

Have a berry healthful meal

FROM THE AMERICAN INSTITUTE FOR CANCER RESEARCH

Blueberries are as American as apple pie — maybe even more so. Native Americans ate wild blueberries fresh and also dried them in the sun to be used later. Early colonists not only ate blueberries but also boiled them in milk to make gray paint.

The national passion for the deep blue, sweet and juicy berries — both wild and cultivated — has never abated. Americans eat millions of tons of blueberries every year.

Blueberries are a highly versatile ingredient. Served in a bowl with milk, they make a simple but satisfying dessert. Sophisticated cooks use them to make savory sauces for roasted poultry and game, or to add color, texture and flavor to salads.

When buying berries, select those that are firm, uniform in size and dark blue with a silvery frost. Avoid wrinkled berries or lenky packages. For optimum taste, berries should be used as soon as possible, but they can be kept refrigerated for up to two weeks.

Refrigerate berries in containers that are not tightly sealed so air can circulate and help prevent mold from developing. And don't wash them until you are about to use them, or they'll get mushy. To preserve their flavor, don't soak them — a brief rinse will suffice. Toss a handful of fresh berries into your breakfast cereal, or use them to top a warm English muffin spread with softened light cream cheese. Purée them in a blender with



Blue and white: Blueberries and feta cheese make an eye pleasing salad.

reduced-fat yogurt or milk for a powerhouse smoothie. Mix them into a chicken salad, or use them to color and flavor a summer fruit salad.

BLUE AND WHITE SALAD

- 2 Tbs., raspberry-flavored or blueberry-flavored vinegar
- 1/4 cup fat-free, reduced-sodium chicken broth
- 2 Tbs., extra virgin olive oil
- 1 tsp. mild-flavored honey
- 1/2 tsp. fresh mint leaves, finely minced
- 1 cup plus 10 fresh blueberries
- 8 cups tom. mixed salad greens
- 2 oz. crumbled reduced-fat feta cheese

To make the vinaigrette, place in a blender the vinegar, broth, oil, honey, mint and 10 blueberries. Blend at low speed just until emulsified.

Transfer to a jar with a tight lid and refrigerate until needed. Stored chilled, vinaigrette will keep 2 to 3 days.

Just before serving time, toss mixed greens and remaining blueberries in a large bowl. Shake vinaigrette until thoroughly reblended, drizzle over salad and toss lightly.

Sprinkle crumbled feta over top and serve.

Makes 4 servings.
Per serving: 134 calories, 9 g. total fat (2 g. saturated fat), 12 g. carbohydrate, 5 g. protein, 4 g. dietary fiber, 262 mg. sodium.

Try pork with lemon and sage

BY THE ASSOCIATED PRESS

Sage's slightly musty fragrance and flavor pair well with pork, says food writer Joanne Weir in *All About Herbs*, a feature on how to use fresh herbs, in the June issue of *Cooking Light* magazine. The following low-fat recipe for braised pork roulade is an example of how to use sage to advantage.

A roulade is a thin cut of meat that's rolled around a filling and sliced before serving. Braising is an unusual technique for roulade, but ensures moistness and creates a flavorful sauce. The roulade is served with hot, cooked orzo, the rice-shaped pasta.

PORK ROULADE WITH LEMON AND SAGE

- Two 1-pound pork tenderloins, trimmed
- 2/3 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped fresh sage
- 2 tablespoons grated lemon rind

- 2 garlic cloves, minced
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 1 cup sauvignon blanc or other dry white wine
- 1 1/2-ounce can fat-free, less-sodium chicken broth
- 1 teaspoon fresh lemon juice
- 4 cups hot cooked orzo (about 2 cups uncooked pasta)
- 8 lemon wedges
- Sage leaves, optional garnish

Slice tenderloins lengthwise, cutting to, but not through, other side. Open halves, laying tenderloins flat. Slice each half lengthwise, cutting to, but not through, other side; open flat. Place plastic wrap over tenderloins; pound to 1/2-inch thickness, using a meat mallet or rolling pin.

Combine parsley, sage, rind and garlic. Sprinkle 1/2 teaspoon salt and 1/4 teaspoon pepper over tenderloins. Spread half of parsley mixture over each tenderloin, leav-

ing a 1/2-inch border around outside edges. Roll up the tenderloins jellyroll fashion, starting with the long sides. Secure at 2-inch intervals with twine. Sprinkle 1/2 teaspoon salt and 1/4 teaspoon pepper over tenderloins. Place the tenderloins in a large zip-top plastic bag, and seal. Refrigerate for at least 1 hour.

Heat oil in a large nonstick skillet over medium-high heat. Add tenderloins, cook 5 minutes, turning until browned on all sides. Add wine; cook 2 minutes. Add broth, and bring to a boil. Cover, reduce heat, and simmer 20 minutes.

Remove tenderloins from pan; keep warm. Cook broth mixture until reduced to 1 cup (about 10 minutes). Stir in juice. Remove twine from tenderloins. Slice tenderloins crosswise into 3/4-inch-thick slices. Drizzle with sauce. Serve with orzo and lemon wedges. Garnish with sage leaves, if desired.

Makes 8 servings (serving size: 3 ounces pork, 2 tablespoon sauce, 1/2 cup orzo and 1 lemon wedge).

Making the stars and stripes

AMERICAN COBLER

- 4 Granny Smith apples (about 1-1/4 pounds) peeled, cored and sliced
- 4 Bartlett pears (about 1-1/4 pounds) peeled, cored and sliced
- 1 pint fresh blueberries
- 1 pint fresh raspberries
- 2 tablespoons lemon juice
- 2 cups granulated sugar
- 2/3 cut flour

- 1 Wilton Star cake pan
- 2 tablespoons butter
- 1 cup chopped walnuts
- 2 tablespoons powdered sugar
- 1 package (15 ounces) refrigerated pie crust (2 crusts)
- Whipped cream optional

Toss apples, pears and berries with lemon juice in a large bowl. Mix sugar and flour. Add to fruit

mixture; mix lightly.

Spoon fruit mixture into greased pan. Dot with butter. Toss walnuts with powdered sugar; sprinkle over fruit filling.

Bake at 350 degrees for 60 to 70 minutes or until pastry is golden brown and filling is hot and bubbly. Serve warm with whipped cream. Makes 12 servings.

— Courtesy of Family Features

Flag from page B1

blue and lemon Jell-Os in different areas of the mold. She'll top it off with whip cream in the appropriate areas.

For homemakers, Pillsbury launched two products this year with a July 4th theme. The

line is called Funetti and includes a cake mix plus red, white and blue sprinkles.

The white frosting includes star and stripe shaped sprinkles. Both sell for under \$2.

Healds from page B1

make this wine, cinsault is not allowed in high percentage. Tembarone is a bigger wine than the Cuvee du Gons, with meaty notes of grilled sausage or bacon in the aroma. Pepper spiciness creates a very flavorful wine with a nice, easy-drinking finish. Serve it with grilled pork, lamb or veal. Light, soft cheeses also match well.

Also from vintage 1998, are the Domains des Girasols Rasteau \$18 with the warm aroma of ripe fruit. It shows rich, intense bright flavors that end mellow with good length. The

Vieilles Vignes (Old Vines) \$19 is a blend of 90 percent grenache and 10 percent cinsault.

The magnificent fruit profile is big and plump in the mouth. Like all the other Girasols reds, it highlights the fact that not all great wines need to age in oak barrels.

The Healds are Troy residents who write about wine, spirits, food, and restaurants for the *Observer & Eccentric Newspapers*. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864#.

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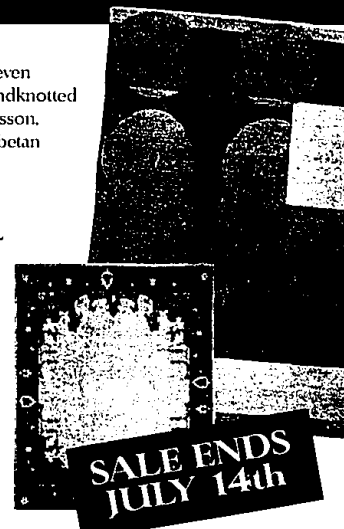
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