

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

'Q' is for quick and delicious

By MARY ANN MENENDEZ
STAFF WRITER

Here we are at the letter Q, and yes, it took me a little while to come up with some recipes to fit this week's assignment. For the most part, they are excellent recipes with roots across the Atlantic and south of the border! Quiche and quesadillas are the two with geographical ties.

Who hasn't whipped up and enjoyed a quick bread, especially when the bananas have ripened faster than you expected? However, here is the question - how many of you have prepared a quick bread with blue and orange fruit?

Quick Beer Cheese Bread will surprise you at how easy it is to prepare. Get ready for the compliments!

It is purely my opinion that "Q" is the quintessential cooking letter of the alphabet.

Why? It involves getting the food on the table in "quick" order.

Quick Quiche Squares

- Enough pie pastry for 2 crusts
- 1 egg white, slightly beaten
- 16 ounces sliced bacon
- 3 cups grated cheddar cheese
- 6 large eggs
- 4 cups light cream
- 1 and one-half teaspoons salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon pepper
- dash cayenne pepper

Prepare pie crust mix. On a lightly floured surface, roll out pastry dough to an 18 by 15-inch rectangle. Line a 15 by 10-inch jelly roll pan with the pastry; brush bottom and sides with egg white. Refrigerate. Fry bacon in a heavy skillet until crisp; drain on paper towels then crumble. Sprinkle bacon over bottom of pastry-lined pan. Preheat oven to 375 degrees. Sprinkle shredded cheese over the bacon layer. In a large bowl, whisk together eggs, cream, salt, nutmeg, pepper and cayenne until well blended. Pour over bacon and cheese. Bake at 375 degrees for 35 to 40 minutes, or until golden and firm in the center. Let cool on rack for 10 minutes. Cut into small squares and arrange on serving dishes. Makes 5 dozen squares

Quick Blue and Orange Bread

- 2 tablespoons butter
 - 1/4 cup boiling water
 - One-half cup plus 2 tablespoons orange juice, divided
 - 4 teaspoons grated orange peel, divided
 - 1 egg
 - 1 cup sugar
 - 2 cups sifted flour
 - 1 teaspoon baking powder
 - 1/4 teaspoon baking soda
 - 1/2 teaspoon salt
 - 1 cup fresh blueberries, or frozen thawed blueberries
 - 2 tablespoons honey
- Put boiling water in a small bowl. Add butter and stir until



Quiche Squares

melted. Add 1/2 cup orange juice and 3 teaspoons of the orange peel. Beat egg with sugar until light and fluffy. Add sifted dry ingredients, alternating with orange liquid; beat until smooth. Fold in berries. Bake in a greased 9 by 5 by 3-inch loaf pan in a 325 degree oven for about 1 hour and 10 minutes. Turn out onto a rack or tray. Mix 2 tablespoons orange juice with 1 teaspoon rind and the honey. Spoon over hot loaf. Cool before serving.

Spread one side of two tortillas with 1/2 of the cream cheese. Spread equal amounts of jam over cream cheese. Spread remaining two tortillas with remaining cream cheese, and place on top of the first two tortillas to form quesadillas. Place quesadillas in a skillet sprayed with cooking spray over medium heat and cook five minutes on each side, until golden brown. Sprinkle with confectioner's sugar before serving.

Quick and Tasty Quesadillas

- Flour tortillas
- 1 can cheese soup
- 1/2 cup thick and chunky salsa
- 1 pound boneless skinless chicken breast
- Sour cream
- Lettuce
- Tomatoes

Cook chicken as desired and shred meat into a bowl. Combine salsa, chicken meat and cheese soup. Spoon one-third cup of mix onto tortillas. Fold, place on baking pan. Bake at 350 degrees for about 7 minutes. Top them with sour cream, lettuce and tomatoes.

Quick Onion Quesadillas

- 3 tablespoons oil
- 1 pound very thinly sliced white onion
- 1 teaspoon dried basil
- 2 tablespoons honey
- 1 cup canned chicken stock
- 6 (10 inch) flour tortillas
- 1 cup grated Jack cheese

In a large skillet over medium heat, saute the onions in the oil until they begin to soften. Sprinkle in basil and continue stirring over medium or medium-low heat for about 15 minutes. Do not burn or brown them. Stir in the honey and continue cooking five minutes. Add chicken stock. Continuing cooking and stirring until the stock has almost totally evaporated. Remove from heat and set aside. Heat oven to 350 degrees. Sprinkle cheese onto tortillas, then spoon on onions. Fold each tortilla in half, creating a half-moon shape. Bake in oven until cheese begins to melt, about eight to 10 minutes, but do not dry out tortillas. Remove quesadillas from oven and slice each into thirds.

Quick Cheese Beer Bread

- 2 and 1/2 cups flour
- 1 tablespoon baking powder
- 2 tablespoons sugar
- 1 and 1/2 teaspoons baking soda
- 1 teaspoon salt
- 1 and 1/2 teaspoons dried sage
- 1 (12 ounce) can beer
- 1 cup shredded cheddar cheese

Preheat oven to 375 degrees. Grease and flour 9-inch loaf pan. Mix all dry ingredients, stir in beer and cheese until well blended. Spread evenly in pan. Bake 50 to 55 minutes. Cool 10 minutes before removing from pan.

Quick Olive Bread

- 2 and 1/4 cups sifted flour
- 1/4 cup sugar
- 4 teaspoons baking powder
- 3/4 cup chopped pimento stuffed olives
- 1 and 1/4 cups milk
- 1 egg
- 2 tablespoons melted butter

Preheat oven 375 degrees. Grease 9-inch loaf pan. In large bowl, mix flour, sugar, and baking powder. Stir in chopped olives. In separate bowl, beat together milk, egg and butter. Add wet ingredients to dry and stir until flour is just moistened. Scrape batter into loaf pan and bake for about 60 minutes or until done. Remove from heat and let bread sit on pan for about 10 minutes. Turn out and let cool on rack until dinner is ready.



Quick Berry Cheesecake quesadilla

Quick Berry Cheesecake Quesadilla

- 4 (8-inch flour tortillas)
- 2 tablespoons softened cream cheese
- 2 tablespoons strawberry preserves
- 1 tablespoon confectioner's sugar



Olive Bread

Fareway Fare

Taste of the season – cantaloupe

By MARY ANN MENENDEZ
STAFF WRITER

Time is of the essence; so now is the time to get to your Estherville Fareway Store and purchase some Athena cantaloupe.

The fruit is a nice size for the price and the taste is indescribable. The fruit is a pretty shade of "melon." It is so sweet and juicy.

Cantaloupe has a fair share of vitamins A and C. It is loaded with potassium and provides other minerals. The round fruit belongs to the same gourd family that includes squash and cucumber. It has rela-

tively few calories per serving and is a terrific source of beta-carotene. Not only is the fruit pretty to the eye and pleasing to the taste buds, it includes a sweet aroma.

Here's a recipe that will complement any meal with its seasonal avocado green and cantaloupe melon shades.

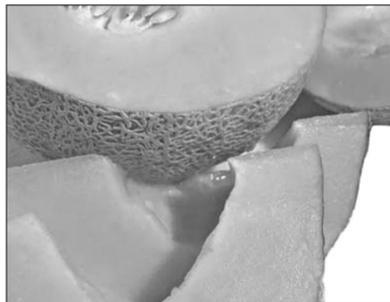
Cantaloupe Avocado Salad

- 1 small head of lettuce, torn into pieces
- 1 small head red leaf lettuce, torn into pieces
- 1/2 cup diced celery
- 1 small cantaloupe, seeded, peeled and

- sliced
- 1 large avocado, pitted, peeled and sliced

- Dressing:
- 1/4 prepared chili sauce
- 1/4 cup honey
- 3 tablespoons white vinegar
- 2 teaspoons Worcestershire sauce
- 2 teaspoons instant minced onion
- Salt and pepper to taste
- 1/2 cup olive oil

Prepare salad dressing first by combining first five dressing ingredients in a medium bowl. Season with salt and pepper. Gradually whisk in oil until blended. Cover



and chill. Whisk again just before serving. Meanwhile, prepare salad by combining lettuce and celery in a large salad bowl. Pour in some salad dressing and toss gently to coat lightly. Add cantaloupe and avocado and toss again gently.

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