

Picnic salad goes with the grain

With summer officially here on June 21, it's time to get the picnic basket out of storage and pack it with tasty, portable foods.

Picnics originally meant potlucks - gatherings to which each guest brought food. The word later became affiliated with an excursion where food was taken along to be eaten outside.

Picnics always mean simplicity, good food and good times. A hearty salad made with rice, beans and corn is a perfect picnic dish and a wonderful high-fiber addition to your diet.

Dietary fiber - what used to be called roughage - was for years thought primarily to benefit digestion. Recently, however, fiber has been recognized as a key component of a healthful, plant-based diet. Research that links cancer prevention to consumption of whole grains, vegetables and fruits is well documented.

To reduce the risk of chronic diseases, experts recommend eating 20 to 35 grams of dietary fiber a day. That fiber

should come from vegetables, fruits and beans as well as whole-grain products.

A salad of rice, beans and corn is a good place to start. These foods are rich in the nutrients and protective phytochemicals that ward off chronic diseases, like cancer, and many health problems, including osteoporosis.

When it comes to rice, brown is the best nutrition choice. Its bran layer is intact, providing more fiber, riboflavin, iron and magnesium than white rice. Enriched long-grain rice is fortified with thiamin, niacin and iron after milling to replace nutrients lost in processing.

Rice-Bean-Corn Salad is delicious main course for a picnic meal. All you need to include is a variety of cut-up fresh vegetables and fruits. Then grab a blanket and head outside on the next nice day.

RIE-BEAN-CORN SALAD

- 2 cups water
- 2 garlic cloves, minced

- 1 cup chopped onion
- 2 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 1 cup brown rice
- 1 can (15-oz.) black beans, rinsed and 1 cup corn kernels, fresh, frozen, or canned (drained)
- 6 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- Salt and freshly ground black pepper
- 1 red bell pepper, chopped, drained

In a medium saucepan, bring water, garlic, onion, cumin, coriander and salt to boil. Stir in rice, reduce heat to simmer, cover and cook about 40 minutes, or until liquid is absorbed. Transfer rice into a large bowl to cool.

When rice is completely cooled, stir in beans, corn, cilantro and lime juice. Season to taste with salt and pepper. Transfer to a large serving bowl. Garnish with red bell pepper. Makes 8 servings.



AMERICAN INSTITUTE FOR CANCER RESEARCH

Summer salad: Rice-Bean-Corn Salad makes a filling and tasty main course for a picnic meal.

Per serving: 163 calories, 1 g. total fat (less than 1 g. saturated fat), 33 g. carbohydrate, 6 g. protein, 5 g. dietary

fiber, 313 mg. sodium. Recipe and information from the American Institute for Cancer Research

Curry chicken salad makes quick dinner with leftovers

BY THE ASSOCIATED PRESS

You will need cooked, chilled chicken for this tasty dish, preferably grilled - once you have that, you can make the dish in 20 minutes.

The dish would be a smart way to use up leftover grilled chicken after a barbecue party. Bartlett pears go well with bold flavors such as those in the moderately fiery curry-chill vinaigrette. Round out your meal with thick slices of dense bread, which would be wonderful for soaking up extra dressing. A chilled, fruity, crisp white wine would be a good complement.

CURRIED PEAR, PISTACHIO AND GRILLED CHICKEN SALAD

(Cooking and preparation time 20 minutes)

- For Curry-Chill Vinaigrette:
- 1/2 cup olive oil
 - 1/4 cup white wine vinegar
 - 1 tablespoon sugar

- 1/2 tablespoon soy sauce
- 1 1/2 teaspoons curry powder
- 1 teaspoon dry mustard
- 1/4 teaspoon pepper
- 2 serrano chilies, stemmed, seeded and minced

For Salad:

- 6 cups mixed, washed and torn salad greens or spinach
- 3 large ripe Bartlett pears, cored and sliced (see note)
- 1/2 cup golden raisins
- 1/2 cup shelled pistachio nuts
- 1/2 cup diced red bell pepper
- 1/2 small red onion, sliced
- 4 small (4-ounce) boneless, skinless grilled chicken breast fillets, chilled

To make vinaigrette: Combine all dressing ingredients in a small bowl; whisk to blend. Cover and refrigerate until ready to use.

To assemble salad: Toss half of the dressing with the salad

greens. Divide evenly among 4 salad plates or bowls. Top with pears, raisins, nuts, bell pepper and onion. Slice each chicken breast into strips and lay over salad.

Drizzle with remaining dressing. Makes 4 servings.

Nutrition information per serving: 693 cal., 40 g. pro., 39 g. fat (6 g. saturated fat), 48 g. carbs., 8 g. fiber, 87 mg. chol., 228 mg. sodium.

Note: Be sure to use golden-yellow, juicy ripe Bartlett pears. Firm, green pears will ripen if you leave them in a bowl at room temperature for 4 to 6 days. Once ripe, they will keep in the refrigerator for up to a week - but handle them carefully: Ripe pears bruise easily.

Recipe from California Pear Advisory Board.

Festival from page B1

set Collection, Grilled Wild Salmon en Papillote with wild mushroom risotto

1 p.m. - Chef Randy Emert, Great Oaks Country Club, Smoked Grilled Coulotte Steak with potato and sweet basil pancake and sundried tomato and caper mayonnaise

Healds from page B1

percent cabernet sauvignon. "Generations has been made as a varietal wine since 1980," Vigoda said. "Today, only a few Napa Valley wineries make a 100 percent cabernet."

Generations has heightened aromatics, a plump middle and smooth, supple finish. While a big and powerful wine, we would not call it blockbuster.

Just a delicious, big fruit statement to be enjoyed now on a special occasion or cellared for a few years. Vintage 1997 in the Napa Valley was

2 p.m. - How to be a wine taster

3 p.m. - Chef Christopher Brown, Five Lakes Grill, Milford, Tosen style veal scaloppini with caper, lemon/butter sauce

4 p.m. - Great summer wines

5 p.m. - Chef Michael Trombly, Golden Mushroom Restaurant, Tenderloin beef with grilled summer vegetable melange

6 p.m. - Riesling: Dry to Sweet

7 p.m. - Chef Sean O'Rourke, O'Rourke on Fire - live culinary show

8 p.m. - Styles of chardonnay

Sunday, June 30

1 p.m. - Chef Dan Vornia, Zodiac Restaurant at Neiman Marcus Somerset Collection - Neiman Marcus Classics: Popovers, roast chicken consommé, Neiman Marcus Chicken Salad

2 p.m. - Great Summer Wines

3 p.m. - Chef Kevin Cronin, Dusty's Wine Bar, Okemos, Chargrilled buffalo flank steak with avocado cilantro Chimichurri and chilled black bean and grilled corn salad

outstanding. Many of the best cabernets from this vintage are no longer available. Because Generations has extended aging of nearly two years in new French oak barrels, it's released later than many Napa Valley cabs and is still available.

The Healds are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864.



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