Cumin, garlic highlight shrimp

BY THE ASSICIATED 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,
Lasy-to-Make Recipes Plus 76
Photos."
The choice ranges from soups

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

MIDDLE EASTERN SHRIMP

(Preparation 10 minutes, cooking time 15 minutes)
Two 14-1/2-ounce cans stewed tomatoes

- 1/2 cup frozen chopped onlons, thawed 3 tablespoons pine nuts 2 tablespoons olive oil
- 2 tablespoons balsamic vine
- gar
 2 teaspoons bottled chopped
 garlic
 3/4 teaspoon ground cumin
- 1/2 teaspoon ground elispice 1/4 teaspoon black pepper
- 1/4 teaspoon sait 1/4 teaspoon sait
 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, develned medium shrimn medium shrimp Fresh mint leaves for garnish

In a medium-size saucepan, stir together tomatoes with their liq-uid, onions, pine nuts, oil, vinegar, garlic, cumin, allspice, black pep-

per, salt and red pepper; break up tomatoes with a wooden spoon.

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

Meanwhile, bring water to boil-ing 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 min-utes. Uncover; fluff with fork. Stir in 1/3 cup feta choese. Cover

saucenan again. Add shrimp to tomato mixture; over and cook, stirring occasional of 2 to 3 minutes, or until shrimp re cooked through,

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

Nutrition information per serv-ing: 346 cal., 21 g pro., 14 g fat, 36 g carbo., 871 mg sodium, 132 mg chol.

Preheat oven to 425 F.

Whisk together orange juice, olive oil, soy sauce and ginger to make dressing. Brush 2 table-spoons of the dressing on the cat-fish.

fish.

Place catfish on an oiled baking pan. Mix together pecans and potate flakes; speon 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 serv-ing: 538 cal., 39 g fat, 26 g pro., 24 g carbo., 5 g fiber, 67 mg chol., 392 mg sodium.

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

- 3 hard-cooked eggs, shell removed, coarsely
- 1/2 cup seedless red grapes, helved
- 2 tablespoons finely minced red onlon 1/4 teaspoon celery seed 1 teaspoon finely grated lemon zest
- Freshly ground black papper to taste 3 tablespoons light mayonnaise
- 2 tablespoons light sour cream
- 4 radishes, thinly sliced

A country, unity arrays, 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 radiahes. Chill in the refrigorator for at least 1

Sorve in any of the following suggested ways; on top of leafy lettuce as a light entree, wrapped up in whole wheat or spinnch lavath bread, stiffed into pita pocket bread, wrapped up in Romaino lettuce and eaten as finger food or served as a simple sand-wich filling on hamburger buns. Serves 4.

- ZESTY HERRING-EGG SALAD

 2 pickled herrings (bones removed)
 3 hard-cooked eggs, shell removed, diced
 2 medium potatoes, skin-on, cubed and bolled
 until tander
 2 medium red apples, cored, seeded and diced
 1 tablascone (pals willored and onlone)

Slice the herrings into small pieces and place in a serving bowl. Add eggs, potatoes, apples and onton. In a small bowl, blend vinegar, oil and mustard. Add salt and paprika to taste. Pour over saled and tose gently to coat. Refrigerate for 1 hour before serving. Sprinkle on additional paprika before serving. Makes an excellent main dish salad alone or with a bowl of your favorite soup. Serves 4-6.

WELCOME SPRING ASPARAGUS SALAD 1 pound fresh asparagus 4 large leafy lettuce leaves

- ked eggs, shell removed, finely chopped

- cnopped
 2/3 cup pure olive oli
 3 tablespoons red wine vinegar
 2 teaspoons Dijon-style mustan
- 1/4 teaspoon ground black pepper
- 1 lerge gartic clove, crushed

1 large gaile clove, crushed
2 tablespoons snipped green onlon
Carefully wash asparagus until cold running
water and trim ends off. Steam in a pot with a
steamer basket or directly in about a 12-inch of
boiling water for about 12 minutes. Asparagus
should still be slightly crisp. Immediately remove
with tongs and rinse under cold running water.
Wrop in paper towel and refrigerate for 2 hours.
Meanwhile, prepare the vineigrette. Place oil,
vinegar, mustard, pepper, salt, garlic and chives in
a jar with a tightly fitting lid. Shake until thoroughly blended. Refrigerate until serving time.
To serve, line 4 individual plates with lettuce
leaves. Divide the asparagus between the plates
and top each with 1-2 tablespoons vinaigrette.
Sprinkle each solad with one-fourth of the eggs
and serve. Leftover vinaigrette can be erfigerated

Sprinke each saind with one-loverin of the eggs and serve. Leftover vinaigrette can be refrigerated and used on salads for up to 2 weeks. Serves 4.

If you need information on egg safety, natural Easter egg dying and egg nutrition at the Kroger Nutrition Help Line (800) KROGERS (select 3 twice on the automated menu) or e-mail Diane Reynolds at nutritionist @kruger.com

Pecan, potatoes encrusts catfish 5- to 8-ounce bag mixed ten-der salad greens 2 tablespoons silvered fresh

By THE ASSOCIATED PRESS
Check out the recipe for this catfish dish and set aside about 10 minutes for preparation and 10 minutes for cooking.
That's it. Dinner for four is

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 farmarised caffish that cooks.in-ahurry 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 after baking, it is served on a

bed of greens seasoned with the same dressing.

POTATO PECAN-CRUSTED CATFISH WITH GINGER-ORANGE

DRESSED SALAD

- 1/3 cup olive oil
- ginger our 4- to 6-ounce catfish fil-
- 1/2 cup pecans, toasted and finely chopped
- 3 navel oranges, peeled and

1/2 cup orange juice

- 4 teaspoons light soy sauce 1 teaspoon ground ginger or 1 teaspoon grated fresh
- 1/2 cup packaged potato

Leurespoon finely minced red onlon 1/4 cup white vinegar 1/4 cup pure olive oil 1/2 teaspoon prepared yellow mustard Selt

Recipes courtesy of Kelli Lew-ton. See related column on Taste front.

FLORAL CHAMPAGNE

2/3 cup olive oll

1/3 cup fresh basil

1/4 cup Champagne vineger 3 shallots, chopped fine 2 cloves of garlic, minced

3 cups mixed baby greens 30 assorted Nasturtium, pan-VINAIGRETTE

sies, marigolds and petu-nias flowers 1/4 cup broccoll sprouts ,1 head of radicchic

Prepare vinnigrette. Mix greens, flowers and broccoli sprouts.

Flower power alive in these salads

SPRING SALAD

Pull apart radicchies leaves and place as liners on salad plates. Toss greens with vinnigrette 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.

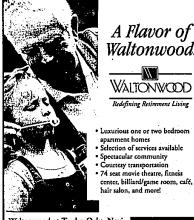
Store in an airtight container.

For more recipes, please turn to D6



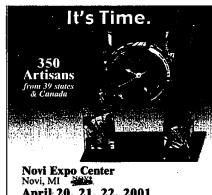
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