

Ribs start indoors, finish on the grill

AP - You can have it both ways - great grilled flavor and microwave speed. Partially cook the ribs in your microwave and finish them off on the grill with a smoky sauce. The fat cooks out during microwave cooking so there are no flareups on the grill. Transfer the ribs immediately from the microwave to the grill; the partially cooked meat should not be allowed to stand at room temperature.

SHORTCUT BARBECUED RIBS
 1/2 cup tomato sauce
 2 tablespoons molasses
 1 tablespoon vinegar
 1 1/2 teaspoons Worcestershire sauce
 1 teaspoon minced dried onion
 1 teaspoon coriander
 1 teaspoon dry mustard
 1/4 to 1/2 teaspoon chili powder
 1/4 teaspoon salt
 dash pepper
 3 to 3 1/2 pounds pork spareribs or loin back ribs, cut into serving-size pieces

In a 2-cup glass measure stir together tomato sauce, molasses, vine-

gar, Worcestershire sauce, onion, coriander, mustard, chili powder, salt and pepper. Cook in the microwave, uncovered, on 100 percent power (high) 2-3 minutes or until bubbly, stirring once; set aside.
 Arrange ribs, bone side down, in a microwave-safe 12-by-7 1/2-by-2-inch baking dish, overlapping as necessary. Cover with vented microwave-safe plastic wrap. Cook on 50 percent power (medium) 15 minutes. Rearrange and turn ribs over. Cook, covered, on medium 15 minutes more.

Immediately remove ribs from baking dish and transfer to barbecue grill. Cook over medium coals about 15 minutes or until no pink remains. Brush frequently with sauce and turn ribs over occasionally. Cook the remaining sauce in the microwave, uncovered, on high about 30 seconds; pass with ribs. Makes 6 servings.

Nutrition information per serving: 382 cal., 26 g pro., 6 g carb., 27 g fat, 108 mg chol., 311 mg sodium. U.S. RDA: 38 percent thiamine, 30 percent riboflavin, 39 percent niacin, 13 percent iron, 30 percent phosphorus.

Sherberts becoming more popular treat

AP - Many Americans, looking for ways to cut down on the amount of fat they eat, are taking a new look at sherbet. Most sherberts contain about 1 gram of fat per half cup, compared to 7 grams in ice milk and 14 grams in ice cream. This easy homemade sherbet tastes terrific; yogurt gives it tang and orange marmalade supplies just enough sweetness.

ORANGE SHERBERT
 1 envelope unflavored gelatin
 1/4 cup cold water
 1/2 of a 6-ounce can (1/2 cup) frozen orange juice concentrate, thawed
 1/2 cup orange marmalade
 two 8-ounce cartons vanilla low-fat yogurt

In a small saucepan combine gelatin and cold water; let stand 5 minutes. Cook and stir until gelatin is dissolved. Stir in orange juice concentrate. Remove from heat. Stir in marmalade, then yogurt.

Turn yogurt mixture into a 9-by-9-by-2-inch baking pan; cover and freeze about 3 hours or until firm. With a fork break frozen mixture into chunks; place in a large chilled mixer bowl. Beat with an electric mixer on medium speed until fluffy. Return to pan. Cover and freeze at

How to pick salad greens

AP - When selecting salad greens, look for a healthy green color and leaves that look fresh and young.

Avoid greens that are blemished, have discolored areas, insect damage or a wilted appearance.

Purchase greens as close to the time of use as possible. Wash carefully with cold water, shake off excess water and pat dry on cloth or paper towels.

Chill greens in a refrigerator crisper or a plastic bag until ready to serve.

All the greens listed below may be eaten either raw or cooked:

- Iceberg: probably the most popular, but the least nutritious, of salad-type greens. Very mild in flavor.
- Romaine or Cos: tall and cylindrical plants with crisp, dark green leaves. Romaine has a stronger flavor than most greens.
- Endive and Escarole: frilly narrow leaves that grow in a clump. Slightly bitter flavor.
- Spinach: a delicious source of vitamin A. Can also be used to make soups.
- Watercress: small, coin-shaped leaves that have a pungent flavor. Can also be used to make soups.
- Looseleaf: many varieties that are red or green in color. The head grows as separate leaves that are loosely clustered around a stem. This type of lettuce is very tender.
- Butterhead, including Boston and Bibb: slightly smaller and less compact than other head lettuces. Soft, almost butter-rich quality.

Avoid greens that are blemished, have discolored areas, insect damage or a wilted appearance.

Breat self-examination - LEARN. Call us.

AMERICAN CANCER SOCIETY

Potato dish cooks quickly

AP - The potato is earning a reputation for being fast, thanks to the microwave oven. A whole potato cooks in the microwave in about 8 minutes, a sliced potato in about 5, and you can have a meal-sized potato in 12 minutes. Cook and serve this Southwest-seasoned meal on the same microwave-safe platter.

The secret is the arrangement of food, with the slowest-cooking food placed on the outside, the fastest in the center. You don't even peel the potato.

AP - Rice is gaining ground on pasta as a side-dish fuel food. It's easy to cook as pasta, just as versatile, and has about the same number of calories: 110 per 1/2-cup serving. Keep in mind these tips for using and storing some of the types available.

LONG GRAIN RICE

- Has the outer husk removed and layers of bran milled away. Most rice that is grown and processed in America is enriched with iron, niacin and thiamine.

- Uncooked rice will keep indefinitely in an airtight container at room temperature.

- To cook, add 1 cup rice to 2 cups boiling water. Cover and simmer about 15 minutes. Yield: 3 cups.

- For richer flavor, substitute 1 cup chicken broth for 1 cup water or add 1 teaspoon chicken bouillon granules to cooking water. For golden rice, add a pinch of saffron or turmeric.

SOUTHWESTERN POTATO-CHICKEN PLATTER
 1 pound potatoes, scrubbed and sliced crosswise into 1/4-inch-thick slices
 1 pound boned and skinned chicken breasts, cut into 2-by-1-inch strips
 2 cups fresh corn or one 10-ounce package frozen corn, thawed
 Southwestern Chili Sauce (recipe follows)
 2 green onions, sliced
 8 flour tortillas (optional)

Arrange potato slices around edge of a 12-inch round microwave-safe

platter or pizza dish. Place chicken pieces in a ring inside potatoes, overlapping about 1 inch. Combine corn and 1/4 cup of the Southwestern Chili Sauce; place in center of platter. Spoon remaining chili sauce in a 1-inch ribbon between potato and chicken pieces. Sprinkle green onions over corn. Cover tightly with clear plastic wrap, turning back one side slightly to vent steam. Cook on 100 percent power (high) for 12-14 minutes until chicken is no longer pink and vegetables are just tender, giving platter a half-turn after 6 minutes. Spoon mixture into warm

tortillas, if desired. Makes 4 servings.

Southwestern Chili Sauce: In a medium bowl stir together one 8-ounce can tomato sauce; one 4-ounce can chopped green chili peppers, drained; 1/4 teaspoon ground cumin; oregano, crushed; and 1/4 teaspoon ground red pepper.

Nutrition information per serving: 385 cal., 33 g pro., 55 g carb., 5 g fat, 72 mg chol., 436 mg sodium. U.S. RDA: 15 percent vit. A, 40 percent vit. C, 40 percent thiamine, 30 percent riboflavin, 110 percent niacin, 21 percent iron.

Rice a side dish as versatile as pasta

- Store cooked rice in the refrigerator for up to 1 week or in the freezer for 6 months.

- Store cooked rice in the refrigerator for up to 1 week or in the freezer for 6 months.

- Cook 1 cup brown rice in 2 cups boiling water about 35 minutes. Yield: about 2 1/2 cups.

- Because of the bran layers, brown rice has a slightly higher calorie count (115 per 1/2 cup) and more fiber than white rice.

PRECOOKED RICE

- Has been milled, completely cooked and dried. It's porous and rehydrates quickly. Most precooked rice is enriched with iron and B vitamins.

- Follow package directions carefully; ratio of water to rice, cooking time and yield vary between brands.

BROWN RICE

- Has the outer hull removed but retains the bran layers, which give color and a nutlike flavor. When cooked, the texture is chewier than white rice.

- Rice bran has the same cholesterol-lowering effect as oat bran.

- Store in an airtight container about 6 months. For longer shelf life,

CLIP THIS COUPON

TRIPLE COUPON

THIS WEEK ON FIVE MANUFACTURER'S COUPONS OF YOUR CHOICE UP TO **50¢ FACE VALUE**

1. 2. 3. 4. 5.

LIMIT ONE TRIPLE COUPON PER FAMILY WITH \$20 ADDITIONAL PURCHASE. GOOD MONDAY, SEPT. 11, 1989 THRU SUNDAY, SEPT. 17, 1989. ONLY 5 MANUFACTURER'S COUPONS MAY BE REDEEMED. ANYTHING OVER 5 MAY BE REDEEMED ACCORDING TO OUR DOUBLE COUPON POLICY.

Mon.-Wed. 10-7
Thurs.-Fri. 10-8
Sat. 10-6

Celebrating 30 Years Service

COUSIN JACK PASTIES

We don't claim to be the best. We'd rather let our customers be the judge.

Jean's Pastry Shop
 19373 Beech Daly 537-5581

ORCHARD-10 IGA
 24065 ORCHARD LAKE RD.
 Mon. thru Sat. 8-9; Sun. 9-5
We Feature Western Beef
 QUANTITY RIGHT LIMITED - NOT RESPONSIBLE FOR ERRORS IN PRINTING

AT IGA I GET ATTENTION!

IGA TABLETTE
Hamburger from Ground Chuck
 1.39 5 LBS. OR MORE
 Save .50 LB.

IGA TABLETTE
Boneless Chuck Roasts
 1.49 LB.
 Save .40 LB.

IGA TABLETTE
Boneless English Cut Roast
 1.79 LB.
 Save .30 LB.

IGA TABLETTE
Boneless Chuck Steaks
 1.59 LB.
 Save .30 LB.

ALSO MANY IN-STORE SPECIALS

IGA TABLETTE Beef Cube Steaks 2.59 LB. Save .30 LB.	IGA TABLETTE Boneless Denver Steaks 1.59 LB. Save .60 LB.	IGA TABLETTE Boneless Top Sirloin Steak 2.79 LB. Save .70 LB.	IGA TABLETTE Boneless Skinless Chicken Breasts 2.59 LB. Save 1.30 LB.
IGA TABLETTE Whole Chicken Legs 1.49 LB. Save .20 LB.	IGA TABLETTE Country-Style Ribs 1.59 LB. Save .20 LB.	HERRUD Party Pak Lunch Meat 1.49 LB. Save .30 LB.	Whole Beef Rounds 1.99 LB. Whole Chunks 1.89 LB. Whole Beef Loins 2.89 LB. Whole Beef Ribs 2.99 LB. Whole Top Rounds 2.39 LB. Whole Pork Loin 1.79 LB. (See Meat Manager)

Coca Cola Diet or Regular Classic & Sprite
 12 Pak Cans
 2.99 Plus Deposit

All Varieties Coke 2 Liter 1.09 Plus Deposit

Frozen

FAME Ice Cream
 1/2 Gallon
 99

Whipped Topping
 59

Dairy

FAME Cream Cheese
 8 oz.
 69

FAME Margarine
 1/2 lb.
 39

FAME Milk
 1/2 Gallon
 1.99

Produce

U.S. No. 1 New Crop Michigan McIntosh Apples
 3 LB. BAG .99

Lunch Box Ready

California Bartlett Pears .69 LB.

Fresh Green Onions or Radishes 3 for 1.00

Grocery

FAME Mushrooms
 4.47

Chicken of the Sea Tuna
 6.5 oz.
 59

Tide Detergent
 1.99

Cut Green Beans
 .37

FAME Cake Mix
 69

Farley Fruit Snacks
 1.99

FAME Popcorn
 1.39

FAME Beans
 3/100

IGA BONUS COUPON

White, Assorted Colors or Prints Northern

Bath Tissue
 .99

LIMIT 1 + 4 ROLL PKGS.

Save .56

IGA BONUS COUPON

FAME Liquid Bleach

LIMIT 1 + GALLON

Save .50

IGA COUPON

Buy any Two 32 oz. jars of FAME Spaghetti Sauce and receive a FREE lb. of FAME PASTA

3.00 00.00

IGA COUPON

FAME Cheese

LIMIT ONE COUPON PER FAMILY. COUPON EXPIRES SUNDAY, SEPTEMBER 17, 1989

Save 25

Bakery

Oven Fresh **American Meal Bread**
 20 oz.
 89

Oat Bran Bread
 1.29

Twirl Buns
 1.09