

Spruce up summer meals with a variety of greens



LOIS THIELEKE

vinegar to make a lukewarm salad.

Collard greens are served with buttermilk curls for a traditional Ethiopian stew, while in Brazil cooked kale or collards are a national dish. These greens are rich in beta carotene, vitamin C, and a good source of fiber. They can be eaten raw when young and tender, but as they mature their flavors become stronger and will taste better cooked.

Mustard greens

Mustard greens are also a rela-

tive of the cabbage and have a peppery, pungent flavor. Choose small, young, crisp leaves with a deep green color and no insect holes or seed heads. Seed heads are a sign of over maturity. Store for three days in the refrigerator in a plastic bag. Wash well and remove any tough stems before cooking.

Mustard greens are low in calories, rich in vitamins A and C, potassium, calcium, protein and iron. Swiss chard can be substituted for spinach in most recipes. Chard is a milder flavor green and can even be used for filling for ravioli. Because the ribs take longer to cook, trim away from leaves and cook separately, combine before serving. Keep chard refrigerated in plastic and use within a few days. Before cooking wash well, steam in a saucepan using just the water that clings to the

leaves. Chard is very high in vitamin A and is a good source of potassium, iron, calcium and protein. Chard is fairly high in sodium so cook with out salt to prevent discoloration.

Dandelion greens come from the common lawn weed, which is a member of the sunflower family. Before going out into the yard or stopping on the road side to pick dandelions, be sure the area has not been treated with weed killer or fungicides.

When dandelions are young, they are delicious in salads, especially with a hot bacon dressing. As they get older, they do become bitter and then need to be cooked.

Turnip greens are slightly sweet, a highly nutritious relative of the cabbage family. As they age, they have a strong flavor and will need to be cooked to tame that taste. Turnip greens are rich

in vitamins A and C, calcium, iron and protein. Choose crisp, fresh looking leaves, refrigerate and use within a couple days.

Kale is a member of the cabbage family, and one of the more nutritious, rich in vitamins A and C, potassium, protein and iron. Avoid buying limp, wilted or yellow leaves. For wilted tired greens, dip in hot water, then in ice water with a dash of vinegar. Shake the excess water from them and chill in the refrigerator for about an hour.

greens quickly to help preserve color and nutrients. Greens can be steamed, boiled, microwaved, or blanched. If the greens are too bland for your taste, add some, mayonara, or rosemary to the cooking water. Topping with poppy seed or sesame seed before serving will add another flavor to the greens. To raw greens, add anise, basil, chervil, caraway or savory.

Chopped greens can be used in stuffing for other vegetables such as green peppers or add them to bread stuffing for poultry or fish. Torn greens can be added to soups, brown rice, mashed potatoes, or layered into pasta casseroles. Try to use pothebs (greens) for meals for a new flavor-treat and for the nutritional benefits they can provide.

Storing greens
Rusting of lettuce and greens is caused by the way they are stored. Store away from all fruits and keep in a plastic bag with a couple paper towels to help absorb the excess moisture.

Do not wash greens until you are ready to cook them. Cook

Heat oven to 350 degrees F. For bread, grease and flour bottom only of 9- by 6-inch loaf pan. Combine flour, oats, sugar, baking powder, baking soda, salt and dates; set aside. Beat eggs and oil with fork or wire whisk, blending thoroughly. Mix in bananas, orange juice, vanilla and orange peel. Add to dry ingredients, mixing just until moistened.

Bake 60 to 70 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely. For glass, combine powdered sugar, orange juice and orange peel. Drizzle evenly over loaf. Makes 12 servings.

Nutrition Information: 1/12 of loaf. Calories 300, calories from fat 99, protein 6g, carbohydrate 47g, total fat 11g, saturated fat 2g, cholesterol 35mg, dietary fiber 2g, sodium 120mg. Percent calories from fat: 33.

Leisurely Sunday breakfasts still provide a healthy start

It's Sunday, the one day of the week when most of us have the luxury of starting the day slowly and spending time with family or friends — over a relaxed breakfast.

On weekday mornings, we usually eat in a rush, before dashing out the door. On the weekends, when time is on your side, "breakfast with its easy, wholesome honesty is an opportunity to be with and share oneself with friends and family," according to Marion Cunningham, author of "The Breakfast Book."

One way to ease into Sunday breakfast is to relax over a freshly brewed cup of coffee while a made-from-scratch breakfast bread bakes in the oven. Even if you have little baking experience, you're sure to find simple, homey coffeecakes will within your capabilities. They're typically mixed in a single bowl, baked in a single pan and served warm.

Very Berry Breakfast Cake, developed in the Quarter Kitchens with weekend breakfasting in

mind, offers easy preparation along with old-fashioned flavor. A crispy, crumbly oat streusel topping covers a moist and tender oatmeal cake swirled with raspberry preserves and dotted with blueberries.

Use either quick or old-fashioned oats, whichever you happen to have on hand. Both contribute wholesome goodness to this light-textured coffeecake. By using reduced-fat sour cream and egg whites in place of whole eggs, you'll trim both fat and cholesterol.

If you prefer to make breakfast a more substantial meal by adding a berry-topped bowl of oatmeal or an omelet to the menu, choose a breakfast bread that benefits from being baked ahead. Banana Orange Date Loaf will allow more easily and have a more developed flavor if it's allowed to cool completely, wrapped and stored overnight.

Good-for-you oats replace part of the flour in this moist breakfast bread, and the combination of fruits gives it a tropical flavor:

The simple orange glaze is optional.

The coffee (or tea) and juice that no Sunday breakfast can be without also deserve to be dressed up. Try an oversized cup of cafe au lait (strong coffee and steamed milk), foam-topped cappuccino, brewed spiced tea or cafe mocha (strong coffee and hot chocolate). Freshly squeezed orange juice is always a winner, but don't overlook more exotic juices like guava and mango or a juice blend. Then sit back and enjoy the morning — and each other.

VERY BERRY BREAKFAST CAKE

- Streusel
- 1/2 cup oats (quick or old-fashioned, uncooked)
- 1/4 cup sugar
- 3 tablespoons margarine, melted
- 1/4 teaspoon ground cinnamon
- Coffeecake
- 1 cup sugar
- 1/2 cup (1 stick) margarine, softened
- 4 egg whites or 2 eggs

One 8-ounce carton light sour cream

- 1 teaspoon vanilla
- 1 1/2 cups all-purpose flour
- 3/4 cup oats (quick or old-fashioned, uncooked)
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 cup raspberry preserves
- 3/4 cup fresh or frozen blueberries

For streusel, combine all ingredients; mix well. Set aside.

Heat oven to 350 degrees F. For coffeecake, spray 9-inch square baking pan with vegetable oil cooking spray or grease lightly. Beat sugar and margarine until fluffy. Add eggs, sour cream and vanilla; mix until smooth. Add combined flour, oats, baking powder and baking soda; mix just until blended. Spread into prepared pan. Spoon preserves over batter; swirl through batter with knife.

Sprinkle blueberries evenly over batter. Sprinkle streusel over blueberries. Bake 60 to 65 minutes or until wooden pick inserted in center comes out clean. Serve warm. Store

tightly covered at room temperature. Makes 12 servings.

Nutrition Information: 1/12 of recipe. Calories 330, calories from fat 125, protein 6g, carbohydrate 48g, total fat 14g, saturated fat 3g, cholesterol 5mg, dietary fiber 2g, sodium 250mg. Percent calories from fat: 37.

BANANA ORANGE DATE BREAD

- Bread
- 2 1/2 cups all-purpose flour
- 1 cup oats (quick or old-fashioned, uncooked)
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt (optional)
- 3/4 cup chopped dates or raisins
- 2 eggs
- 1/2 cup vegetable oil
- 3/4 cup mashed ripe banana (about 2 medium)
- 3/4 cup orange juice
- 1 teaspoon vanilla
- 2 teaspoons grated orange.

peel
Glaze (optional)
1/2 cup powdered sugar
3 to 4 teaspoons orange juice
1/2 teaspoon grated orange peel

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