

FOOD

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

'G' — GRAND AND GLORIOUS COOKING!

BY MARY ANN MENENDEZ
STAFF WRITER

Goodness and great taste are packaged well in today's presentation of the seventh letter of the alphabet. These gastronomical delights beginning with "G" range from snacks to healthy entrees.

Concentration is focused on ginger, grapes, grapefruit, green pepper, guacamole and a Greek (another "G" word) sandwich, the gyro.

Ginger holds many properties of Vitamin B in addition to Vitamin C, calcium, iron, magnesium, phosphorous, potassium and zinc. This exotic root is touted for its effects as a digestive aid. Ginger has also made its way into the soft drink industry.

For the lowdown on grapes, please refer to today's Fareway Fare located on this page.

Grapefruit got its name because this fruit hangs in bunches just like grapes. For years, many have tried the grapefruit diet. The active ingredient is naringin that blocks fatty acids from entering cells. (Consult your physician before trying any diet.) This fruit is rich in vitamin C, high fiber as well as other micro-nutrients and certain phyto-chemicals. Pink/red grapefruit contains more vitamins than white. Persons who are taking cholesterol-lowering medications should not select grapefruit or its juice as a choice as the interaction can have a strong detrimental effect. Ask your physician for more information.

The gorgeous green pepper is well supplied with dietary fiber, Vitamins A, C, E, K, B6 in addition to potassium, manganese, thiamin, riboflavin, niacin, folate, pantothenic acid and magnesium. It lends its crunch and color to please our senses.

Guacamole is a sauce made primarily of avocado and dates back to the Aztecs. The avocado is rich in calories and does contain a lot of fat, but it has more potassium than the banana. Most of the fat is the heart-healthy monounsaturated type. Enjoy your guacamole; just don't make it a daily indulgence.

While not an item found on the

grocer's shelf, the gyro (pronounced year-o) is a grand slam, Greek style sandwich as pita bread holds layers of thinly sliced lamb (beef can be substituted), tomatoes, cucumber-yogurt-mint-garlic sauce. The recipe appearing today is a variation using ground beef burgers.



Gingered Chicken

1/4 cup olive oil
2 cloves fresh garlic, crushed
2 pounds chicken breast fillets, skinned
1 cup peeled and diced mangoes
1/4 cup dark brown sugar
1/4 teaspoon freshly ground cloves
3 teaspoons ground ginger
1/2 teaspoon nutmeg
2 teaspoon soy sauce
Salt and freshly ground pepper to taste

Heat the oil in a heavy frying pan. Add the garlic and saute for a few minutes. Then, add the chicken fillets. Cook for about 15 to 20 minutes until the chicken is cooked through. Meanwhile, in a medium-sized bowl, combine the mango with the sugar, cloves, ginger, and nutmeg. Pour the mixture over the cooked fillets and gently mix to cover the chicken pieces. Add soy sauce, salt, and pepper to taste. Cook for about 10 more minutes. Serve hot.



Grapefruit-Spinach Salad

1/4 red onion, thinly sliced
3 pink/red grapefruit
6 cloves garlic, peeled
2 tablespoons white wine vinegar
2 tablespoons extra virgin olive oil
1 tablespoon honey mustard
1 teaspoon honey
Salt and freshly ground pepper to taste
12 ounces fresh spinach, trimmed, washed and torn
1/2 small jicama, peeled and cut into matchsticks
2 teaspoons poppy seeds

Place onion in a small bowl, add cold water to cover and soak for 10 minutes. Drain. Meanwhile, with a sharp knife, remove skin and white pith from grapefruit and discard. Working over a small bowl to catch the juice, cut the grapefruit segments from their surrounding membrane; reserve the segments in a small bowl. Measure 1/3 cup of the juice and set aside. Place garlic in a small saucepan and add water to cover. Bring to a simmer over medium heat and cook until tender, about 3 minutes. Drain. Combine vinegar, oil, mustard, honey, the cooked garlic and reserved grapefruit juice in a blender and blend until creamy. Season with salt and pepper. Combine spinach, jicama and reserved onions and grapefruit sections in a salad bowl. Drizzle with the dressing and toss. Arrange on salad plates and garnish with poppy seeds.

Great Guacamole

2 ripe avocados, pitted and peeled
4 tablespoons finely diced sweet onion
1 or 2 diced jalapenos, or chili peppers
1 or 2 ripe tomatoes, seeded and finely diced



2 tablespoons fresh lime juice
2 finely minced garlic cloves,
1/2 teaspoon sea salt
Dash of black pepper
3 tablespoons chopped cilantro

Mash avocados well with a fork. Add the diced onion, peppers and tomato. Add the rest of ingredients and mix well. Put into a serving bowl and cover with plastic wrap. Place the wrap right on the guacamole to keep the air out. Chill for several hours or overnight for the flavors to develop. When ready, serve with your favorite tortilla chips.

Meatless Stuffed Green Peppers

4 peppers
1 tablespoon olive oil
1 small onion, chopped
2 clove garlic, minced
1 teaspoon oregano
1 teaspoon basil
2 carrots, cut into thin strips
1 cup peas, fresh or frozen
1 tomato, diced
1/2 cup chopped cashews
1 and 1/2 cups cooked brown rice

Preheat oven to 350 degrees. Wash and clean peppers. Cut off tops and remove seeds and membrane. Place prepared peppers on steamer rack in wok or Dutch oven and steam 3 to 4 minutes. Meanwhile, heat oil in wok or large skillet, add onion and garlic. Sauté mixture for 1 minute. Add herbs, carrots and peas. Continue to cook 3 to 5 minutes or until carrots are

tender, stirring constantly. Reduce heat and add the tomato, walnuts, brown rice and 1/2 cup tomato sauce. Heat through. Stuff mixture into peppers. Spread 1/2 cup sauce in bottom of baking dish. Stand peppers upright. Pour remaining sauce over the tops of peppers. Bake for 30 minutes.

Gyro Burgers with Yogurt Sauce

1/4 cup crumbled Feta cheese
3 tablespoons dry bread crumbs, finely chopped
1/4 teaspoon dried oregano, crushed

One-eighth teaspoon garlic powder
One-eighth teaspoon freshly ground pepper

1 pound lean ground beef
4 pita bread
1/2 cup low-fat plain yogurt
1 cup shredded lettuce
1 small tomato, chopped
1/4 cup chopped cucumber
Thinly sliced onion, rings separated
1/4 cups sliced pitted ripe black olives

Combine Feta cheese, bread crumbs, oregano, garlic powder, pepper. Add meat and mix well. Shape meat mixture into four one-inch thick oval-shaped patties. Cook burgers in frying pan over medium heat to preferred doneness. Place some of the lettuce, tomato, cucumber and onion into each pita half. Place one patty in each pita half. Sprinkle with olives. Add a dollop of plain yogurt before serving.



Fareway Fare

Good golly — grab great grapes

BY MARY ANN MENENDEZ
STAFF WRITER

Childhood diets of all-American children incorporated the grape with juices, and peanut butter and jam sandwiches lovingly made by Moms, Dads and Grandmas.

Grapes, whether eaten out of hand as a snack or added as recipe ingredients are low in saturated fat, cholesterol and sodium, but high in Vitamins C and K. You might say it is a nutritional nugget.

Lucky for Fareway customers, the price this week for a pound of grapes is 99 cents. That includes all three shades of green, red and black.

"They are all seedless varieties," said Fareway store manager Mark Almquist. "These grapes are grown in Chile and have exceptional taste along with great value."

According to this website, <http://www.producepete.com/shows/chileangrapes.html>, "Twenty-five million cases of Chilean grapes have been imported to the U.S. during the current season." Grapes make up about 37 percent of Chile's fruit exports. The

South American season for this juicy fruit runs from November through May. With over 400 years of experience, "Chile knows how to give each grape vineyard just the right amount of sun and water to produce the best tasting fruit." This South American country has been given a new label - the second California!

Remember to add grapes this week to your Fareway grocery shopping list. Almquist also made mention that "thousands of cabbages" were purchased from his Fareway Store a few weeks ago. He described the popularity and price as "amazing."

Grape-Pasta Salad

2 cups pasta, cooked
1-2 cups chicken or turkey, cooked and cut into bite-sized pieces
1 cup red seedless grapes, washed and cut in half
1/3 pecans, chopped
1 cup Miracle Whip salad dressing



1 cup non-dairy whipped topping
1 cup celery, diced
1/2 cup carrots, sliced into thin strips
1/2 cup green pepper, diced
1/4 cup onion, diced
1 teaspoon paprika.

Cook pasta, and chicken (or turkey). Cook and chill. Mix salad dressing and non-dairy whipped topping. Toss the pasta, chicken, grapes, nuts, celery, carrots, green pepper and onion together in a large bowl. Add the salad dressing mixture. Toss to coat the salad evenly. Sprinkle with paprika. Refrigerate until serving time.

More uses for white vinegar

This is a continuation of last week's tips for white vinegar use. Other ideas include:

■ Removing salt stains from footwear. Dab some vinegar onto a clean cloth. This should remove all traces of white residue.

■ Shining up patent leather shoes and bags by wiping them with white distilled vinegar. Remember to dry thoroughly.

■ Freshening up the garbage disposal. Make some vinegar ice cubes and drop them into your disposal. After grinding them up, flush the drain with cold water.

■ Dabbing insect bites with vinegar to minimize the desire to itch and scratch.

■ Cleaning a hairbrushes and combs by soaking them in white vinegar.

■ Making a facial toner with equal parts of white distilled vinegar and water.

■ Rubbing white vinegar on your hands will remove the onion odor.

■ Adding a dash of white vinegar to the water should make pasta less sticky and decrease some of the starch.

■ Rubbing your hands with white vinegar should also remove berry stains.

Remember to check back next week for some great vinegar tips.



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