

Make ahead salad refreshing

Lighter eating and cool refreshing menu ideas stump all of us at times and this recipe for a "Make Ahead Lamb Salad" is an interesting combination of textures, colors and flavors.

It combines mixed salad greens with other crunchy vegetables, cooked lean lamb and then tops it with a creamy dressing with a mild curry touch.

The salad has been trimmed up to eliminate much of the fats that we once used in dressings of this kind. It uses the non-fat or reduced-fat mayonnaise and low-fat yogurt as the base of the dressing. The cheese that compliments the dressing is again a shredded low-fat cheddar. The curry and garlic provide such a tasty flavor that the extra fat from the regular products is not missed at all.

Not only is this salad a taste pleaser, but it could be used for a beautiful luncheon salad for those summer bridal showers. The mild flavor of the lamb strips complement the crunch of the vegetables. It is quite simple to finish this warm weather salad by choosing several breads such as ryes, multi-grains or sourdough. Sweet nut breads would make another choice to serve with this salad if you are using it for summer luncheon entertainment.

Any cut of lamb can be used for your lamb salad, and if you have leftovers from a roast, just cool

and slice them to layer in the salad. Summer quite often is not the time of choice for roasting lamb, so try grilling or broiling a center leg steak or sirloin seasoned with lemon pepper to medium doneness. Remove from heat and cool, then slice and layer in your salad.

Don't overlook your produce counter and salad bars to quickly make this salad when you are short on time. Lettuce and salad greens are now found packaged in your produce department and often you can find the cucumbers, sliced olives and other ingredients ready to use on the salad bar. The mild taste of American lamb can help you pep up your summer meals and salads.

MAKE AHEAD LAMB SALAD

- 8 cups mixed salad greens
- 4 ounces fresh bean sprouts, rinsed
- 1/2 cup celery, thinly sliced
- 4 ounces water chestnuts, sliced
- 1/4 cup green onions, thinly sliced
- 2 ounces sliced black olives, drained
- 1/2 medium cucumber, sliced
- 1 pound American lamb, cooked and sliced into thin strips
- 10 ounces frozen peas, thawed



AMERICAN LAMB COUNCIL

Cool salad: Make Ahead Lamb Salad is an interesting combination of textures, colors and flavors.

Place lettuce in bottom of large salad bowl. Do not use wood. Layer the remaining vegetables and lamb. Spread dressing evenly over top of vegetables. Refrigerate overnight. Before serving sprinkle with 4-ounces of shredded lowfat cheddar cheese.

DRESSING

- 1 cup mayonnaise, reduced fat
- or no-fat
- 1/4 cup lowfat yogurt
- 1/2 teaspoon curry powder
- 1/4 teaspoon salt
- 1/2 teaspoon white sugar

Blend ingredients to make dressing. Recipe contains 240 calories, 650 mg sodium

Baked halibut golden, crispy

AP — Why mess with frying when you can bake fish until it's golden and crispy? Baking at a high temperature means cooking without all the oil of skillet-frying. Just brush the fish with a very small amount of oil, then dip it into tangy sourdough crumbs and herbs.

CRISPY BAKED HALIBUT

- 1 1/4 pounds fresh or frozen halibut steaks, cut 1 inch thick
- 1/4 cup soft sourdough or other bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon snipped fresh tarragon or 1/2 teaspoon dried tarragon, crushed
- 1/2 teaspoon paprika
- Dash pepper
- 2 teaspoons cooking oil
- Fresh tarragon sprigs (optional)
- Lemon wedges (optional)

Thaw fish, if frozen. Cut fish into four portions; pat dry. In a shallow baking dish stir together bread crumbs, Parmesan cheese, tarragon, paprika and pepper. Brush both sides of fish with cooking oil. Dip fish into crumb mixture to coat both sides. Arrange pieces in a 12-by-7 1/2-by-2-inch baking dish. Sprinkle any leftover bread crumb mixture on top.

Bake, uncovered, in a 450-degree F oven for 8 to 12 minutes or until the fish flakes easily when tested with a fork. Do not turn during bak-

ing. If desired, garnish with fresh tarragon and serve with lemon wedges. Makes 4 servings.

Nutrition information per serving: 204 cal, 6 g fat, 46 mg chol, 30 g pro, 4 g carb, 0 g fiber, 164 mg sodium. RDA: 14 percent calcium, 10 percent vit. A, 12 percent thiamine, 11 percent riboflavin, 60 percent niacin.

Note: You can also use 2 large chicken breasts, skinned, boned and halved lengthwise (2 pounds total) in this recipe. For chicken, bake, uncovered, about 15 minutes or until the chicken is no longer pink in the center.

Pork kebabs cook fast

AP — Dijon-style mustard, brown sugar, bourbon and soy sauce are combined in a marinade for easy, delicious Mustard-Bourbon Kebabs. When ready, the pork is removed from the marinade and threaded onto skewers. Actual cooking time is only about 10 minutes on the broiler or grill.

MUSTARD-BOURBON KEBABS:

- 1 pound boneless pork, cut into 3/4-inch cubes
- 4 tablespoons Dijon-style mustard
- 4 tablespoons brown sugar
- 2 tablespoons bourbon
- 2 tablespoons soy sauce

In self-sealing plastic bag, combine all ingredients and mix well. Refrigerate overnight. Remove pork from marinade; thread pork cubes onto skewers. (Note: If using wooden skewers, soak skewers in water for an hour before using to prevent burning.) Broil or grill kebabs about 4 inches from heat source, turning occasionally, for 8 to 10 minutes, until nicely browned. Serve with hot rice and a tossed salad. Makes 4 servings.

Nutrition information per serving: 234 cal, 7 g fat, 66 mg chol. Recipe from: National Pork Producers Council in cooperation with National Pork Board.

McDonald's celebrates Big Mac's birthday



KEELY WYGONIK

Happy Birthday Big Mac, and a special thanks to Paul Hammer and all the folks at McDonald's on Farmington Road in Livonia who made some Big Macs for us to enjoy on the big day — May 7. McDonald's is honoring the 25th anniversary of its number-one selling large sandwich with

Big Mac values. During the Big Mac Silver Anniversary, customers who buy one Big Mac can get a second Big Mac for 25 cents.

The sandwich was created in 1968 by Jim Delligatti at the McDonald's franchise in Pittsburgh. The original selling price was 49 cents, excluding tax.

Take time for breakfast. Recent research suggests that eating a good breakfast not only enhances your ability to concentrate and do physical work in the morning hours, but also may help you maintain or lose weight.

Well nourished 9 to 11 year-olds made fewer errors in problem solving when they ate breakfast than when they skipped it. Children who skipped breakfast ate more heavily later in the day and were more likely to be obese than children who regularly ate breakfast.

Both high school age and adult breakfast skippers were more likely to have high blood cholesterol levels than regular breakfast eaters.

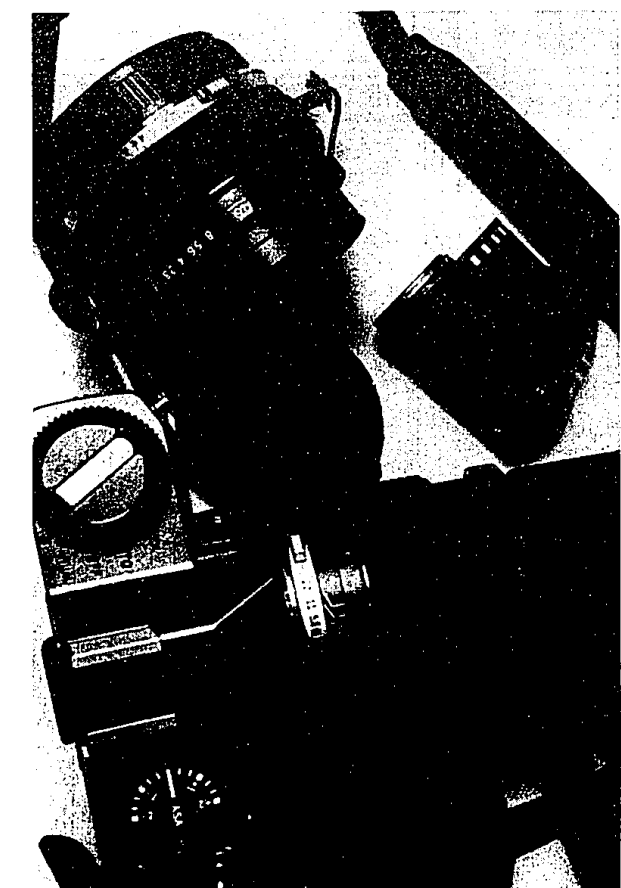
For a free copy of "First Things First — Making Breakfast Work

For You," the latest addition to the Quaker Oats Company's Healthy Dialogue series of information-packed brochures — send your name and address (no postage required) to: Healthy Dialogue, First Things First, Dept. HD-7, 1147 W. Jackson, Chicago, IL 60607.

Mark your calendars — Word of Mouth Foods and the Parthenon Meats, 1058 S. Main, Plymouth, is hosting their 2nd Annual Parking Lot Barbecue, 10 a.m. to 5 p.m. Saturday, May 22. The barbecue is a benefit with

all free will donations going to Scampl, a summer camp in Oakland County for special needs children with all types of disabilities.

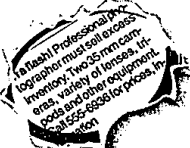
They will be grilling homemade sausages, chicken and ribs. Last year the company raised about \$1,600. Keely Wygonik is editor of the Taste and Entertainment sections for the Observer & Eccentric Newspapers, Inc. She welcomes your calls and comments. To leave a Voice Mail message, call 953-2105.



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