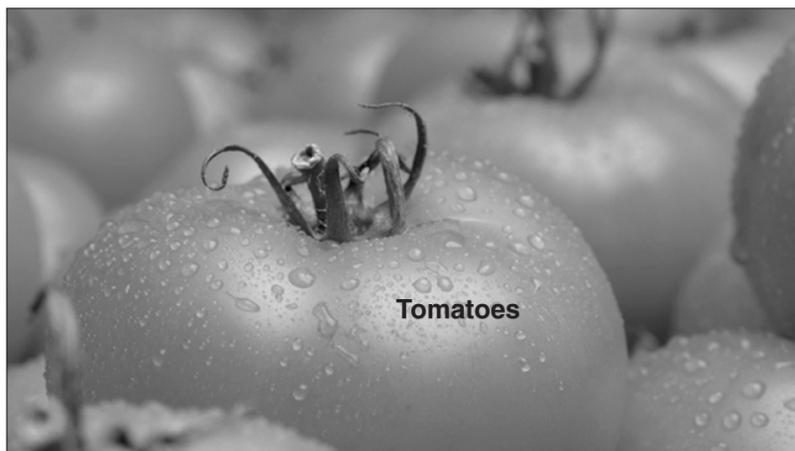


The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

# FOOD



Tomatoes



Toffee

## TERRIFIC and TASTY

BY MARY ANN MENENDEZ  
STAFF WRITER

T is more than just tea time!

Tasty, terrific recipes provide nutrition, flavor and enjoyment with every bite. "T" foods featured today include toffee, tomatillos, tomatoes, tuna and turnips.

A few of these may be new or unique to your diet. Try something different this week. Who knows? You may be pleasantly surprised at the texture and taste. When selecting turnips, this vegetable should have a white flesh with a purplish-white skin. Turnips should be heavy for their size with firm roots and greens attached. The color should be bright and fresh looking.

### Turnip Slaw

- 1/2 cup mayonnaise
- 3 tablespoons sour cream
- 2 teaspoons tarragon vinegar
- 1 teaspoon prepared mustard
- 1 teaspoon sugar
- Dash of salt
- 1/4 teaspoon celery seed
- 1/4 teaspoon pepper
- 1 teaspoon chopped fresh dill or 1/2 teaspoon dried dill
- 1 pound white turnip, peeled and shredded (4 cups)

In a large bowl, stir together the mayonnaise, sour cream, tarragon vinegar, mustard, sugar, salt, celery seed, pepper, dill and turnip. Mix well and refrigerate until needed.

### Tomato Crostini

- 4 fresh tomatoes, chopped
- 1-2 teaspoons Italian seasoning, to taste
- 2 teaspoons olive oil
- 1 clove garlic, minced
- Freshly ground pepper
- 4 slices crusty Italian peasant bread, toasted

Combine tomatoes, Italian seasoning, oil, garlic and pepper in a medium bowl. Cover and let stand 30 minutes. Divide tomato mixture with any juices among the toast. Serve at room temperature.

### Tomato Salad

- 1 large red tomato, sliced
- 1 large yellow tomato, sliced
- 1 cucumber, sliced
- 8 ounces of mozzarella cheese, sliced
- 2 tablespoons of olive oil
- 1 tablespoon of lemon juice
- Salt and pepper to taste
- 1-2 teaspoons Italian seasoning, to taste

Layer all the vegetables and cheese and then combine oil, lemon juice, salt and pepper. Drizzle over salad and top with Italian seasoning. Chill, if desired, before serving.

### Tiny Tomato Salad

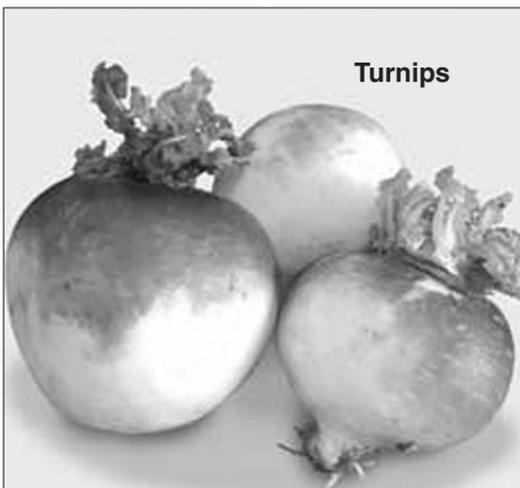
- 1/2 pound bacon, optional
- 2 pints cherry tomatoes, halved
- 1 large cucumber, peeled and diced
- 1 bunch green onions, chopped
- 1 or 2 teaspoons garlic salt
- 1/2 teaspoon black pepper
- 1 teaspoon sweet basil
- 1/4 cup red wine vinegar
- 1/3 cup salad oil

Cook bacon until crisp (if using). Drain and chop. Combine bacon, tomatoes, cucumber and onions. Sprinkle with garlic salt, pepper and basil. Mix well and chill. Combine vinegar and oil. Shake well. Pour over salad and toss.

### Tomato-Green Bean Stir Fry

- 1 pound green beans, trimmed (frozen whole green beans may be used)
- 1 clove garlic, crushed
- 1 teaspoon dried basil
- 3 tablespoons oil
- 1/2 cup walnut halves
- 1 and 1/2 cups cherry tomatoes, halved
- 1 tablespoon chicken seasoning

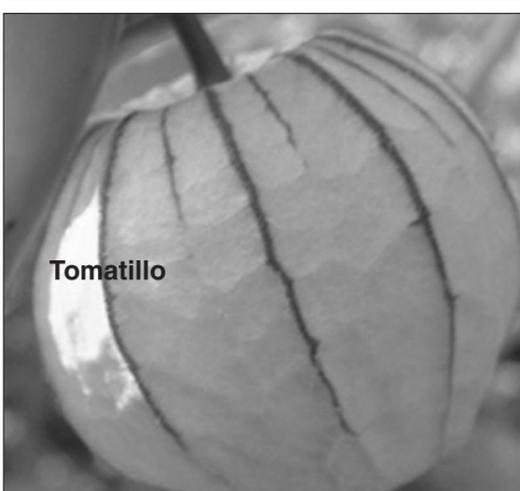
Cook green onions, if fresh, in boiling water 3-5 minutes until crispy tender; drain. In large skillet or wok, sauté garlic and basil in hot oil 1 minute. Add walnuts; stir-fry 1 minute. Add beans and cherry tomatoes; stir fry 2 minutes or until hot. Sprinkle with dry chicken seasoning giving the mixture a final toss.



Turnips



Tuna



Tomatillo

### Grilled Tuna Steaks

- 1/4 cup olive oil
- 2 tablespoons lime juice
- 1 tablespoon dry mustard
- 2 tablespoons dried cilantro
- 1 tablespoon chili powder
- 1 teaspoon black pepper
- 1 tablespoon mustard seeds
- 4 to 6 tuna steaks

Mix ingredients and brush onto tuna steak. Refrigerate for several hours. Grill for 4 minutes per side or until steaks just begin to flake.

### Baked Tuna Steak

- 2 pounds whole tuna
- 3 cups sherry wine
- 2 carrots, shredded
- 2 ribs celery, sliced thin

Preheat oven to 450 degrees. Slice tuna into quarter portions and marinate in sherry 15 minutes. Place tuna portions on aluminum foil and spread carrots and celery evenly over fish. Wrap loosely in foil for baking. Bake 10 minutes per inch of thickness. Serve on warm plate and garnish with lemon slices.

### Chicken in Tomatillo Sauce

- 1/2 cup chicken broth
- 1/4 cup fresh lime juice
- 1/4 cup olive oil
- 2 tablespoons minced fresh jalapeno peppers
- 2 tablespoons minced fresh cilantro
- 1 1/2 teaspoon minced garlic

- 4 chicken breast halves, cut in half crosswise
- Tomatillo Sauce:
- 12 tomatillos, husked, rinsed, cored and quartered
- 2 medium size fresh jalapeno peppers, halved, cored and seeded
- 1 cup chicken broth
- 1 tablespoon flour
- 1 tablespoon fresh chopped cilantro
- 1 teaspoon salt

Mix chicken broth, lime juice, olive oil, jalapeno peppers, cilantro, minced garlic together in plastic storage bag. Add chicken and close bag, squeezing out as much air as you can. Marinate in refrigerator 4-8 hours, turning bag once. Remove chicken from marinade and discard marinade. Cook chicken 4-6 inches from hot coals, 15-20 minutes, turning once until opaque in center when pierced with tip of knife. To oven broil: place 4-5 inches from heat source. To serve, place 1 cup hot Tomatillo sauce onto serving platter. Arrange chicken on sauce and serve remaining sauce alongside. Tomatillo sauce: Put tomatillos, jalapenos and all but 2 tablespoons chicken broth into a medium size saucepan. Cover and cook over medium high heat 4-5 minutes until tomatillos are tender. Stir flour and remaining broth until smooth in small pan. Stir into tomatillo mixture. Add cilantro and salt and simmer 4-5 minutes over medium low heat, stirring occasionally until mixture is slightly thickened. Puree in blender or food processor.

### Chocolate Toffee Cookie Crunch Bars

- 2 cups finely crushed vanilla wafers
- 1/4 cup firmly packed brown sugar
- 1/3 cup butter, melted
- Toffee layer:
- 1/2 cup butter
- 1/2 cup firmly packed brown sugar
- 1 (6 oz.) pkg. milk chocolate morsels
- 1/2 cup pecans, finely chopped

Cookie Base: Preheat oven to 350 degrees. In bowl, combine wafer crumbs and brown sugar. Stir in butter. Press into 13-by-9 pan. Bake at 350 degrees for 8 minutes. Toffee Layer: Combine butter and brown sugar. Cook over moderate heat stirring constantly, until mixture comes to a boil. Boil one minute. Pour immediately over baked base. Bake at 350 for 10 minutes. Let stand 2 minutes. Sprinkle chocolate chips on top. Let stand 2-3 minutes until morsels are shiny and soft. Spread evenly. Sprinkle with chopped nuts. Chill. Cut into 2-by-1-inch bars.

### Chocolate Truffle (Low-Fat)

- 1 chocolate cake mix
- 1 cup applesauce
- Three-fourths carton Eggbeaters
- 2 large boxes instant sugar-free chocolate pudding mix
- Milk
- 1 16-ounce carton light non-dairy topping, thawed
- 6 ounces toffee bits
- 1/2 cup chopped pecans

Make cake in 9-by-13 pan. Follow directions on box but substitute applesauce for oil and eggbeaters for eggs. Bake according to directions. Remove cake from pan and cut in half. Cut 1/2 of the cake cut into bite-size pieces. Freeze remaining cake for another time. Make chocolate pudding mix, except use the amount of milk called for on the box plus one additional cup. In truffle bowl or any tall clear bowl, layer cake, pudding and non-dairy topping. Then layer again. Top with toffee bits and chopped nuts. Refrigerate four hours before serving. Refrigerate leftovers.

## Cooking Correction

The directions got a little out of order last week for Crock Pot Split Pea Soup.

We are reprinting the recipe with the corrected directions.

### Crock Pot Split Pea Soup

- 3 quarts water
- 1/2 pound bacon, cut in pieces
- 1 pound package dry split peas, rinsed in cold running water
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 carrots, chopped
- 3 celery stalks, chopped
- 3 cups canned tomatoes
- 1/4 cup cumin seasoning
- 1/4 garlic powder
- 1 large onion, chopped

Before going to bed, place all of the ingredients into the crock pot and in 12 hours, the soup will be ready for the noon meal. Select the low cook setting.

## Fareway Fare: In the pink!

BY MARY ANN MENENDEZ  
STAFF WRITER

There is nothing that proclaims summer like a ripe and juicy slice of watermelon. Pure pleasure is about the only way to describe the unique taste.

It is a fun fruit that is good to eat and good for you. Remember childhood summer days when some loving adult handed you a slice of watermelon to enjoy in the backyard. Can you recall the fun you and your siblings had as your unannounced contests of "who could spit the seeds the farthest?"

That is probably a dated activity, as the seedless watermelon variety is becoming a popular choice among growers and consumers. That is a good thing because very few folks enjoy picking out those black, annoying seeds!

In talking terms of recommended daily allowances, about one cup of watermelon contains a whopping 21 percent of Vitamin C and 18 percent of vitamin A. There is 2 percent iron and 1 percent calcium.

But again, the best part is there is no fat, cholesterol or sodium. It is a little sweet on sugar at 10 grams per 1 cup serving. It is an excellent source of potassium. But the saving grace is there is only 46 calories in this serving.

This week there is one sweet deal at your Estherville Fareway Store. Store manager Mark Almquist says seedless watermelons are priced at two for \$5.

Remember to pick up your watermelon this week. It won't be long now until summer will be a fading memory. Get in the pink this week! Enjoy this sensation-

al fruit and the goodness of the summer season while it lasts.

A refreshing way to enjoy watermelon plus some other fruits is to blend them together in a summer shake. Substitute your favorite fruits for the strawberries and banana, if you like, for your own unique watermelon shake.

### Watermelon Shake

- 1 8 ounce container lemon nonfat yogurt
- 2 cups watermelon, seeded and cubed
- 1 pint fresh strawberries, cleaned and hulled
- 1 medium banana, peeled and sliced

In blender or processor, blend yogurt, watermelon, strawberries and banana until smooth and frothy. Serve immediately.

