANY 2 ROOMS \$38.95	ANY 2 ROOMS \$38.95
ANY 5 ROOMS \$39.95	ANY 5 ROOMS \$89.95	ANY 5 ROOMS \$89.95
ANY SOFA or 2 CHAIRS \$29.95	ANY SOFA or 2 CHAIRS \$38.95	ANY SOFA or 2 CHAIRS \$38.95
SOFA and LOVESEAT \$49.95	SOFA and LOVESEAT \$63.95	SOFA and LOVESEAT \$63.95

\*Chemical Preconditioning is available for heavily soiled areas.

**30% OFF DRAPERY CLEANING**  
FREE PICKUP, TAKE DOWN & DELIVERY

Licensed & Insured • 15 Years Experience

**Quality Service! Call Today! Free Estimates!**  
**1-800-387-0333**

**Shamrock Services**  
CARPET, UPHOLSTERY & DRAPERY CLEANING  
RESIDENTIAL & COMMERCIAL CLEANING

*Yellow Tag Sale*  
*Luggage and Business Cases*

**SAVE 30% ON BOYT**  
DISCONTINUED STYLES  
**BALLISTIC & CORDURA**  
UPRIGHT GLIDERS 22", 26", 29"  
GARMENT BAGS

**Other Clearance Luggage and Business Cases at 30% to 50% off**  
From Samsonite, Delaney, Boyt, French, Hartmann, Schaeffer, Lark and More...  
Plus an assortment of Agencies at Special Savings!

**SALE ON HARTMANN**  
DISCONTINUED UPRIGHT GLIDERS 22", 26", 29"  
GARMENT BAGS BALLISTIC & CORDURA  
WALLMOUNT OR BLACK TWEEDE  
**SAVE 30%**

**SALE ON ANDIAMO**  
DISCONTINUED BLACK BALLISTIC VALOROSO  
BLACK ANDIAMO GREEN ANDIAMO  
**SAVE 30%**

**BRIGGS & RILEY**  
TEAL AND BLACK UPRIGHT 21 (Teal Only)  
UPRIGHT 26 & 28 (WG Not Included)  
**SAVE 40%**

**TRAVELPRO AIRLINE II-CORDURA CO**  
SIZES 21" to 27"  
SOME WITH SUITERS  
**SAVE 40% OR MORE**

**Humidor One**  
The Ultimate Luggage and Tobacconist Shop

20000 W. Ten Mile Rd.  
NW Corner Evergreen  
at 10 Mile Rd. off Lodge Frey, 1 MI. SW of 696  
Southfield, MI 48075  
(810) 356-4725 • (810) 356-4600

**ALL DISCONTINUED PARKER AND WATERMAN PENS 40% OFF**