

Tortilla soup richly flavored

For a south of the border treat, try these prize-winning recipes from the Pace Picante Sauce Young Cooks Recipe Contest. The teenager-only search for original recipes drew an enthusiastic response. West Texas Tortilla Soup, created by 17-year-old D'Lynn Masur of Texas, is richly flavored with a chunky, hearty texture. This savory soup takes only 10 minutes to prepare for a 30-minute fiesta-like dinner.

WEST TEXAS TORTILLA SOUP

2 cloves garlic, minced
2 tablespoons butter or margarine
2 teaspoons ground cumin
2 cans (about 14 ounces each) chicken broth
2 cans (14½ ounces each) stewed tomatoes, undrained, coarsely chopped
1 cup Pace Picante Sauce
½ cup coarsely chopped cilantro
8 ounces provolone or Monterey Jack cheese, cut into ¼-inch cubes
4 corn tortillas, cut into 2 x ¼-inch strips

Cook garlic in butter in large saucepan or Dutch oven 2 minutes. Add cumin; cook and stir 1 minute. Add broth, tomatoes

and picante sauce; bring to a boil. Reduce heat; cover and simmer 30 minutes. Remove from heat; stir in cilantro. Place ¼ cup of the cheese in bottom of each of 8 soup bowls. Ladle 1 cup soup over cheese; top with tortilla strips. Make 8 servings, about 8 cups soup.

PICANTE HERB CHEESE BREAD

1½ cups all-purpose flour
¼ cup quick or old fashion oats, uncooked
½ cup (ounces) shredded mozzarella or Monterey Jack cheese
¼ cup (1 ounce) grated Romano or parmesan cheese
1 tablespoon sugar
1 tablespoon baking powder
1½ teaspoons basil leaves, crushed
1½ teaspoons oregano leaves, crushed
½ teaspoon salt
¼ teaspoon garlic powder
¾ cup Pace Picante Sauce
¾ cup vegetable oil
2 eggs, beaten

In large bowl, combine all ingredients except picante sauce, oil and eggs; mix well. Add picante sauce, oil and eggs; mix



Cook's choice: West Texas Tortilla Soup, a spicy, savory, full-flavored and quick-to-fix variation of the Mexican classic, is a quick and convenient blend of stewed tomatoes, chicken broth, cilantro and seasonings.

Just until dry ingredients are moistened. Spread into greased 8 x 4-inch loaf pan. Bake at 350 degrees F. 50 to 55 minutes or until wooden pick inserted in

center comes out clean. Cool 10 minutes on wire cooling rack; remove from pan and let cool completely. Makes one 8 x 5-inch loaf.

Easy-to-use poultry items save time, money

AP — Today's chicken and turkey lovers have more cooking choices than grandmas had with her old stewing hen.

More and more time-saving, easy-to-use items come fresh or frozen, often in smaller cuts that cook quickly. Consider these work-saving poultry options when you need dinner on the double.

Cut-up chicken pieces have long been a great work-saver, now they're a great peacekeeper too. That's because you can buy pieces packaged by type. So if your family likes white meat, you can opt for a package of chicken breasts.

Or if the kids fight over the drumsticks, you can buy a package of those to cook along with a whole cut-up bird. Removing the skin cuts the fat significantly.

Boneless, skinless chicken breasts are ideal for rolling with fillings or for cutting into stir-fry strips. Because the work of boning and skinning has been done for you, this product costs several times more, but the convenience can be worth the extra expense when time is short.

Turkey breast portions, come cooked or uncooked, fresh or frozen. You can slice or cube the cooked version for sandwiches, casseroles, or salads. Roast the uncooked portions as you would a whole bird.

Turkey breast steaks and slices are cut crosswise from the breast.

They come in ½-inch or ¾- to 1-inch thicknesses. You can broil, grill, pan-fry, or cook these versatile cuts in the microwave oven.

Turkey breast tenderloin steaks are sliced lengthwise from the breast and look a little like fish fillets. You can often substitute them for boneless, skinless chicken breasts.

Frozen, cubed, cooked chicken steps in when recipes call for leftover chicken. Use it in casseroles, soups, pasta dishes, sauces, or in any recipe calling for cubed cooked chicken or turkey.

Ground turkey or chicken cooks just as quickly as ground beef. It's an alternative for ground meats in pizzas, chili, spaghetti sauce, or just about any of your favorite ground beef recipes. Be sure to drain off the fat after browning the poultry.

Deli poultry products include turkey ham, bologna, pastrami, or smoked or roasted cooked meat.

You can cut up and use the smoked or roasted slices in sandwiches, pasta sauces, sandwiches, or wherever you might use cooked chicken. You can also substitute turkey ham, bologna and pastrami in recipes that call for their meat counterparts.

Use these meats as an emergency substitution because the price for deli meat will be higher than for regular cooked chicken.

Dressing low in fat Freeze rice, pasta,

AP — The same thickener used for jams and jellies — powdered fruit pectin — lends body to this zippy, vinaigrette without adding the fat you'd get by using salad oil.

OL-FREE DILL DRESSING

½ cup water
¼ cup white wine vinegar
3 tablespoons powdered fruit pectin
1 tablespoon stripped fresh

dill, or 1 teaspoon dried dillweed
1 teaspoon sugar
¼ teaspoon garlic powder
¼ teaspoon dry mustard
¼ teaspoon pepper

In a screw-top jar combine all ingredients except picante sauce; mix. Chill for up to 3 days. Shake before serving. Makes 1½ cups.

AP — You'll save precious minutes during the dinner rush if you always have cooked rice or pasta on hand. Impossible? Not if you let your freezer and microwave oven help.

Here's how: Start by cooking a big batch of rice or pasta, then rinse and drain it thoroughly.

To freeze single servings of rice or pasta, place ½-cup portions in 6-ounce custard cups. Cover with clear plastic wrap and freeze for several hours.

To reheat single servings, return the frozen pasta or rice to the custard cups. Do not add water. Cover with waxed paper. Cook on 100 percent power (high) until the pasta or rice is heated through, using these timings:

For 1 serving, cook 1½ to 2 minutes. For 2 servings, cook 2 to 2½ minutes. For 4 servings, cook 4 to 4½ minutes.

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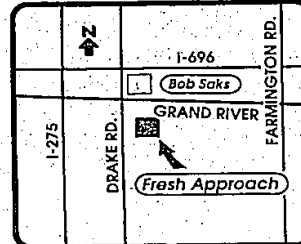
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