

Try some summer food with a French style

When guests are arriving to celebrate a graduation, the last thing you want to worry about is cooking for a crowd. Festive, made-ahead dishes are the order of the day. An elegant, composed salad is easy to assemble, light, healthful and an impressive addition to the buffet table.

In a composed salad, the ingredients are artfully arranged on a platter rather than tossed together in a bowl. One classic version is the French-style Niçoise Salad. Despite its elegance, it uses modest ingredients like canned tuna, lettuce, potatoes, tomatoes, green beans and hard-boiled eggs.

Niçoise Salad - meaning "as prepared in Nice," is typical of the food along the French Riviera. Restaurants often serve this salad with grilled fresh tuna rather than canned fish. It's good either way. If you use canned tuna, choose the chunk light variety. The solid light and solid white versions are too hard and dry. Canned tuna is packed in either water or oil - the former more healthful, with far less fat and calories.

Reports indicate that high con-

centrations of omega-3 fatty acids are found in fatty fish, particularly tuna and salmon. These compounds have been shown to slow or prevent the growth of cancerous tumors and are thought to have a role in lowering cholesterol and blood pressure.

You can start preparing Niçoise Salad a day before serving, but don't dress the salad until you're ready to serve it, or the ingredients will wilt and discolor. Multiply the ingredients in the following recipe according to the size of your group.

Salad Niçoise

- 12 Romaine lettuce leaves, washed and dried
- 2 cans (6-1/2 oz.) chunk light tuna in water, drained or 1 lb. fresh tuna, grilled and flaked 3/4 lb. new potatoes, cooked and halved
- 1 bag (9-10 oz.) frozen string beans, cooked until crisp-tender
- 1 Tbsp. capers, rinsed and dried
- 2 hard-boiled egg whites, quartered
- 1 medium ripe tomato, cut in 8 wedges
- 8 anchovy fillets, rinsed and dried (optional)
- 1/4 cup Niçoise olives
- 4 very thin slices small red onion

- 1/4 cup red wine vinegar
- 1 garlic clove, finely minced
- 2 Tbsp. plus 1 tsp. extra virgin olive oil
- Salt and freshly ground black pepper, to taste

Assemble the salad by tearing lettuce into large pieces. Arrange leaves to cover a serving platter. Mound tuna in center of platter. Arrange potatoes in a ring around tuna. Arrange beans around potatoes. Sprinkle capers over potatoes. Place hard-boiled egg whites, tomato wedges and anchovies (if using) around beans, in alternating fashion. Sprinkle olives and arrange onion rings over top of salad.

In a small bowl, combine vinegar and garlic. Whisk in oil. Season to taste with salt and pepper. Pour dressing over salad, making sure to moisten fish well.

Place salad on buffet table to allow diners to serve themselves, or divide salad among four large plates to serve at a seated meal. Makes 4 servings.

Per serving: 313 calories, 10 g. total fat (1 g. saturated fat), 26 g. carbohydrate, 31 g. protein, 5 g. dietary fiber, 617 mg. sodium.



A great summer salad.

A new version of the Vietnamese spring roll

A cool but still impressive summer treat for the family: Vietnamese summer rolls.

The vegetarian version of this popular but simple snack omits both the customary shrimp and the bland, rubbery rice paper wrappers that home cooks hesitate to tackle. Set out the colorful ingredients for this light yet filling finger-food any time, letting the kids assemble them to their tastes.

Summer rolls are a cool, seductive way of getting teens to devour a bunch of healthful raw vegetables. Virtually fat-free and low-calorie, they are great for figure-conscious girls and popular with all. Served as a do-it-yourself dish, they make it easy to skip any parts of the filling they don't like. You can include a small amount of shredded chicken breast for those who are not vegetarian.

Instead of the traditional thin rice wrappers, this version uses a lettuce leaf. You then add herbs like basil, cilantro and mint, plus an assortment of vegetables like very thinly sliced carrot, white dailkon

radish and cucumber. The lettuce leaf is then folded to encase everything. Everyone has a small bowl of intensely flavored dipping sauce to dunk this packet into before each generous bite.

Thin rice noodles, at the heart of summer rolls, are sold in the Asian section of most supermarkets. The other ingredients, including the sauce, can be made ahead, but the noodles should be prepared just before serving. Put them out in a bowl, along with the platters of vegetables and individual bowls of sauce. To make your own roll, take a lettuce leaf, heap on a few tablespoons of noodles, then a few strips of each vegetable, top with a few sprigs of each herb and roll or fold the lettuce into a packet. Dip the roll into the sauce and enjoy. Repeat as desired.

VIETNAMESE LETTUCE ROLLS

- 3-4 oz. thin rice noodles
- 4 large leaves green leaf lettuce
- 2 scallions, green part only, cut in 3-inch pieces
- 1 medium peeled carrot, cut in 3-

inch pieces

3-inch piece seedless cucumber, peeled

1/2 cup (loosely packed) large basil leaves

1/2 red bell pepper, cut in thin strips

24 fresh cilantro leaves, washed and dried

1/2 cup (loosely packed) mint leaves, cut into very thin strips

1 shallot, very finely minced

1/8 tsp. red pepper flakes

2 Tbsp. fish sauce* or reduced-sodium soy sauce

2 Tbsp. rice vinegar

1 Tbsp. sugar

1/4 cup cold water

Prepare rice noodles according to package directions. Rinse under running water and drain well. Use scissors to cut noodles into 3-inch lengths. Place in serving bowl and set aside.

Tear lettuce leaves into pieces roughly 6 inches long and 3 inch-

es wide. Arrange lettuce on a serving platter.

Cut scallions, carrot, cucumber and basil leaves lengthwise into very thin julienne strips. Arrange in separate mounds on a second platter. Add red pepper, cilantro and mint leaves, mounded into separate piles.

In medium bowl, mix together shallot, pepper flakes, fish or soy sauce, rice vinegar, sugar and water. Divide among 4 individual small bowls, like custard cups, and place one bowl at each place setting. Place bowl of noodles and platters of vegetables in center of table.

*Fish sauce, which is stocked in the Asian section of markets, has a pungent, anchovy-like taste. Soy sauce is an acceptable substitute. Makes 4 servings of 3 rolls per person. Per serving: 32 calories, less than 1 g. total fat (0 g. saturated fat), 7 g. carbohydrate, 1 g. protein, 1 g. dietary fiber, 203 mg. sodium.

Crazy Al's Password

Play Crazy Al's Password every Monday between 8:00 a.m. - 9:00 a.m. on WPON 1460 a.m. Be the correct caller with the password and win a great prize.

Listen to Crazy Al's Radio Party WPON 1460 AM Mon.-Fri. 6:00 A.M. - 9:00 A.M. & 2:00 P.M. - 4:00 P.M.

Call 248-332-1460

"Password"
Chevy Belair

Crazy Al's Radio Party
Truly the greatest rock and roll show you've ever heard!
LISTEN TO RARE ROCK AND ROLL ON
WPON Radio Oldies 1460 AM
Oldies You Just Don't Hear Any Place Else!
Crazy Al's Radio Party Mon.-Fri. 6-9 a.m., afternoons 2-4 p.m.
LISTEN ON THE WEB www.wpon.com




TOTO

with special guest
Ross Amicucci

THIS MONDAY, JULY 22 • 7:30 PM

Tickets available at PardonThe.com The Palace and DTE Energy Music Theatre Box Offices and all participating locations. Charge or (734) 615-8888

MGM Live Responsibly

Wicker Works 38th Annual Sale

Come Early For Best Selections!

NOW 60% OFF

July 6-19

50% OFF

July 20-26

60% OFF

July 27-Aug 3

70% OFF

Last Day Aug 4

80% OFF

Call 517-439-9313 For Directions

Open 7 Days 9am-6pm
Fridays 9am - 9pm

Visa/Mastercard Accepted

PVC Furniture

Rockers

Swings

Cushions

Chaise Lounges

Bedroom Furniture

Trunks

Decks

Children's Furniture

Doll Furniture

Dining Sets

Planters

Thousands of Baskets

Christmas Items

Much, Much More...

It Only Happens Once A Year!

CHARDONNAY 750 ml. **\$10.99**

WESTBORN MARKET SPECIALS

PIESPORTER 3/\$10 \$3.99 ea

Plump & Sweet

JERSEY BLUEBERRIES

2/\$3 pints

California SUGAR SWEET PLUMS

99¢ lb. Red & Black

California SWEET & JUICY NECTARINES

69¢ lb.

GRILLING PORTABELLA MUSHROOMS

\$1.99 pkg. Slice & Cap

Fresh ROMANE HEARTS

2/\$3 pkg.

Premium MICHIGAN GLADS

\$2.49 10 stem bunch

20% OFF MICHIGAN 8' ANNUALS

\$5.99 pot

Boneless SKINLESS CHICKEN BREAST

\$1.69 lb.

U.S.D.A. Choice NEW YORK STRIP STEAKS

\$6.99 lb.

Fresh SWORD-FISH STEAKS

\$6.99 lb.

Florida Natural PREMIUM ORANGE JUICE

2/\$5

Bareman's GALLON MILK

\$1.99 except choc

Grade 'A' EXTRA LARGE EGGS

59¢ doz

Hoffman's HARD SALAMI \$4.99

Smokehouse HONEY HAM \$4.99

Healthy Choice Oven Roasted HONEY TURKEY \$4.99

Land O' Lakes Yellow & White AMERICAN CHEESE \$3.99

Butterball TURKEY FRANKS 2/\$3

14825 MIDDLEBELT LITONIA • 734-624-1000

Just South of Five Mile (on the west side)

WESTBORN MARKET

www.westbornmarket.com

We reserve the right to limit quantities. Prices good through July 24, 2002.