Peachy recipes are family favorites

See related story on Taste front.

FETTUCINI AND PEACHES

8 ounces fettucini, white or green
1 teaspoon salt
1 teaspoon vegetable oil
1/2 cup whipping cream
1 egg yolk
1 cup grated Romano cheese
1 tablespoon minced parsley
1 cup sliced firm fresh peaches
1/2 cup julienne ham or sliced prosciutto ham
Nutmeg for garnish

Boil fettucini in salted water and vegetable oil for approximately 12 minutes or until tender. Drain well. In a saucepan, lightly beat cream, egg yolk and cheese. Heat the mixture until hot. Combine fettucini, parsley, peaches, ham and hot cheese mixture and toss lightly. Garnish and serve immediately.

Recipe from Cheryl Lukens, Farmington Hills

EASY PEACH COBBLER

1/4 cup butter
4 cups sliced peaches
1/2 cup sugar
1 tablespoon plus 2/3 cup baking mix (Bisquick)
1/2 teaspoon ground cinnamon
2 tablespoons firmly packed brown sugar
2 tablespoons milk

In a 1-quart shallow casserole combine peaches, sugar, 1 tablespoon baking mix and cinnamon.

In medium bowl mix together 2/3 cup baking mix and brown sugar. Cut in butter until the size of small peas. Stir in milk until moistened. Drop by spoonfuls onto peach mixture.

Bake at 400 degrees F. for 30 minutes or until toothpick inserted in crust comes out clean. Let set for 5 minutes before serving.

Recipe from Michelle Barie, Livonia

PEACH SLUSH

1 large can peaches (with syrup)
1 cup Margarita mix
1/4 cup sugar (optional)
2 ounces Vodka (to taste)
4 ounces Peach Schnapps (to taste)
Lemon/lime carbonated drink

Puree peaches in blender. Add other ingredients and blend. Freeze until slushy. Pour lemon/lime carbonated drink over slush in glass to serve.

Recipe from Deanna Werner, Plymouth

SWEET AND SOUR PEACH CHUTNEY

1 pound fresh peaches, peeled and chopped
2 cloves garlic, peeled and finely chopped
1 piece ginger (approximately 1" cube) peeled and finely chopped
1/2 cup red wine vinegar
1 cup sugar
1/2 teaspoon salt
1/4 teaspoon Cayenne pepper
1/4 cup golden raisins

In the jar of an electric blender, blend the peaches, garlic, and ginger until smooth.

Transfer this mixture to a heavy stainless steel or porcelain-lined pot. Add the red wine vinegar, sugar, salt, and Cayenne.

Bring to a boil, and then turn the heat down to medium-low. Simmer for 20 minutes, stirring now and then to avoid letting the chutney stick to the bottom of the pot. Add the raisins, and continue to cook until the chutney looks thick and glazed.

Cool the chutney, transfer to a lidded glass jar, and store in the refrigerator.

Recipe from Suba Subbarao, Rochester Hills

Scones and tea are a cozy pair

Tea time is making a comeback throughout this country as many people find it a wonderful way to take a break from hectic schedules. With Mother's Day approaching, this could be a special way to spend some quality time with Mom.

Tea is not an exceptional source of well-known nutrients, but it does contain polyphenols — substances under close study for potential cancer-fighting properties. Green tea, the light, flavorful tea from the Far East, is attracting the most research attention, but the black tea consumed in this country also may have some cancer-fighting advantages.

Beyond tea and conversation, no tea time would be complete without a tray of delectable treats. Consider some of these healthy choices.

Toast cornmeal muffins and serve them with apple butter, or create tea cakes using your favorite low-fat, whole-grain muffin or quick-bread recipe in mini-muffin or mini-loaf pans. All fruit jam or a sprinkling of powdered sugar make perfect frosting.

Sponge cake or fat-free pound cake are delicious topped with berries or sliced fruit. Try cutting cake slices with a cookie cutter, heating the shapes in the oven until golden, and dusting with powdered sugar.

If tea sandwiches strike your fancy, be adre to use fat-free cream cheese on your watercress, cucumber or tomato sandwiches, or serve tuna, salmon or chicken salad made with low-fat mayonnaise. Trim the crusts from whole wheat bread, spread with filling and cut in four triangles.

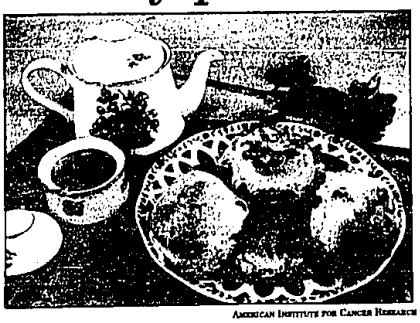
Fresh strawberries are fabulous with a dip made by blending eight ounces of vanilla nonfat yogurt with a little honey and a few toasted almonds.

Scones are a tea time tradition, so savor low-fat Buttermilk Oatmeal Raisin Scones spread with your favorite jam.

BUTTERMILK OATMEAL RAISIN SCONES

1/4 cup granulated sugar
1 1/2 cups whole wheat flour
1 1/2 cups rolled oats
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
3 tablespoons soft margarine
1 cup raisins
1 1/4 cups buttermilk

Preheat the oven to 425 degrees F. Set aside 1 1/2 teaspoons of sugar for the topping. In a bowl, combine the whole wheat flour, rolled oats, remaining sugar, baking powder, soda and salt. Blend in the margarine until the mixture is crumbly. Stir in the raisins, then the buttermilk.



AMERICAN INSTITUTE FOR CANCER RESEARCH

Scones: *Buttermilk Oatmeal Raisin Scones pair perfectly with freshly brewed tea.*

On a lightly floured surface, knead the dough about 10 times. Divide it into 3 pieces. Pat each piece into a round about 3/4-inch thick. Transfer to a baking sheet then cut with a knife to divide each round into four quarters. Sprinkle with reserved sugar. Bake for 15 to 20 minutes or until lightly browned. Serve hot.

Each scone has 4 grams of fat and 184 calories.

Recipe from the American Institute for Cancer Research.

For a free booklet of recipes for healthy and delicious party foods, send a stamped (55 cents postage), self-addressed #10 envelope to the American Institute for Cancer Research, Dept. GH, Washington, DC 20069.

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Cheesecake can be made ahead

This cheesecake can be made a day ahead and kept overnight in the refrigerator with berries added at the last minute. So you're all set to have a relaxed gathering of your family and friends, knowing you have dessert in your hands.

PHILLY 3-STEP WHITE CHOCOLATE CHEESECAKE

2 packages (8 ounces each) cream cheese, softened
1/2 cup sugar
1/2 teaspoon vanilla
2 eggs
6 ounces white chocolate, chopped, melted
1 ready-to-use chocolate flavor crumb crust (6 ounce or 9 inch)
2 cups blueberries, raspberries and sliced strawberries

Mix cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Add eggs; mix until blended. Blend in melted chocolate.

Pour into crust.

Bake at 350 degrees F. for 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. top with fruit and drizzle with 2 tablespoons strawberry jelly, melted if desired. Makes 8 servings.

Recipe from Philadelphia Brand Cream Cheese test kitchen.

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