



IN SEASON

Kiwifruits kick winter blues

SACRAMENTO, Calif. (AP) — California kiwifruits are one of the few fresh fruits in peak season throughout winter, the California Kiwifruit Commission points out.

The fruit is compact, completely edible, has lively flavor and pretty green color and delivers vitamin C and fiber, among other nutritious values. Here are some pointers for its use:

- Choosing kiwifruit is easy, the commission says. Pick firm, unblemished fruit and test by squeezing gently. If the fruit gives to slight pressure, it is ripe. If it does not yield at all, it is not ready to eat.

- Size does not matter. Smaller kiwis taste the same as larger fruit.

- Kiwi will keep for several days at room temperature and

KIWI MANGO SALSA

3 medium kiwifruit
 3/4 cup mango, chopped (see note)
 1 tablespoon minced green chilies (fresh or canned)
 2 tablespoons lime juice
 1 1/2 teaspoons honey
 3 tablespoons chopped cilantro
 Pinch of salt

Peel kiwifruit and cut into lengthwise quarters, then slice. Place sliced kiwifruit into bowl with other ingredients. Mix gently.

Note: If desired, for the mango substitute 1/2 cup (about 12) diced dried figs.

up to four weeks in your refrigerator.

- If your kiwifruit is not ripe and you get impatient, put it in a vented plastic bag with an apple or banana and leave it out on the counter for a day to two, to accel-

erate ripening.

- You don't have to peel your kiwifruit: The fuzzy skin is edible and a lot of the nutrients lie just beneath it, so rinse it off and bite right in.

- If you wish you can slice the fruit in half and scoop the inside out with a spoon. You can also quarter it like an apple, slice it like a banana or dice it like a tomato. Substitute it for other fruit or tomatoes in salads and sandwiches.

- Kiwi acts as a meat tenderizer. Crush a fruit and use it alone or in a marinade. It will be effective on even tough meat after a soaking of only 30 minutes.

- The kiwifruit has a long history — it was known and prized for its flavor and color at least 700 years ago in China.

- The following recipe is quick and easy to make, and goes with tortilla chips or as an accompaniment to a meat or seafood dish:

Simple dish sure to please

BY THE ASSOCIATED PRESS
 Entertaining doesn't have to be a big deal, according to Dianna Shaw, author of "Almost Vegetarian Entertaining" (Clarkson Potter, \$18.95). It's just a way to share a good time with friends over good, but not necessarily

complicated, food. Chickpeas in Tomato Sauce With Feta and Wine is ideal for both first-time hosts with the jitters or seasoned servers with little time to spare. It is as simple as it is satisfying, and it takes less than 40 minutes to prepare.

- CHICKPEAS IN TOMATO SAUCE WITH FETA AND WINE**
- 1 tablespoon extra virgin olive oil, plus 1 teaspoon onion, chopped
 - 2 garlic cloves, crushed and minced
 - 2 tablespoons minced fresh oregano or 1 tablespoon crumbled dried oregano
 - 6 tomatoes, peeled, seeded and chopped, or 2 1/2 cups canned chopped tomatoes, drained
 - 1/2 cup dry white wine
 - 2 cups cooked chickpeas, rinsed and drained
 - 3/4 cup crumbled feta cheese
 - Salt and freshly ground black

pepper

Heat the oil in a nonstick skillet over medium-high heat. When hot, add the onion, garlic and oregano. Reduce the heat to medium-low and saute, stirring often, until the onion is soft, about 7 minutes.

Add the tomatoes and stir until bubbly. Add the wine and continue to simmer, stirring occasionally until the mixture thickens into a sauce, about 15 minutes.

Stir in the chickpeas and feta cheese. Continue stirring until the cheese melts, about 4 minutes. Season with salt and pepper.

Remove from heat and let sit for 10 minutes before serving. Can be made 3 days in advance.

Makes 4 servings.

Sense from page D1

Olive oil becomes cloudy and thick at temperatures below 45°F. Store olive oil in a cool dark place. You can store olive oil in the refrigerator, but it will become cloudy. When you are ready to use the olive oil, take it out of the refrigerator and let it come to room temperature. The oil will become clear and thin again.

Studies have shown that using

a monounsaturated oil is certainly better than using a saturated fat. But fat is fat, so try to use it sparingly.

Lois Thieleke is a home economist for the Michigan State University extension of Oakland County, and a resident of Birmingham. If you have questions about food safety, food and nutrition or food preservation, call (248) 858-0904.

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Warm up your crew with meat loaf, stew

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Gijbers

Get the whole gang over for a feast? Here's two hearty recipes for your crew to consume:

OVEN STEW

- FAMILY MEAT LOAF**
- 1 1/2 pounds ground beef
 - 3/4 pound ground veal
 - 3/4 pound ground pork
 - 2 eggs
 - 1/2 cup green pepper, finely chopped
 - 1 cup bread crumbs
 - 1 teaspoon chopped basil
 - 1 teaspoon chopped chives
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 cup of ketchup (or barbecue sauce), divided
- Preheat oven to 350° F. In large bowl, combine all ingredients, reserving 1/2 cup ketchup or barbecue sauce. Place mixture in a greased loaf pan. Spread remaining ketchup (barbecue sauce) on top. Bake for 45 minutes to one hour. Serves 8.
- Recipe compliments of Sarah

- 2 pounds stewing meat (beef or veal), cut into bite-size pieces
 - 3 cups V-8 juice
 - 2 cups onion, cut into large pieces
 - 2 cups potatoes, peeled and cut into quarters
 - 2 cups carrots, peeled and cut into large pieces
 - 2 cups celery, cut into large pieces
 - 2 teaspoons salt
 - 1/2 teaspoon pepper
 - 1 teaspoon sugar
 - 5 tablespoons tapioca
 - 1 medium can sliced mushrooms (optional)
- Preheat oven to 260° F. Combine ingredients in roasting pan. Stir to mix. Bake for 5 hours. (No pre-browning of meat is required. Brown gravy is produced during baking process.) Serves 8-10.
- Recipe compliments of Nancy Souran

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