

Miracle from page D1

**UNBELIEVABLE TWO-MINUTE CHICKEN SALAD**  
2 cooked chicken breast halves  
8 ounces nonfat strawberry yogurt  
1 pint fresh strawberries, washed and sliced  
Tear chicken breasts into manageable pieces. Add yogurt and strawberries. Mix and serve. To dress it up, serve in a ring of peeled cantaloupe - topped with an extra large strawberry. Serves 2.

**Nutritional information per serving:** Calories, 192; fat, 6 g.; sat. fat, 0 g.; cholesterol, 0 mg. and sodium, 72 mg.

Look for Main Dish Miracle on the second Sunday of the month in Taste. Muriel G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter with recipes and nutrition tips. To subscribe, send a check for \$13.50 to "Eating Younger," P.O. Box 69021, Pleasant Ridge, MI 48069.

Learn the secrets of cooking over wood

The designers of the Toscana series of wood-fired barbecues will present a free cooking demonstration 11 a.m. to 3 p.m. Saturday, July 14, at Thisisit Shop, 7395 Orchard Lake Road (just north of 14 Mile Road in the Robin's Nest Plaza) in West Bloomfield. Wood Fired Products and Thisisit Shop invite barbecue lovers to experience barbecue the way it was meant to be. Featured will be Italian style wood grilled pizza. Wood Fired Products manufactures barbecues designed for cooking with wood or charcoal as a fuel source. Inspired by the Tuscan grigliata, Wood Fired Products introduces the Toscana series of wood fired barbecues. The Toscana series creates natural smoke flavor and has an adjustable cooking surface. The crank moves the cooking surface up and down effortlessly, even when loaded with food. This feature gives the chef temperature control needed to get the best results every time. The beauty of the Toscana series design is its simplicity. There are very few parts to wear or break, and the fuel is readily available as well as one of nature's few renewable resources. The firebox is ergonomically positioned for comfortable cooking and is completely sealed at the bottom so ashes don't fall out and harm wood decks. Wood Fired Products strives to provide quality built products that make wood fired cooking simple and convenient. For additional information about their company's barbecues, visit the West Bloomfield store or call (248) 454-8817.

Hybrids from page D1

on Kiwi and purple potatoes to name but a few. However, they originated, new and old produce hybrids from near and far add new color, patterns and flavors that can enliven any summer-time menu and bring a spark of interest and entertainment to our everyday consumption of vegetables and fruits. **Hot new hybrids** These are the hottest new hybrids: Lavender gems are mini grapefruit that are a tangelo grapefruit hybrid. Their interior is a deep pink with blue overtones. It is peeled and eaten like an orange or used in citrus sauces, dressings or chutneys. Asparagus, also known as broccolini, are a hybrid of asparagus and Chinese cabbage that resembles a skinny broccoli, designed to compete with asparagus as an "uptown" side dish. Purple kohlrabi tastes like broccoli, but looks like a bumpy beet and does not change color when it is cooked, unlike purple asparagus and purple potatoes. Puotia are a cross between an apricot and a plum. A cocktail avocado is the size of a finger, these pint-size babies are seedless and creamy in texture. Kiwi berries are actually baby Kiwis the size of berries, available in green and yellow eaten whole with peel and all. Rambutan is a close cousin of the Asian lychee, and is sweet, petite and cool. Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills and Aunt Olive's Good Food 2 Go in Birmingham. Lewton is a graduate of Schoolcraft College's Culinary Arts program. Look for her column in Taste on the second Sunday of the month. See recipes on D3.

Fresh sweet corn and chicken make for easy oven dish

**BY THE ASSOCIATED PRESS**  
Those with a taste for fresh corn, cycling the calendar and looking forward to the arrival of local crops, may wish to note that supplies are already available. Varieties grown in Alabama, California, Georgia and Florida are in season, sometimes described as sweet or supersweet corn. As its name suggests, the corn has a sweet flavor, and it cooks quickly. If you buy some and are not going to use it immediately, remove the husk and wrap the ears in plastic or a damp paper towel. Roast Chicken, Corn and Zucchini is an easy dish to make, perhaps for an informal meal when diners can use fingers to pick up chicken and corn. It all goes into the oven, chicken thighs or legs on one rack, fresh corn cobs, squash and onions on another, and the roasting gives the food a rich flavor all its own. Place racks in the upper and lower thirds of the oven. Preheat oven to 425 F. In a cup, combine oil, thyme, 3/4 teaspoon of salt, 1/4 teaspoon of pepper. In a large shallow pan, toss squash and onions with half of the seasoned oil. In a bowl, coat corn and green onions with remaining seasoned oil. On a rack in a broiler pan, place chicken; sprinkle on all sides with remaining 3/4 teaspoon salt and 1/4 teaspoon pepper. Place the pan with the squash and onions on the lower rack in the oven and the chicken on the upper rack. Roast for 25 minutes, turning squash and onions and chicken occasionally. Add corn and green onions to the pan with the other vegetables. Roast chicken and vegetables until chicken is cooked through and all the vegetables are tender, about 10 minutes, turning occasionally. Makes 4 servings. Recipe from Southern Supersweet Corn Council. A free information and recipe leaflet is available by sending a self-addressed, stamped envelope to: Southern Supersweet Corn Council, c/o Lewis & Neale, 49 East 21st Street, New York NY 10010.

**ROAST CHICKEN, CORN AND ZUCCHINI**  
(Preparation 15 minutes, cooking time 35 minutes)  
2 tablespoons olive oil  
1 teaspoon dried thyme  
1 1/2 teaspoons salt  
1/2 teaspoon ground black pepper  
4 large zucchini and/or yellow squash, quartered crosswise

WHAT'S COOKING

Send items for Taste calendar at least two weeks in advance of event to Ken Abramczyk, Taste Editor, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150 or e-mail kabramczyk@oe.homecomm.net. Send files in a text format. **INDIAN COOKING** Mallika Badrinath, a cookbook author and described as a vegetarian culinary expert, will demonstrate several dishes, snacks and desserts at a two-hour cooking demonstration at 3 p.m. Sunday, July 8, at the Holiday Inn Southfield on Telegraph Road, just south of I-696. Admission is free, but registration is recommended. Visit www.mindia.com for information and to register.

**Volunteers**  
...with no chronic or acute health conditions, are needed to participate in research studies.  
**Ages 18-45** who have NO difficulty falling asleep and staying asleep  
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