

Include more strawberries in your diet

BY MELANIE POLK
SPECIAL WRITER

Strawberries, spring's most luscious fruit, is also one of its most nutritious and most versatile. Nutritious because they're packed with vitamin C and other antioxidants that are helpful in decreasing cancer risk.

Just five medium strawberries provide the recommended daily value of vitamin C. Versatile because strawberries can be enjoyed at every meal in a number of different, creative ways.

While strawberries make a great dessert all by themselves, they are often paired with high-fat foods like whipped cream and ice cream. It's time to expand your horizon of strawberry recipes to get a lot more of these wholesome berries into your diet. Beyond desserts, you can savor strawberries in breakfast dishes, salads, and soups to provide a sweet, fresh flavor.

Strawberries are delicious sliced over a bowl of cereal, but try them sprinkled on your morning pancakes as well. For a light blender breakfast, blend chopped strawberries, banana, pineapple juice, skim milk and honey in a blender at high speed until smooth, then serve with a half pineapple ring and whole strawberry for garnish.

Make a strawberry salsa by

combining two tablespoons each of olive oil, lime juice, rice wine vinegar, chopped fresh mint leaves and chopped cilantro, one jalapeno pepper (seeded and minced), 1/4 teaspoon salt, a pint of hulled and chopped strawberries, 3/4 cup diced, peeled fresh pineapple, and 1/2 cup chopped sweet onion. Serve over grilled chicken, pork or tuna steaks.

Spring greens are a perfect contrast for the color and flavor of strawberries. Make a light, simple romaine salad with a dressing made of fresh basil leaves, a bit of grated Parmesan cheese, minced garlic, Dijon mustard, red wine vinegar and chicken broth, pureed in a blender. Toss with shredded romaine lettuce and quartered strawberries; garnish with a few pine nuts.

Cool strawberry soup is another spring and summer favorite.

STRAWBERRY SOUP WITH SORBET

For sorbet:

2 (10 oz.) packages frozen sliced strawberries in syrup, thawed

1/4 cup sugar

1/4 cup lemon juice

1 (8-oz.) carton strawberry low-fat yogurt

For soup:

1/2 cup sugar

1 cups sliced strawberries
1 cup chopped peeled mango
1/2 cup chopped pineapple
3 (8 oz.) cartons strawberry low-fat yogurt
1 cup (1/2 inch) cubes low-fat pound cake
1 cup sliced strawberries
Mint sprigs (optional)

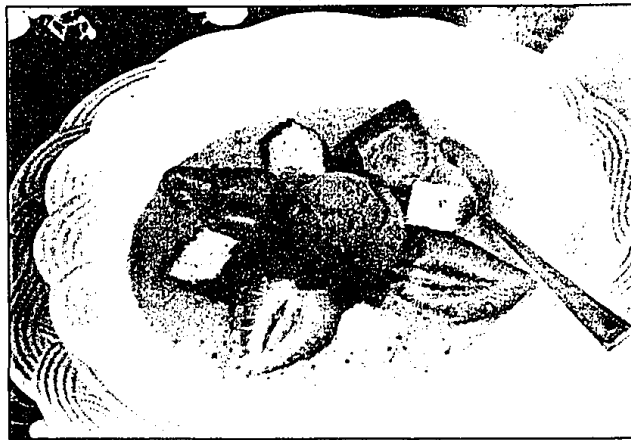
To make sorbet, drain thawed strawberries, reserving 1 cup juice. Combine drained strawberries, 1/4 cup sugar, lemon juice, and 1 carton yogurt in a blender, and process until smooth.

Pour mixture into an 8-inch square baking dish; cover and freeze until firm, stirring occasionally.

To make soup, combine reserved strawberry juice and cup sugar in a small saucepan. Cook over medium-high heat 2 minutes or until sugar is dissolved, stirring constantly. Let cool slightly. Combine juice mixture, 1 cups sliced strawberries, mango, pineapple, and 3 cartons yogurt in a blender; process until smooth. Pour into a bowl; cover and chill.

Place pound cake cubes on a baking sheet; broil 1 minute or until toasted, stirring halfway through cooking time.

To serve, spoon 3/4 cup soup in each of 8 small bowls; top each



Cool soup: Strawberry soup with sorbet is refreshing on a warm day.

with 1/4 cup sorbet, 2 tablespoons cake cubes and 2 tablespoons sliced strawberries. Garnish with mint leaves, if desired. Serves 8.

Nutrition information: Each of the 8 servings contains 285 calories and 8 grams of fat. Melanie Polk is a registered

dietitian and director of Nutrition Education, American Institute for Cancer Research.

Le Gala de Cuisine showcases top chefs

Cranbrook Schools go international 3-6 p.m. Sunday, May 23 with their 21st annual Le Gala de Cuisine.

The event to benefit Cranbrook Schools, showcases 40 metropolitan Detroit chefs who showcase their culinary and artistic talents on the Cranbrook Quadrangle. Admission is \$125 (friend), \$150 (patron) or \$200 (benefactor). Patron and benefactor tickets include valet parking, mementos and champagne reception from 2-3 p.m. Guests may take a shuttle bus from the Christ Church parking lot to the Quadrangle. Cranbrook Schools are at 550 Lone Pine Road, Bloomfield Hills (248) 683-0099 for information.

In keeping with the international garden party theme, gourmet samplings, music, dancing and decor will be distinguished by their ethnic flavor.

In addition to samplings from some of metro Detroit's finest restaurants including Morel's, a Michigan Bisto, Alban's Bottle

and Basket, Opus One, Steve and Rocky's, and Tastefully Yours, guests can enjoy a variety of coffees and wines, participate in a small silent auction, and enjoy a special appearance by jazz saxophonist George Benson and continuous entertainment by Cranbrook Kingswood music ensembles.

Guests will receive a one-of-a-kind cookbook featuring recipes from participating chefs.

Here are some of the recipes from the cookbook:

LOBSTER AND BRIE SOUFFLE

4 ounces butter

1 cup flour

4 tablespoons Parmesan cheese

1 tablespoon celery leaves, minced

2 cups Half and Half

4 ounces Brie cheese, remove outer edges (diced)

6 egg yolks

7 egg whites

1 tablespoon chives, snipped

Pinch Cayenne pepper

2 lobster tails, cooked and diced

Salt and pepper to taste

Melt butter in a saucepot, when totally melted, add flour to make a roux, then whip in half and half and let mixture cool.

When mixture has chilled, add Parmesan, Brie, celery leaves, chives, egg yolks, and cayenne pepper. Season with salt and white pepper and hold for service. This is your base.

Leave egg whites out until room temperature.

Punch and shell lobster tails. Cut lobster into small dice.

Butter 10 eight-ounce souffle dishes, then whip the egg whites to stiff peaks and fold into your base. Place 1 tablespoon of lobster in the bottom of the souffle dishes. Scoop the mixture into souffle

dishes, 1/4-inch from the top.

Bake at 400°F in a preheated oven for approximately 18 minutes.

Final product should have a nice golden color and have risen about two inches about the rim. Serve immediately.

Recipe from Pine Lake Country Club in Orchard Lake.

GRILLED MEDALLIONS OF PORK TENDERLOIN

2 pork tenderloins, cut into 6 by 2 ounce medallions and pound to flatten. (Allow 6 ounces per serving)

1 tablespoon Dijon mustard

2 teaspoons dark brown sugar

2 teaspoons lemon pepper seasoning

2-3 drops natural hickory seasoning

6 wedges of fresh lime and parsley for garnish

1 extra lime for squeezing on the pork before serving

Combine mustard, brown sugar, lemon pepper, and hickory seasoning to make glaze. Serves 4.

Grill medallions until just cooked, then spread liberally with glaze. Plate and squeeze on a little fresh lime juice. Garnish with a wedge of lime and parsley sprig.

Heart Smart recipe from Alban's Bottle and Basket in Birmingham.

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