

Cumin, garlic highlight shrimp Finish Easter eggs in egg salad, enjoy asparagus to greet spring

BY THE ASSOCIATED PRESS

Middle Eastern shrimp offers diners a tasty feast for 6 that will take the cook only about 25 minutes to make. The dish, flavored with seasonings that include garlic, cumin, allspice and mint, features shrimp cooked in a tomato sauce, served over couscous.

The recipe is among a varied selection in "Family Circle Quick & Easy Recipes" (Broadway Books, \$24.95), encouragingly subtitled "More than 300 Tasty, Easy-to-Make Recipes Plus 76 Photos."

The choice ranges from soups and salads to desserts, each recipe tagged with icons summarizing characteristics such as one-pot, quick prep, no cook, and so on. All have preparation and cooking times, and nutrition analyses.

MIDDLE EASTERN SHRIMP

(Preparation 40 minutes, cooking time 15 minutes)
Two 14-1/2-ounce cans stewed tomatoes

1/2 cup frozen chopped onions, thawed
3 tablespoons pine nuts
2 tablespoons olive oil
2 tablespoons balsamic vinegar
2 teaspoons bottled chopped garlic
3/4 teaspoon ground cumin
1/2 teaspoon ground allspice
1/4 teaspoon black pepper
1/4 teaspoon salt
1/8 teaspoon ground red pepper (cayenne)

1 and 1/3 cups water
1 cup couscous
3/4 teaspoon dried mint
2/3 cup crumbled feta cheese
1 pound peeled, deveined medium shrimp
Fresh mint leaves for garnish (optional)

In a medium-size saucepan, stir together tomatoes with their liquid, onions, pine nuts, oil, vinegar, garlic, cumin, allspice, black pepper, salt and red pepper; break up tomatoes with a wooden spoon.

Cook, covered, over medium heat 10 to 12 minutes or until mixture is slightly thickened.

Meanwhile, bring water to boiling in a small saucepan. Combine couscous and dried mint in a small bowl. Add to boiling water; stir. Cover saucepan; remove from heat. Let stand, covered, 5 minutes. Uncover; fluff with fork. Stir in 1/3 cup feta cheese. Cover saucepan again.

Add shrimp to tomato mixture; cover and cook, stirring occasionally, 2 to 3 minutes, or until shrimp are cooked through.

To serve, spoon couscous onto a large platter; top with shrimp mixture and sprinkle with remaining 1/3 cup feta. Garnish with mint leaves if desired. Makes 6 servings.

Nutrition information per serving: 545 cal., 21 g pro., 14 g fat, 36 g carbs., 871 mg sodium, 132 mg chol.

Finish Easter eggs in egg salad, enjoy asparagus to greet spring

Recipes courtesy of Diane Reynolds. See related column on Taste front.

FRUITED TUNA-EGG SALAD

1 6-1/2-ounce can albacore water-packed tuna, drained
3 hard-cooked eggs, shell removed, coarsely chopped
1/2 cup seedless red grapes, halved
2 tablespoons finely minced red onion
1/4 teaspoon celery seed
1 teaspoon finely grated lemon zest
Freshly ground black pepper to taste
3 tablespoons light mayonnaise
2 tablespoons light sour cream
4 radishes, thinly sliced

Combine the tuna, eggs, grapes, red onion, celery seed, lemon zest and black pepper in a mixing bowl. Toss gently with a fork. Blend mayonnaise and sour cream together; toss with the tuna-egg mixture. Mix in radishes. Chill in the refrigerator for at least 1 hour.

Serve in any of the following suggested ways: on top of leafy lettuce as a light entrée, wrapped up in whole wheat or spinach lavash bread, stuffed into pita pocket bread, wrapped up in Romaine lettuce and eaten as finger food or served as a simple sandwich filling on hamburger buns. Serves 4.

ZESTY HERRING-EGG SALAD

2 pickled herring (bones removed)
3 hard-cooked eggs, shell removed, diced
2 medium potatoes, skin-on, cubed and boiled until tender
2 medium red apples, cored, seeded and diced
1 tablespoon finely minced red onion
1/4 cup white vinegar
1/4 cup pure olive oil
1/2 teaspoon prepared yellow mustard
Salt
Paprika

Flower power alive in these salads

Recipes courtesy of Kelli Lewton. See related column on Taste front.

FLORAL CHAMPAGNE VINAIGRETTE

1/4 cup Champagne vinegar
3 shallots, chopped fine
2 cloves of garlic, minced
2/3 cup olive oil
1/3 cup fresh basil

5 medium nasturtium leaves

SPRING SALAD

3 cups mixed baby greens
30 assorted Nasturtium, pansies, marigolds and petunias flowers
1/4 cup broccoli sprouts
1 head of radicchio

Prepare vinaigrette. Mix greens, flowers and broccoli sprouts.

Pull apart radicchio leaves and place as liners on salad plates. Toss greens with vinaigrette and set on top of lined plates.

CRYSTALLIZED FLOWERS

Make sure your edible flower is clean and dry.

With a small brush (point brush style), paint a thin layer of egg white on the petals.

Gently dip the flower into superfine sugar and let air dry for 8-12 hours.

Store in an airtight container.

For more recipes, please turn to D6

Pecan, potatoes encrusts catfish

BY THE ASSOCIATED PRESS

Check out the recipe for this catfish dish and set aside about 15 minutes for preparation and 10 minutes for cooking.

That's it. Dinner for four is ready to serve.

The recipe is an original from Elizabeth Terry, chef and owner of Elizabeth on 37th, a restaurant in Savannah, Ga.

She turns to advantage a characteristic of domestic farmed catfish that cooks-in-a-hurry can appreciate: it cooks very quickly but doesn't fall apart.

Terry worked out a tangy orange-ginger dressing to brush on the mild-flavored fish before it is given its crunchy coating of nuts and potato flakes. Then, after baking, it is served on a

bed of greens seasoned with the same dressing.

POTATO PECAN-CRUSTED CATFISH WITH GINGER-ORANGE DRESSED SALAD

1/2 cup orange juice
1/3 cup olive oil
4 teaspoons light soy sauce
1 teaspoon ground ginger or 1 teaspoon grated fresh ginger
Four 4- to 6-ounce catfish fillets
1/2 cup pecans, toasted and finely chopped
1/2 cup packaged potato flakes
3 navel oranges, peeled and diced

5- to 8-ounce bag mixed tender salad greens

2 tablespoons silvers fresh basil

Preheat oven to 425 F.

Whisk together orange juice, olive oil, soy sauce and ginger to make dressing. Brush 2 tablespoons of the dressing on the catfish.

Place catfish on an oiled baking pan. Mix together pecans and potato flakes; spoon on top of catfish. Drizzle with an additional 2 tablespoons of the dressing. Bake for 10 to 12 minutes, or until fish flakes easily when tested with a fork.

Combine the remaining dressing with diced oranges and toss with salad greens and basil. Divide salad mixture evenly over four plates. Top with catfish. Serve immediately.

Makes 4 servings.

Nutrition information per serving: 538 cal., 39 g fat, 26 g pro., 24 g carbs., 5 g fiber, 67 mg chol., 392 mg sodium.

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