

Quick cooking: Beef and pepper kabobs

THE ASSOCIATED PRESS

A recipe using boneless top sirloin steak is always worth checking out. This versatile beef cut is available in most supermarkets, and it's usually moderately priced compared to other premium steaks.

It also meets government guidelines for lean; it can be cooked as one large steak, or cut into individual portions, strips for stir fry, or cubes for kebabs as here.

This beef and pepper kebab recipe can be made in about half an hour. It would make a

cozy dinner for two, as written, or you can double the ingredients for entertaining a larger group.

To make the kebabs, you briefly marinate beef cubes, mushrooms and bell pepper pieces in a lemon-honey-Dijon mustard mixture seasoned with oregano and pepper.

The skewers cook in 8 to 10 minutes under the broiler, so kitchen time is kept to a minimum. Complement the skewers with rice or couscous. Serve a mixed green salad to start with, and a

favorite dessert to round out a simple but tasty meal.

Cook's tip: If you're using wooden skewers, soak them in water 10 minutes before using.

Beef and Pepper Kebabs
(Total preparation and cooking time 25 minutes)

1/2 lb boneless beef top sirloin steak, cubed
1 small green, red or yellow bell pepper, cut into 1-inch pieces
4 large mushrooms
For the Marinade:
1 tablespoon vegetable oil

2 tsp fresh lemon juice
2 tsp water
1 tsp Dijon-style mustard
1/2 tsp honey
1/4 tsp dried oregano leaves, crushed
1/8 tsp pepper
Preheat broiler.

Cut beef steak into 1-inch pieces. In large bowl, whisk together marinade ingredients; add beef, tossing to coat.

Alternately thread pieces of beef, bell pepper and mushrooms on each of two 12-inch skewers.

Place kebabs on rack in

broiler pan so surface of beef is 3 to 4 inches from heat. Broil 8 to 10 minutes for medium-rare to medium doneness, turning occasionally. Season with salt, if desired.

Makes 2 servings.
Nutrition information per serving: 267 cal., 35 g pro., 4

g carbo., 12 g fat, 106 mg sodium, 99 mg chol.

(Recipe created for AP by Cattlemen's Beef Board and National Cattlemen's Beef Association)

Recipes on the Web:
<http://www.beefitswhatsfordinner.com>

Skirt steak with cilantro garlic sauce

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A fajita dinner is a crowd-pleaser, but it requires a vast spread that loads down a table with tortillas, pico de gallo, guacamole, grilled onions, sour cream and salsa.

This is a quicker route to the good stuff — juicy, grilled beef and a tantalizingly spicy sauce. The streamlined dish makes for a more elegant presentation, but maintains the boisterous taste of a family-style feast.

Skirt Steak With Cilantro Garlic Sauce

(Total preparation and cooking time 20 minutes)

For sauce:
1 medium garlic clove
1/2 teaspoon salt
1 cup coarsely chopped fresh cilantro
1/4 cup olive oil
2 tbs fresh lemon juice
1/8 teaspoon cayenne
For steak:
1 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon black pepper
2 lbs skirt steak, cut crosswise into 3- to 4-inch pieces

To make the sauce, mince garlic and mash to a paste with salt. Transfer to a blender and add remaining sauce ingredients, then blend until smooth.

Stir together cumin, salt and pepper in a small bowl. Pat steak dry, then rub both sides of pieces with cumin mixture.

Heat an oiled well-seasoned ridged grill pan over high heat until hot but not smoking, then grill steak in 2 batches, turning over occasionally, about 2 minutes per

batch for thin pieces or 6 to 8 minutes per batch for thicker pieces (medium-rare). Serve steak drizzled with sauce.

Makes 6 servings.
(Recipe from the Gourmet Every Day feature in the April issue of Gourmet magazine.)

Detection, treatment key Alzheimer's quality of life

THE ASSOCIATED PRESS

BILLINGS, Mont. — Alzheimer's disease can't be cured, but discovering it early and treating it with drugs can give the patient a better quality of life, a neurologist from Texas told a Montana conference here.

Available drugs to treat Alzheimer's work best when the disease is diagnosed early, Dr. Loralu Raburn said Monday during the opening day of a conference sponsored by the Montana chapter of the Alzheimer's Association.

Raburn, a geriatric neurologist and professor at Texas Tech school of Pharmacy in Amarillo, said Alzheimer's is a "graceful failure of the (brain) system and it takes a long time for it to occur." She said the disease can be in the brain up to 30 years before it becomes apparent.

The National Institute on Aging says Alzheimer's, which gradually destroys memory and thinking skills, is a growing problem in the United States and could affect 959,000 people by 2050, if a cure isn't found. In 1995, 377,000 Americans were diagnosed with the progressive disease.

The risk of Alzheimer's increases with age and the pool of possible candidates just keeps getting larger, the institute said.

Diagnosing Alzheimer's has evolved over the years, Raburn said. It used to be a diagnosis of exclusion, where other diseases were ruled out until only Alzheimer's remained.

Cherry Dream Pie



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FAMILY FEATURES EDITORIAL SYN.

Cherry Dream Pie

Prep Time: 15 minutes

Chilling Time: 3 hours

Makes one 9-inch pie

3 egg yolks
1 (14-ounce) can Eagle Brand Sweetened Condensed Milk (NOT evaporated milk)
1/3 cup lemon juice from concentrate
1 (9-inch) graham cracker crust
1 (21-ounce) can cherry pie filling, chilled
Whipped topping, if desired

Preheat oven to 350°F.

In medium mixing bowl, beat egg yolks; stir in sweetened condensed milk and lemon juice.

Pour into crust; bake 8 minutes. Cool. Chill 3 hours or overnight.

Prior to serving, top with (chilled) pie filling. Garnish with whipped topping. Refrigerate leftovers.

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