# R YOU **HUNGRY** FOR SOME RADISHES? and red onions

## and raspberries

and raisins and rice and ...

BY MARY ANN MENENDEZ STAFF WRITER

Foods beginning with the letter "R" are some of our more basic choices that we can enjoy when we plan menus. Some are resplendent while others are what we need right now - there's nothing wrong with good old comfort food as long as we use common sense in deciding portions.

Radish comes from a Greek word "raphanus," meaning appearing quickly. Low in calories, the radish contains ascorbic acid, folic acid and potassium. It is a good source of vitamin B6, riboflavin, magnesium, copper and calci-

Red, sometimes purple, onions have a mild to sweet flavor. They can be eaten raw, added for color to salads, and grilled or lightly cooked with other foods. They may lose their color when heated. High in flavonoids, red onion is a good source of fiber, vitamin C, vitamin B6 and a good source of quercetin. Onions also contain organosulfur compounds, which help keep blood pressure normal.

What's not to like about raspberries? Being rich in antioxidants, this fruit neutralizes free radicals in the body and helps to prevent damage to cell membranes. The little red berry contains manganese and vitamin C. Nutritional studies are showing that diets including the raspberries

seems to aid those individuals with inflammation and pain. If you are someone who loves to snack on fresh grapes, there shouldn't be any problem when presented with dried grapes better known as raisins. The fructose content is pretty high, however raisins are also high in certain antiox-

Most of the world's inhabitants, about 3 billion, sustain themselves with a steady daily diet consisting of rice. This grain follows corn in the annual global production and includes 15 vitiamins and minerals. It is a terrific source of complex carbohydrates.

How ever you slice it, "R" foods provide nutrients, sustenance and good-old fashioned flavor.

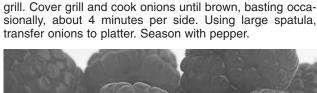
## Radish Salad

- 4 cups radishes, washed and sliced
- 1/2 cup thinly sliced onion 1 cup diced fresh tomato
- 1 1/4 teaspoons salt
- 1 small clove garlic, minced
- 1/8 teaspoon pepper
- 1 teaspoon finely chopped fresh basil or fresh mint 2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- Fresh chopped parsley for garnish

Combine sliced radishes, onion and tomato. Whisk together the salt, garlic, pepper, basil or mint, lemon juice. and vegetable oil. Toss with salad then garnish with pars-

## Radish Salsa

- 3 large oranges peeled and finely chopped 1/3 cup chopped green onion
- 3/4 cup diced radish
- 3 teaspoons finely chopped green chili peppers 3 tablespoons finely chopped cilantro
- 1 teaspoon sugar
- 1 small garlic clove finely chopped
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper Mix all ingredients well. Chill at least four hours.



**Grilled Red Onions** 

Cut one-fourth-inch slice off top and bottom of each onion

and discard. Cut onions in half crosswise. Arrange onions

in single layer in shallow dish. Whisk Worcestershire, vine-

gar, soy sauce and oil in bowl. Pour over onions and let

stand at room temperature 1 hour, basting occasionally.

Prepare barbecue (medium-high heat). Arrange onions on

4 medium red onions

2 tablespoons soy sauce

2 tablespoons olive oil

3/4 teaspoon pepper

2 tablespoons Worcestershire sauce

2 tablespoons red wine vinegar

FOOD



## Raspberry Surprise Bread

- 1 1/2 cups self-rising flour
- 1 teaspoon ground cinnamon 1/8 teaspoon ground nutmeg
- 1 cup white sugar
- 1 egg
- 1 cup shredded unpeeled zucchini
- 1/4 cup vegetable oil
- 1 teaspoon grated lemon peel
- 1/2 cup chopped walnuts 1 cup fresh raspberries

Preheat an oven to 350 degrees. Grease a 9 by 5 inch loaf pan. Combine flour, cinnamon and nutmeg in a large pkg. cook and bowl. Mix sugar, egg, zucchini, vegetable oil, and lemon serve peel in a separate bowl, then stir in to the flour mixture. pudding Gently fold in the walnuts and raspberries. Pour batter into the loaf pan. Bake in the preheated oven until golden brown, 30 to 35 minutes. Then cover with aluminum foil. nutmeg Continue baking until a toothpick inserted into the center comes out clean, about 20 minutes. Cool in the pan for 10 sherry minutes before removing to cool completely on a wire rack.

## Raspberry-Peach Smoothie

- 1/2 cup of apple juice
- 1/2 cup of low-fat raspberry yogurt
- 1 cup partially frozen sliced peaches 1/2 cup of partially frozen raspberries
- 1 1/2 cup of ice chips

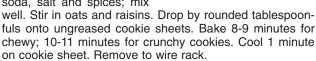
Put all ingredients in a blender. Blend until smooth. Pour into two glasses.

## Raisin-Oatmeal Cookies

- 1 1/4 cups butter
- 3/4 cup brown sugar 1/2 cup sugar
- 1 egg
- 1 teaspoon vanilla 1 1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg 3 cups oats quick or old-

#### fashioned 1 cup raisins

Preheat oven to 375 degrees. Beat margarine and sugars until fluffy. Beat in egg and vanilla. Add combined flour, baking soda, salt and spices; mix



## Raisin Rice

- 1 cup sliced celery
- 3 tablespoons butter, melted
- 1 1/2 cups water
- 2 teaspoons grated orange peel 1/2 cup orange juice
- 1 teaspoon salt 2 tablespoons honey
- 1 cup uncooked rice
- 1/2 cup raisins

Cook celery in butter until tender. Add water, orange peel and juice, salt and honey; heat to boiling. Add rice and raisins. Stir. Cover, reduce heat, and simmer 25 minutes, or until rice is tender and liquid is absorbed.

### Rice **Puddina** Pie

1 (3 1/2 oz.)

- vanilla 1 1/2 cups milk
- 1 1/2 teaspoon
- 1 tablespoon
- 2 cups long grain rice, cooked and chilled
- 1/2 cup raisins 1 cup whipped topping
- 1 chocolate pie crust
- Whipped topping for garnish

Prepare pudding according to directions on package,

using milk, nutmeg and sherry. Cool to room temperature in large mixing bowl. Fold in raisins, rice and 1 cup whipped topping. Spoon into pie crust. Chill at least 2-3 hours. Garnish with dollops of whipped topping.

## Fareway Fare

## GRAPES GALORE!

By Mary Ann Menendez STAFF WRITER

Grape Scott! It is a sweet deal waiting in the produce department at your Estherville Fareway Store. This week the seedless red and green grapes are specially priced at 99 cents per pound. While store manager Mark Almquist says his customers purchase gobs of grapes every day, no doubt customers will be buying up the globular fruit by the bunches this week.

provide Grapes vitamin C with some iron, vitamin A and calcium. The fruit includes a polyphenol called resveratrol and offers protection against arterial wall damage. Evidence of resveratrol is found in grape juice, jelly and wine. Grapes also include tannin

and caffeic acid, both of which may help protect the body against certain medical

Eating grapes is a delicious, easy and fun way to get one of the recommended fruits every day. Make sure to rinse them well under cold running water.

The featured recipe brings together a few great ingredients to highlight grapes and Iowa pork.

#### Iowa Chops and Grape Sauce 2 lowa chops

Olive oil pepper

Garlic powder

4 tablespoons red wine vinegar.

1 cup of seedless grapes (red or

1 tablespoon of butter.



Heat a skillet over medium-high heat. Brush each chop lightly with olive oil and sprinkle with pepper and garlic powder. Brown the chops on each side; then remove them from the pan. Add the red wine vinegar to the skillet, scraping up any browned bits on the bottom of the pan with a wood-

en spoon. Add the grapes, tossing to coat with vinegar. Return the pork chops to the skillet, spooning juices over chops. Cover tightly and cook over low heat for about 8 minutes, until chops are just done. Using a slotted spoon, transfer the chops and grapes to a serving platter; keep warm. Stir the butter into the sauce until melted. Cook, uncovered, over medium-high heat until the sauce thickens slightly.

Spoon the sauce over the pork chops and

## Summery watermelon salad is salty and sweet

THE ASSOCIATED PRESS

When Jacques Pepin prepares this summer salad, he uses a melon baller to cut the watermelon into small rounds. But the watermelon also could be cut into cubes. Prepare this salad just before serving to prevent it from getting watery.

### Watermelon salad with feta and mint

Start to finish: 25 minutes Servings: 12

- 1/3 cup extra-virgin olive oil
- 3 tablespoons lemon juice 2 teaspoons kosher salt
- 1 teaspoon hot sauce
- 1/2 teaspoon ground black pepper

One 8-pound seedless watermelon, scooped into balls with a melon baller or cut into 1 1/2-inch chunks (10 cups), chilled

1/2 pound feta cheese, crumbled (2 cups)

1 1/4 cups pitted Kalamata olives, coarsely chopped (optional) 1 small sweet onion, cut into 1/2-inch

1 cup coarsely chopped fresh mint leaves

In a large bowl, whisk together the oil, lemon juice, salt, hot sauce and pepper. Add the watermelon, feta, olives and onion and gently toss. Garnish with the mint and

(Recipe from Jacques Pepin in the July 2009 issue of Food & Wine magazine)

