

# Dried cherries sweeten salad, pilaf

Recipes courtesy of the Cherry Marketing Institute. See related column by Diane Reynolds on Taste front.

**CHERRY COUSCOUS SALAD**  
 1 cup water  
 3/4 cup quick-cooking cous-cous, uncooked  
 1/2 cup dried tart cherries  
 1/2 cup coarsely chopped carrots  
 1/2 cup chopped cucumber  
 1/4 cup sliced green onions  
 1/4 cup toasted slivered almonds (optional)  
 3 tablespoons balsamic vinegar  
 1 tablespoon Dijon-style mustard  
 Salt and pepper, to taste  
 Bring water to boiling in a medium saucepan; stir in cous-cous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Uncover; let cool 10 minutes.

Put cooked couscous, dried cherries, carrots, cucumber, green onions and almonds in a large mixing bowl; mix well with vinegar and mustard. Pour over cous-cous mixture, stirring to coat all ingredients. Season with salt and pepper. Serve chilled or at room temperature.

Note: Couscous is tiny grains of pasta that is often used in Moroccan cooking. It combines well with dried cherries in this salad. Use as an accompaniment to pork, lamb, poultry or fish entrees. Serve alone as a vegetarian lunch plate. Serves: 6

**Nutritional information per serving:** Calories, 171, Fat, 5.6g.

**DRIED CHERRY RELISH**  
 1-1/2 cups dried tart cherries  
 1/2 cup red wine vinegar  
 1/4 cup balsamic vinegar  
 1 tablespoon olive oil  
 1 large red onion, finely chopped  
 2 tablespoons granulated

Arrange evenly in crust. Set aside. Beat together eggs, sugar, corn syrup, vanilla and margarine until thoroughly combined. Stir in nuts. Pour mixture over apples.

Bake at 350° F about 60 minutes or until golden brown and center is almost set. Cook completely before serving. Yield: 8 servings.

**Nutritional information per serving, 1/8 pie:** Calories, 530; fat, 26 g; chol., 80 mg; protein, 8 g; carb., 73 g; sod., 163 mg, and dietary fiber, 2 g.

Variation: Substitute 1 can (20 ounces) Michigan Apple slices, drained for fresh Apples. Continue with above method.

**CHERRY RICE PILAF**  
 1 cup chopped onion  
 1 cup chopped celery  
 1/2 cup dried tart cherries  
 1/2 cup chopped walnuts  
 1 tablespoon chopped fresh thyme (or 1 teaspoon dried)  
 1 tablespoon chopped fresh marjoram (or 1 teaspoon dried)  
 1/2 teaspoon ground black pepper  
 1 tablespoon margarine  
 3 cups cooked rice

Combine dried cherries, red wine vinegar and balsamic vinegar in a medium mixing bowl. Let soak 30 minutes. Heat olive oil in a large skillet. Add onion; cook 5 minutes, or until onion is soft. Add sugar; mix well. Cook, stirring occasionally, over low heat 10 minutes.

Add cherries with soaking liquid to onion mixture. Simmer, uncovered, 10 to 15 minutes, or until almost all the liquid is evaporated. Season with salt and pepper. Serve warm.

Note: This relish is a tangy topper for grilled or blackened fish or roast turkey. Serves: 12 (as a relish).

**Nutritional information per serving:** Calories, 60, Fat, 1.2g.

Put onion, celery, cherries, walnuts, thyme, marjoram, pepper and margarine in a large non-stick skillet. Cook, uncovered, over medium heat 10 minutes, or until vegetables are tender; stir occasionally. Add rice; mix well. Cook 3 to 4 minutes, or until thoroughly heated. Serve hot. Serves: 8

**Nutritional information per serving:** Calories, 189, Fat, 6.4g

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# Serve up apple dishes to cut calories

**NUTTY APPLE PIE**  
 2 cups thinly sliced, peeled apples  
 2 tablespoons flour  
 1/2 teaspoon pumpkin pie spice  
 1 unbaked 9-inch pastry crust  
 3 eggs  
 1 cup firmly packed brown sugar  
 3/4 cup light corn syrup  
 1 teaspoon vanilla  
 1 tablespoon margarine, melted  
 1/2 cup whole pecans  
 1/2 cup walnuts  
 1/2 cup slivered almonds  
 Combine apples, flour and spice.

(Suggested Michigan Apple varieties to use: Empire, Gala, Golden Delicious, Ida Red, Jonagold, Jonathan, McIntosh or Rome.)

Recipe courtesy of Michigan Apple Committee.

**APPLE SLICE SURPRISE (CHOLESTEROL FREE)**  
 2 large apples  
 1/4 cup orange juice  
 1 cup crunchy peanut butter  
 2 1/2 cups semi-sweet or milk chocolate candy coating

Wash apples, halve and core. Cut into 1/2-inch slices. Dip and completely coat with orange juice. Drain on paper towels.

Spread one side of each apple slice with peanut butter. Place on cookie sheet lined with waxed paper. Refrigerate about 1 hour or until peanut butter is firm.

Melt chocolate over hot not boiling water, stirring constantly. Remove from heat. Using fork, dip each Apple slice in chocolate coating completely. Place on cookie sheet lined with waxed paper. Refrigerate until firm. Store in airtight container in refrigerator. Yield: 8 servings, about 32 slices.

**Nutritional information per serving, 4 slices:** Calories, 480; fat, 32 g; chol., 0 mg; protein, 10 g; carb., 49 g; sod., 163 mg, and dietary fiber, 7 g.

# Prepare an American classic

BY DANA JACOBI SPECIAL WRITER

**CINCINNATI CHILI**  
 1 tablespoon canola oil  
 1 medium onion, chopped  
 3 garlic cloves, chopped  
 2 jalapeño peppers, seeded and finely chopped  
 8 ounces lean ground beef  
 1 tablespoon ground chili powder or to taste (see Note)  
 1 tablespoon unsweetened cocoa powder  
 2 teaspoons ground cumin  
 2 teaspoons dried oregano  
 1 15-ounce can kidney beans, drained and rinsed  
 1 cup diced tomatoes (with their liquid)  
 1 cup salsa  
 salt and freshly ground black pepper, to taste  
 12 ounce spaghetti  
 3 ounces shredded reduced-fat cheddar cheese  
 1/2 cup finely chopped onion (optional, for garnish)  
 crumbled soda crackers (optional)

In a Dutch oven or deep medium saucepan, liberally coated with cooking spray, heat oil over medium-high heat. Sauté onion, garlic and jalapeño until onion is translucent, about 4 minutes.

Add meat and cook, breaking it up with a wooden spoon until it no longer looks red, about 3 minutes. Stir in chili powder, cocoa, cumin and oregano. When seasonings are fragrant, in about 30 seconds, add beans, tomatoes and salsa. Simmer chili until liquid is reduced by half, about 10 minutes. Season to taste with salt and pepper.

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