

Barbecue sauces

Be creative on the grill

It's hardly likely that, in the height of summer's swelter, you'll feel much like sitting down to a heavy meal of roast beef and Yorkshire pudding. In fact, it's hardly likely that you'll feel like turning on the oven at all.

But eat we must and, while a healthy individual's appetite normally diminishes during the warm weather months, his or her interest in food and its preparation does not necessarily diminish. It simply changes seasons.

Summer's bounty of fruits and vegetables opens endless menu possibilities for breakfast, lunch or dinner — nutritious possibilities that are as easy to digest as they are to prepare.

Typical winter breakfasts of hot cereal and griddle cakes evolve into light and fruity affairs during the summer.

Sweet and refreshing breakfasts take little time to prepare: cantaloupe halves filled with fresh strawberries and a splash of heavy cream; dry cereals topped with peach slices; blender shakes of milk, yogurt and tangy blueberries.

Easy summer salads can be given a nutritional boost with the addition of tuna, eggs, leftover meat strips or shreds of cheese.

Lunch, too, takes on a seasonal appearance. Figure-conscious individuals lunch on cottage cheese mixed with any number of summer's offerings: fresh-off-the-vine cucumbers in a light vinaigrette dressing; plump home-grown tomatoes with oregano; fresh salad greens with chunks of cheese and fresh scallions.

Between-meal snacks must, on a broiling August afternoon, be both cooling and thirst-quenching.

A peeled and frozen ripe banana, when mixed in a blender with a splash of skim milk, plain yogurt and a dash of honey or sugar, becomes a frothy, icy fruit drink.

At dinnertime, heating the heat of summer means patio picnics and barbecues, or one-step meals in a wok.

With a long loaf of bread and a cooling pitcher of iced tea or lemonade, they're perfect for light eating on a hot summer evening.

Char-broiled steaks and burgers are an American favorite, but the outdoor grill also lends a delicious, smoky flavor to everything from chicken to leg of lamb and salmon steaks. And it keeps you out of the heat of the kitchen.

BEEF BARBECUE SAUCE
3 cups tomato juice
¼ cup red wine vinegar
1 clove garlic, crushed
2 tsp. dry mustard
½ tsp. savery
½ tsp. onion salt
¼ tsp. coarse pepper
1 beef bouillon cube
½ tsp. Worcestershire sauce
1 tsp. sugar

Combine the ingredients in a saucepan and simmer until the mixture is reduced by half. Use on lean beef-steaks and hamburgers.
Makes about 1½ cups.

CHILI BARBECUE SAUCE
¼ cup. chopped celery
1 tsp. chili powder
1 can (10 ½ oz.) condensed onion soup
1 Tbsp. cornstarch
¼ cup catsup
¼ cup water
1 Tbsp. vinegar
1 tsp. prepared mustard

Combine the ingredients in a saucepan and cook the mixture over a low heat, stirring occasionally, for 10 minutes. Use as a basting sauce when barbecuing chicken pieces.
Makes about 2 cups.

GREEK MARINADE
½ cup plain low-fat yogurt
¼ cup lemon juice
1 Tbsp. dried mint leaves
1 tsp. oregano
½ tsp. nutmeg
¼ tsp. cinnamon
Salt and pepper to taste

In a bowl, combine the ingredients well and spread the marinade over meat, poultry or fish. Refrigerate the mixture, covered, for several hours.
Makes enough for four servings.

SWEET 'N HOT BARBECUE SAUCE
2 Tbsp. light brown sugar
¼ tsp. powdered mustard
¼ tsp. garlic powder
½ cup catsup
¼ cup chili sauce
3 Tbsp. tomato juice or water
2 Tbsp. Worcestershire sauce
2 Tbsp. fresh lemon juice

In a small bowl, combine brown sugar, mustard, garlic powder, catsup, chili sauce, tomato juice, Worcestershire sauce and lemon juice. Brush over spareribs or chicken parts during last 30 minutes of cooking, turning and brushing occasionally. Yields one cup.



Blueberry muffins: nutritious

In so many ways, these Best Blueberry Muffins are the best we've ever known. They are extra nutritious from ground oat flour, the flour you grind yourself quickly and easily from quick or old-fashioned oats. (Oats contain 7 B vitamins, vitamin E and 9 minerals.)

Also, they have an appealing cinnamon-sugar topping. Their extra moistness comes from the addition of sour cream. And grated lemon peel adds zesty, fresh flavor, so compatible with the berries.

Best Blueberry Muffins are truly best during fresh blueberry season. Bless your family and friends with them then.

BEST BLUEBERRY MUFFINS

Topping:
1 Tbsp. sugar ¼ tsp. cinnamon
Batter:
1½ cups all-purpose flour
¾ cup Ground Oat Flour
1 tsp. soda
½ cup sugar
¼ cup butter or margarine
1 cup dairy sour cream
2 eggs
1 tsp. grated lemon peel
1 tsp. vanilla

1 tsp. salt
¾ cup fresh or frozen blueberries

For topping: In small bowl, combine sugar and cinnamon.

For batter: Heat oven to 375 degrees. Grease 12 medium muffin cups or line with paper baking cups. In medium bowl, combine flours and soda; set aside. In large bowl, beat together sugar and butter until light and fluffy. Beat in sour cream, eggs, lemon peel, vanilla and salt. Add flour mixture; mix just until dry ingredients are moistened. (Batter will be stiff). Gently fold in blueberries. Fill prepared muffin cups ¾ full; sprinkle with topping. Bake about 25 minutes or until wooden pick inserted in center comes out clean. Serve warm with butter, if desired. Makes one dozen muffins.

GROUND OAT FLOUR

Place 1 cup quick or old-fashioned oats, uncooked, in blender or food processor.

Cover; blend about 1 minute, stopping blender occasionally to stir oats.

Note: To make larger amounts of Ground Oat Flour, repeat above directions to produce amount needed. Ground Oat Flour can be made ahead and stored in tightly covered container in cool dry place up to six months.

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