

Light desserts perfect for summer

Here are some more light summer recipes from Quaker Oats. See related story on Taste front.

GINGER GRANOLA SUNDAES

- Granola**
- 3 1/2 cups oats (quick or old-fashioned, uncooked)
 - 1/3 cup sliced almonds
 - 1/2 cup honey
 - 4 tablespoons (1/2 stick) margarine or butter, melted
 - 1 teaspoon vanilla
 - 1 teaspoon ground ginger
 - 1/4 teaspoon salt (optional)
 - 1/4 cup finely chopped crystallized ginger
 - 8 1/2 cups scoops light vanilla ice cream or low-fat vanilla frozen yogurt
 - 3 nectarines, thinly sliced
- Heat oven 350°F
- For granola, combine oats and

almonds in large bowl; mix well. In small bowl, combine honey, margarine, vanilla, ground ginger and salt. Drizzle over oats; mix well. Spread evenly into 15- by 10-inch jelly roll pan.

Bake 20 to 25 minutes or until golden brown, stirring every 10 minutes. Remove from oven; stir in candied ginger. Cool completely. Store tightly covered.

To assemble sundaes, place several nectarine slices in bottom of dessert dish or bowl. Top with 2 tablespoons granola mixture and 1 scoop of ice cream. Top with additional nectarine slices and 2 tablespoons granola. Yield 8 servings.

Cook's Tips:

- Fresh or frozen (thawed) nectarines can be substituted for the nectarines.
- Leftover granola mixture can be stored tightly covered for up to 1 week. Use as a topping for low-fat or nonfat yogurt or fresh fruit.

■ Crystallized ginger provides optimum ginger flavor for this granola. If omitted, increase ground ginger to 1 tablespoon.

Nutrition information: 1/8 of recipe — 220 calories, calories from fat 65, total fat 7g, saturated fat 3g, cholesterol 25mg, sodium 55mg, total carbohydrates 36g, dietary fiber 2g, protein 6g.

LEMON YOGURT COOKIES

- 1/2 cup (1 stick) margarine, softened
- 1 1/4 cups granulated sugar
- 1/2 cup plain nonfat yogurt or lemon low-fat yogurt
- 2 egg whites or 1 egg
- 1 tablespoon grated lemon peel
- 1/2 teaspoon vanilla
- 2 cups oats (quick or old-fashioned, uncooked)
- 1 1/2 cups all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda

1/4 cup powdered sugar

Beat together margarine and sugar until creamy. Add yogurt, egg whites, lemon peel and vanilla; beat well. Add combined remaining ingredients except powdered sugar; mix well. Cover; chill 1 to 3 hours.

Heat oven to 375°F. Lightly spray cookie sheet with no-stick cooking spray. With lightly floured hands, shape dough into 1-inch balls; place on prepared cookie sheet.

Flatten with bottom of glass dipped in sugar. Bake 10 to 12 minutes or until edges are lightly browned. Cool 2 minutes on cookie sheet; remove to wire rack. Cool completely; sprinkle with powdered sugar. Store tightly covered. Yield about 4 dozen.

Nutrition information: 1 cookie — 70 calories, total fat 2g, saturated fat 0g, cholesterol 0mg, sodium 45mg, dietary fiber 0g.

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use on the chops, I found all the stuff I needed to make a molasses citrus glaze. It works wonderfully on all kinds of pork, and goes very well with the latest offering from the Traverse Brewing Company.

Summer brew

They make a shandy which is popular in England and Australia. A very long time ago, shandy was made with ginger beer or ginger ale and beer. Nowadays it is made with lemonade and beer. I know, it sounds weird, but people put a squeeze of lemon in their wheat beer, right?

Shandy is a really tasty, thirst quenching summer brew. Traverse Brewing Company also has a very nice brown ale called Sleeping Bear Brown. Bonnie Day at Merchant's Fine Wine Warehouse in Dearborn gives it two thumbs up.

I also found this great stuff at the brewery called Stuff. It's not too sweet, not too spicy. It's awesome basted on ribs, chicken, beef, shrimp, veggies or anything else you can think of putting on the grill. You can also use it as a dipping sauce. I bought five jars. A pound jar is about \$8.50.

Shandy and the brown ale can be purchased at Merchant's Fine Wine Warehouse store in Dearborn and Royal Oak, and of course at the Traverse Brewing Company on U.S. 31 in Williamsburg. It's just north of Traverse City and south of Elk Rapids.

Stuff can be purchased at the Traverse Brewing Company, or write to Stuff Inc., P.O. Box 423, Charlevoix, MI 49720.

Use this flavorful glaze on any kind of pork chops you like. It's also good on chicken.

MOLASSES CITRUS GLAZE

- 16 ounces molasses
- 1 cup lemon juice
- 1 cup orange juice
- 1 cup Dijon mustard
- 1/2 cup red onion, very small dice
- 1/2 cup green onion, very small dice

- 2 tablespoons fresh garlic, minced fine
 - Zest of 1 lemon and 1 orange, cut into very fine strips
 - 1/4 teaspoon white pepper
 - 1/2 teaspoon salt
- Sundried cherries as a garnish, optional

Place all ingredients into a pot and bring to a boil. Be careful not to let the mixture boil over. Reduce heat, and simmer for 15 minutes.

Remove from heat and cool. This glaze will keep covered in your refrigerator for 3 weeks. It also freezes very well.

Grill pork chops using your favorite method. Brush glaze on the last 5 minutes of cooking. Yield: A little over a quart.

Beer Festival

The Michigan Brewers Guild is presenting the second annual Michigan Brewers Festival 3-8 p.m. Saturday, July 24 at Greenmead Historical Village on Newburgh, south of Eight Mile Road, in Livonia.

The festival will feature Michigan Brewers Guild member beers, all on draft. This year 25 breweries, with 100 different products to serve, are expected to participate. All of the food available at the event will be made by member brewery chefs. There will also be live music.

Tickets are \$18 in advance, call (248) 628-6584. Festival tickets not sold in advance will be sold first come, first served at the festival for \$22.

Visit the Michigan Beer Guide on the web at michiganbeer-guide.com for more information about the festival and the Michigan brewing industry.

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 last Sunday of the month in Taste. See recipe inside.

Mind your 'peas' and eat carrots for good health

Here's a quick look at the nutritional offerings of some of your favorite vegetables.

Peas — a 2/3 cup serving of peas contains fair amounts of folacin, thiamin, potassium, and Vitamin C. The nutritional strength of peas is their protein content compared to other veg-

etables (the only group that contains more protein per ounce is the bean family) and their fiber content. A 2/3 cup serving of peas provides as much fiber as 1 tablespoon of wheat bran or 1/2 cup of oatmeal.

Carrots — are one of the richest food sources of beta-carotene. Beta-carotene is a precursor

for Vitamin A and a powerful antioxidant. Carrots also contain high amounts of soluble fiber, associated with reduced heart disease and stroke.

Kale and broccoli — contain high amounts of Vitamin A and C, more calcium than most vegetables and are filled with can-

cer-fighting compounds such as flavonoids and indoles.

Information provided by the American Institute for Cancer Research.

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Shrimp Creole simply delicious

By KEELY WYGNONIK
STAFF WRITER

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"Simple" is how Doris "Lou" Demrick of Bloomfield Hills describes her Shrimp Creole recipe.

She's had the recipe for 40 years. "It was given to me by a friend who got it from her friend who lived on the East Shore," said Demrick.

"It's so simple, and it's good. I've been making it ever since I asked her for the recipe. I even served it for a holiday dinner during Christmas."

Sometimes Demrick makes the sauce ahead of time. Making dinner is a snap. Just defrost two cups frozen, cooked shrimp and reheat with the sauce. Serve over hot rice, which also can be prepared ahead of time and reheated.

A tossed green salad rounds out this easy-to-make meal that's good anytime, but especially in the summer when it's too hot to cook.

RECIPE TO SHARE

SHRIMP CREOLE

- 2 tablespoons salad oil
 - 3/4 cup sliced celery
 - 3/4 cup chopped onion
 - 1 clove garlic, minced
 - 1 green pepper, diced
 - 1 (6 ounce) can tomato paste
 - 1 1/2 cups water
 - 1 teaspoon salt
 - 1/8 teaspoon black pepper
 - 2 cups cooked shrimp
- Defrost frozen, cooked shrimp or cook fresh shrimp.

In an iron skillet, cook vegetables in oil until tender. Add tomato paste, water, salt, pepper and a bay leaf. Simmer 15 minutes, stirring occasionally.

Add shrimp and heat through. Serve over hot rice. Serves 4.

Everyone has a recipe to share. What's yours? If it's chosen to be featured in Taste on the third Sunday of the month, we'll send you a cookbook along with our thanks.

Send recipes for consideration to Keely Wygnonik, Taste Editor, Observer & Eccentric Newspapers, 36261 Schoolcraft, Livonia, MI 48150, or e-mail kwygnyk00e.homecomm.net

Roast or toast nuts

Roast or toast nuts at home without adding fat. To toast shell nuts, Lois Thieleke of Birmingham, home economist for the Michigan State University Extension, Oakland County, says to place the nuts on an ungreased cookie sheet. Toast in a 350°F degree oven 3 to 10 minutes depending on the size of the nuts.

Watch carefully and turn frequently to avoid scorching. Toasting can also be done in a heavy pan on the stove.

Spray a heavy pan with no-stick cooking spray, add nuts, heat slowly 10-15 minutes until nuts are lightly browned, stirring frequently.

All varieties of nuts taste better if the skin is removed and they are toasted in the oven before adding to a recipe. If nuts are toasted before adding to a recipe, the flavor is a little more intense so you can use less. Toasting walnuts before adding to a Waldorf salad will keep the nut crisp.