

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

FOOD

K - KING OF THE KITCHEN

BY MARY ANN MENENDEZ
STAFF WRITER

Phonetically speaking, the letter "K" has a crisp, clean crack to its sound just like its cousin "C" does or its distant relative "Q." Adjectives, however, beginning with this the 11th letter of the alphabet are few and far between in the culinary world. But there are some certain kinds of foods beginning with the letter "K" that will be a hit with everyone. Who can resist the cool sweetness of kiwi which adds color and taste to any fruit salad? Then there are key limes which are famous in the pie by the same name.

In the leafy green section of vegetables, kale is a very healthy choice since it is very high in beta carotene, vitamin K, vitamin C, lutein, zeaxanthin, and very rich in calcium. It can be eaten raw or incorporated into side dishes.

Kielbasa is a favorite sausage among our Polish friends. It can be prepared in casseroles, soups or planted in the middle of a hoagie bun. There it can be topped with the normal hot dog favorites of ketchup or barbecue sauce, mustard, onions, pickles and even sauerkraut for a great-tasting sandwich!

Last but not least, there is the recipe for Kit Kat bars. If you love the candy by the same name, this dessert is sure to be a favorite.

Creamy Kale

1 15 ounce can kale
One-fourth teaspoon salt
1/3 cup mayonnaise
1/4 teaspoon pepper
One teaspoon lemon juice
1/3 cup sour cream

Drain off most of the liquid from the kale. Place in a sauce pan and add salt and pepper. Heat slowly until very hot. Drain again. While greens are warming, mix sour cream, mayonnaise and lemon juice together. Fold this sauce into well drained greens. Heat a minute longer. Serve at once.

Kale & Sausage

Soup

2 tablespoons olive oil
4 cups chopped onion
1 teaspoon salt, divided
1/2 teaspoon crushed red pepper
6 garlic cloves, thinly sliced
1 pound Kielbasa, thinly sliced
8 cups coarsely chopped peeled sweet potato
5 cups water
4 cups fat-free, less-sodium chicken broth
1 (16-ounce) package pre-washed torn kale
1 (16-ounce) can great northern



Kale

beans, rinsed and drained

Heat the oil in a large Dutch oven over medium-high heat. Add onion; sauté 5 minutes. Add 1/2 teaspoon salt, pepper and garlic; sauté 1 minute. Add sausage to pan. Cook 5 minutes or until sausage is lightly browned. Add sweet potatoes, water and broth; bring to a boil. Reduce heat, and simmer 8 minutes. Gradually add kale; cook 10 minutes or until tender. Stir in remaining 1/2 teaspoon salt and beans; cook 5 minutes or until thoroughly heated.

Kielbasa Casserole I

1 package Kielbasa, cut in half lengthwise and sliced
1 package (16 oz) rotini pasta
1 jar of spaghetti sauce
1 can (14.5 ounces) diced tomatoes with Italian herbs
8-12 ounces of shredded mozzarella

Cook the pasta according to package directions. Drain. Place the pasta in a 9-by-13 pan. Add kielbasa, spaghetti sauce and tomatoes (undrained). Top the casserole with the mozzarella cheese. Cover the dish with foil. Bake the casserole at 350 degrees for 30 minutes with the foil on. Remove the foil and bake for another 5 to 10 minutes or until the cheese melts.

Kielbasa Casserole II

3 links of Kielbasa, precooked and cut into slices

1 can (11 ounces) cheddar cheese soup

1/2 cup milk
1 can diced tomatoes
1 green pepper, chopped
1/2 cup minced onion
1/3 cup parmesan cheese
8 ounces elbow macaroni

Boil the noodles, drain, and set aside. While noodles are boiling, prepare the vegetables.

When noodles are ready, mix all of the remaining ingredients except the parmesan in a greased casserole dish. Sprinkle the mixed ingredients with parmesan. Cover and bake the casserole at 375 degrees for 45 to 60 minutes or until it is thoroughly heated.



Key Lime Pie

1 teaspoon fresh lime zest
1/4 cup lime juice
1 and 1/2 cups sour cream
1 (14 ounce) can sweetened condensed milk
1 egg
1 10-inch frozen pie shell, thawed
1/2 cup whipped topping

Garnish:
12 tablespoons whipped topping
12 lime slices
12 maraschino cherries

Preheat oven to 325 degrees. Using a fine grater, grate lime rind to get 1 teaspoon and set aside. Squeeze the juice from the lime (from which the zest was grated) and pour into a liquid measuring cup. Add additional lime juice to equal 1/4 cup of total juice. Set aside. In small mixer combine sour cream and sweetened condensed milk. Mix until smooth. Add egg and mix well. Add reserved lime juice and zest. Mix well. Pour the lime batter into the pie shell. Place pie on a half sheet pan and place in the oven. Bake for 25 to 30 minutes or until set. Cool completely. Cover and refrigerate overnight. Before serving, top with whipped topping. Garnish each serving with one tablespoon whipped topping, one lime slice and one cherry. Store remaining pie in refrigerator.

Kwick Kiwi Pie

12 medium kiwis, peeled
1 cup water
3 tablespoons corn starch
1 cup sugar
Pinch of salt
1 tablespoon lemon juice
1 teaspoon butter
1-2 drops green food coloring
9-inch baked pie shell

Peel kiwis. Cut nine kiwis in half and blot with paper towel. Blend the remaining three kiwis with water in blender or processor. In a saucepan, combine blended kiwi mixture with corn starch, sugar and salt. Cook until thickened. Remove from heat and add butter, lemon juice and food coloring. Arrange halved kiwis in pie shell. Pour glaze over kiwis, coating them well. Chill for several hours. Serve with whipped cream.

Kit Kat Bars

3 wrapped packs from Club crackers divided
1 cup butter
1/2 cup sugar
1 cup packed brown sugar
2 cups crushed graham cracker crumbs
1/2 cup milk
1/2 cup semi sweet chocolate chips
1/2 cup butterscotch chips
Two-thirds cup peanut butter

Spray a 13-by-9-inch pan with cooking spray and line bottom with a single layer of crackers. Combine butter, sugars, graham cracker crumbs and milk in saucepan; bring to boil over medium heat and boil 5 minutes. Pour half of the sauce over crackers, then place another layer of crackers over the sauce. Pour remaining sauce over crackers, then arrange the third layer of crackers over sauce. In a saucepan combine chocolate and butterscotch chips and peanut butter over low heat, stirring until smooth. Pour over top layer of crackers. Refrigerate until sauce is hardened. Cut into squares.



Kit Kat Bars



Kiwi

Fiesta time!

BY MARY ANN MENENDEZ
STAFF WRITER

In honor of the Cinco de Mayo celebration on Tuesday, May 5, we are featuring Lime Chicken in Soft Taco Shells to honor our Hispanic friends in Emmet County.

Cinco de Mayo is the remembrance of the courage exhibited by the Mexicans during a skirmish on May 5, 1862, when thousands of Mexican soldiers defeated Mexican traitors who were exiled Mexican Conservatives and French army at Puebla located near Mexico City. This victory did not win the war, but it showed the courage and strength of the Mexican troops. The "Batalla de Puebla" became a symbol of Mexican unity and patriotism.

In honor of this event, plan a little fiesta of your own next week and serve up Lime Chicken Tacos to your family and friends - Ole!

Lime Chicken

Tacos

1 1/2 pounds boneless, skinless chicken breasts
3 tablespoons lime juice
1 tablespoon chili powder
1 cup frozen corn
1 cup chunky salsa
12 flour tortillas (6 inches), warmed

Sour cream, shredded cheddar cheese and shredded lettuce, optional

Place the chicken in a three-quart slow cooker. Combine lime juice and chili powder; pour over chicken. Cover and cook on low for 5-6 hours or until chicken is tender. Remove chicken; cool slightly. Shred and return to the slow cooker. Stir in corn and salsa. Cover and cook on low for 30 minutes or until heated through. Serve with desired toppings.

Tips for outdoor grilling

Warmer weather means outdoor cooking! The spouse at my house and I have an unspoken rule that goes like this: I mainly cook in the kitchen while the grill is all his. Something tells me he will be grilling a lot this spring and summer as we are the owners of a new toy, uh, I mean new grill!

Here are some grilling tips to expedite the process so everyone can get to the meal in short order.

■ Marinating adds flavor and tenderizes foods. Acid-based marinade that includes vinegar, lemon juice or other citrus work the best.

■ Before cooking, remember to spray or coat the cold grill with oil to reduce the chances of food sticking.

■ If using charcoal, heat grill in advance as coals need to burn to get fiery hot with that famous white ash coating. If using a gas grill, heat it up for a good 15 minutes on high with lid down.

■ Remember to trim all excess fat. This will greatly reduce the amount of flare-ups. Use leaner ground beef too.

■ Grill thick pieces in an area of the grill that supplies indirect heat. This will help the meat cook completely. Partially cover the food to retain heat. For thinner cuts, cook over high heat over the coals, or heat, in a shorter amount of time.

■ Apply sugar-based sauces at the end of grilling to minimize the chance of burning.

■ Allow food to come to room temperature before grilling. Don't let it sit unrefrigerated longer than 20-30 minutes.

■ Avoid overcooked, dried-out barbecue, or undercooked charred-on-the outside-rare-on-the-inside chicken by using an instant-read meat thermometer.

■ Have the proper tools available when grilling to make the job easier and safer.

■ Be mindful of young children around the hot grill.

Fareway Fare

Springtime salad

BY MARY ANN MENENDEZ
STAFF WRITER

Potatoes and eggs, eggs and potatoes, what can be done with the pair?

Potato salad, of course!

This week at your Estherville Fareway Store, both potatoes and eggs are featured at prices that are hard to ignore.

Mark Almquist, store manager, said large eggs will be priced at 95 cents a dozen. The Summertime brand of russet potatoes will be \$2.99 for a 15-pound bag. "These are the U.S. No. 1 potatoes," he said.

Now's the time to start thinking of spring/summer menus which include that great comfort food combining potatoes, eggs and a whole host of other ingredients on your recipe card.

The recipe at right incorporates some sour cream for a new salad taste. Feel free to use the low-fat or fat-free sour cream and mayonnaise varieties for less fat and calories. The taste is rarely compromised.

Creamy Potato Salad

4 to 5 cups cooked diced potatoes
1/2 medium cucumber, peeled and diced
One-fourth cup finely chopped celery
1 tablespoon finely chopped onion
1 teaspoon salt
3/4 teaspoon celery seed
1/4 teaspoon ground black pepper
1 cup sour cream
1/2 cup mayonnaise
1/4 cup vinegar
1 teaspoon prepared mustard
3 hard-cooked eggs
Salt and pepper to taste
Paprika

In a large bowl, combine potatoes, cucumber, celery, onion, salt, celery seed, and pepper. In a separate container combine sour cream, mayonnaise, vinegar and mustard. Dice egg whites; add to the potatoes. Mash the yolks and stir into the sour cream and mayonnaise mixture. Cover and refrigerate both containers if making early in the day. Mix all ingredients together and sprinkle with paprika about 30 minutes before serving.



Fareway Store employee Kaitlyn Hansen displays the potatoes and eggs that are specially priced this week. Plan to make your favorite recipe of potato salad.

EDN photo by Mary Ann Menendez