

# Sensational sandwiches super for summer gatherings

See related story on Taste front.

## GRILLED CHICKEN AND PROVOLONE PANINI

Makes 4 sandwiches  
Prep time: 15-20 minutes;  
cooking time: about 15 minutes  
4 chicken breast halves, boneless and skinless  
2 tablespoons (1/4 stick) butter, melted  
2 teaspoons fresh sage, chopped, or 1/2 teaspoon dried  
2 teaspoons fresh rosemary, chopped or 1/2 teaspoon dried  
Salt and freshly ground pepper to taste  
4 crusty rolls of choice, French, Italian, sourdough  
1/3 cup balsamic vinegar dressing  
2 cups (about 4 ounces) arugula, washed and dried  
8 pieces (about 4 ounces) prosciutto, thinly sliced  
8 pieces (about 4 ounces) provolone, thinly sliced

Brush chicken breasts lightly with melted butter. Combine sage and rosemary and sprinkle on both sides of chicken. Season with freshly ground pepper and salt. Grill chicken breasts over charcoal grill in stove-top grill pan, or under broiler until firm to the touch.

Transfer to plate and let cool approximately 10 minutes.

Slice rolls in half. Sprinkle each roll with vinaigrette. Divide arugula among the four rolls. Layer 2 slices of prosciutto and 2 slices of provolone on each roll. Slice each chicken breast in half crosswise into diagonal slices, about 1/2-inch thick, and place on top of cheese. Drizzle more vinaigrette over chicken. Place top of roll on and press down gently so

sandwich stays together. Tightly wrap each sandwich in plastic wrap and refrigerate until serving time.

## PARMESAN FILLED TORTELLINI PASTA SALAD WITH SWEET RED PEPPERS AND ARTICHOKE HEARTS

Makes 4 servings  
Prep time: 30 minutes; Chill time: 1-4 hours  
9 ounces (1 package) refrigerated cheese filled tortellini  
1/2 cup (about 2) carrots, peeled and diced  
1/2 cup (about 1/2 large) sweet red pepper, diced  
2/3 cup (about 6 ounces) canned artichoke hearts, drained and quartered  
8 kalamata olives  
2 tablespoons pesto, homemade (recipe follows) optional  
2 tablespoons olive oil, optional  
Freshly ground black pepper to taste  
1/4 cup (2 ounces) Parmesan cheese, freshly shredded

Prepare tortellini according to package directions, rinse under cold water and drain well. Place in serving bowl. Cook carrots in boiling water until tender, approximately 4 minutes. Rinse under cold water and drain. Add carrots, red pepper, artichokes and olives to pasta. Toss with pesto.

Add 1-2 tablespoons olive oil if mixture seems dry. Season with ground black pepper to taste. Refrigerate 1-4 hours to allow flavors to meld. Toss with shredded Parmesan cheese immediately prior to serving.

### HOMEMADE PESTO

1 cup packed fresh basil leaves

1-2 tablespoons pine nuts  
1 large garlic clove, crushed  
1-2 tablespoons Parmesan cheese, freshly grated  
1/8 cup extra virgin olive oil  
Place basil, pine nuts and garlic into blender or food processor. Blend until finely minced. Add cheese and oil and process until blended. Transfer to small container, cover and chill. Use within 3-4 days. Recipe may be doubled.

Recipes courtesy of American Dairy Association.

## HONEYBAKED HAM SANDWICHES WITH PINEAPPLE SALSA

Serves 8  
2 pounds HoneyBaked Ham slices  
8 Provolone cheese slices  
8 crusty sourdough rye rolls  
2 cups fresh pineapple, chopped and drained  
1 small red onion, chopped  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
2 tablespoons honey mustard  
1 tablespoon sherry vinegar  
Salt and pepper to taste

To make Pineapple salsa: Combine pineapple, onion, peppers, honey mustard and vinegar together and mix well. Season with salt and pepper and chill for 2-4 hours. Makes 3 cups.

To make Sandwiches: Stack 2 or 3 slices of HoneyBaked Ham on rolls and top with a slice of Provolone cheese and 2 tablespoons of salsa.

## SMOKED TURKEY, WATERCRESS & HERBED CREAM CHEESE SANDWICHES

Serves 8  
16 slices of pumpkinseed bread, sliced 1/4-inch thick  
1 pound HoneyBaked smoked



THE HONEYBAKED HAM COMPANY

Sandwich for any occasion: From casual to elegant, the sandwich is a welcomed food option for any event. A fun and informal sandwich, The HoneyBaked Ham and Pineapple Salsa Sandwich is pictured next to the more formal and elegant Smoked Turkey, Watercress & Herbed Cream Cheese Sandwich.

turkey breast  
1 bunch of watercress  
3/4 cup cream cheese, softened  
2 tablespoons of fresh snipped chives  
1 tablespoon fresh parsley, chopped  
1/2 teaspoon Dijon mustard  
1/4 teaspoon salt  
Radish for garnish

To make Herbed Cream Cheese: Combine cream cheese, herbs, mustard and salt in a bowl and mix well. Can be prepared 1 day in advance.

Sandwiches: Cut the crusts off of the bread slices and cut in half. Spread each half with about 1 tablespoon of the softened cream cheese mixture. Top with a sprig of watercress and a few thin slices of smoked turkey. Place other half on

top and arrange on a large platter or individual plates. Garnish with additional watercress sprigs and a few fresh radish slices.

Sandwiches can be made four hours ahead and covered with a slightly damp cloth. Cover platters with plastic wrap and refrigerate until serving time. Makes 16 tea sandwiches.  
Recipes courtesy of HoneyBaked Ham Company.

## Cheers from page B1

### TUNA STEAKS

4 (8 ounce) yellow fin tuna steaks  
Marinade  
Juice of 1 lime and zest  
Juice of 1 lemon and zest  
Juice of 1 orange and zest  
1/2 cup honey  
1/4 cup olive oil  
3 cloves fresh garlic, minced  
1 tablespoon dry mustard  
8 tablespoons inner Beauty Stock Marinade Sauce (available at Vic's and other specialty markets)  
1 bottle Hoegaarden Wit beer  
1/4 teaspoon salt  
1/4 teaspoon pepper

Place all ingredients in a bowl and mix well.

Place tuna steaks in a glass pan, pour marinade over steaks and refrigerate for 4-6 hours.

Grill over medium heat just until fish begins to flake easily when tested with a fork. Allow about 10 minutes per inch of thickness, turning once during cooking. Serves 4.

Chef Joseph Styke is sous chef at the Water Club Seafood Grill in Plymouth, and an award-winning home brewer. Look for his column on the fourth Sunday of the month in Taste.

AP - This low-fat recipe for Light and Lemony Chicken includes the chicken, the vegetables and the rice over which to serve them - all prepared in about 25 minutes.

It's one of 350 "easy" recipes in the "Fillbury Fast and Healthy Cookbook" (Potter, \$24.95), which is full of palatable, practical ideas for dishes, from appetizers and salads to desserts and cookies. Many of them are shown in succulent detail in color photos.

Panel of general advice crop up frequently. On the page with this chicken recipe, for example, you can read about "Chicken Nutrition: No matter which chicken part you prefer, keep the profile as healthy as possible by

trimming visible fat before cooking, choosing low-fat cooking techniques, removing skin before eating (cooking it with or without the skin makes no difference so long as you don't eat the skin) and controlling portion size."

### LIGHT AND LEMONY CHICKEN

Rice:  
3 cups hot cooked instant rice (cooked as directed on the package, omitting margarine and salt)

Sauce:  
2/3 cup ready-to-serve fat-free chicken broth with 1/3 less sodium

1 teaspoon lite soy sauce  
1 teaspoon grated lemon peel  
1/4 cup lemon juice  
1 tablespoon sugar  
1 tablespoon cornstarch  
Dash pepper  
Stir-fry:  
4 boneless, skinless chicken breast halves, cut into

bite-size strips

8 green onions, cut into 1-inch pieces

1 pound fresh asparagus spears, trimmed, cut into 1-inch pieces (3 cups)

2 cups frozen baby carrots

While rice is cooking, in small bowl combine all sauce ingredients; mix well. Set aside.

Spray large nonstick skillet or wok with nonstick cooking spray.

Heat over high heat until hot. Add chicken and onions; cook and stir until chicken is lightly browned and no longer pink. Remove skillet from heat; place chicken and onions on plate.

Spray skillet again with cooking spray. Heat over high heat about 1 minute. Add asparagus and carrots; cook and stir 3 or 4 minutes or until vegetables are crisp-tender.

Return chicken and onions to

skillet. Stir sauce well; pour over chicken and vegetables. Cook and stir just until sauce thickens. Serve over rice.

Makes 4 servings.

Nutritional information per serving: 350 cal., 4 g fat, 75 mg chol., 260 mg sodium, 45 g carbs, 33 g pro.

## No-bake cheesecake looks, tastes inviting

AP - This Strawberry Cheesecake in a Glass looks inviting, with layers of fruit, cream cheese and crumbly top colorfully visible, perhaps under a garnish of more berries and a tiny sprig of mint.

### STRAWBERRY CHEESECAKE IN A GLASS

1 pint basket strawberries, stemmed and sliced  
3 tablespoons current jelly or 2 tablespoons sugar  
8 ounces light cream cheese, softened  
3 tablespoons skim milk  
2 tablespoons lemon juice  
2 tablespoons sugar  
1 cup light whipped topping  
1 cup graham cracker crumbs

In bowl, toss strawberries with jelly or sugar; cover and set aside.

In mixer bowl, beat cheese, milk, juice and sugar until smooth; fold in whipped topping. Spoon 2 tablespoons crumbs into each of four 8- to 10-ounce stemmed glasses; top each with about 1/4 cup of the strawberries, 1/2 cup of the cream cheese mixture, then the remaining crumbs and strawberries, dividing equally.

Serve immediately or cover and refrigerate up to 6 hours.

Makes 4 servings.  
Nutritional facts per serving: 365 calories, 14 g fat, 27 mg cholesterol, 478 mg sodium, 48 g carbohydrate, 3 g fiber, 9 g protein

Recipe from California Strawberry Commission.

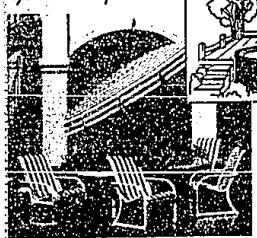
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