

FEATURES

"What's Cooking?"

Hey All of You Ram Cooks! Welcome Back To "What's Cooking?" formerly known as "Cooking With Rico!" Here's another installment of those mouth-watering, "make-you-want-to-smack-somebody" recipes. Douglas Clark and Preslyn Young contributed recipes to this month's column.

Oatmeal Cranberry Nut Bread

2 Tablespoons of sugar
1/4 cup of applesauce
2 egg whites
1 cup of uncooked Quaker Oats
1/4 cup water
3/4 cup of skim milk or low-fat milk
1 cup of unbleached all-purpose flour
1/4 teaspoon of salt
2 teaspoons of baking powder
1/2 teaspoon of baking soda
1 teaspoon vanilla
3/4 cup of chopped walnuts

Note: for reduced calories, fat, sugar and cholesterol: substitute applesauce for shortening, 2 egg whites for 1 whole egg and skim or low-fat milk.

Mix oatmeal, milk, egg whites, vanilla, walnuts, applesauce and cranberries together in one large bowl. For best results, allow milk and water time to soften the ingredients.

In a separate bowl combine all dry ingredients-sugar, flour, salt, baking soda and baking powder. After thoroughly mixing the dry ingredients combine the dry and wet mixtures together. Pour into a greased 9x5x3 inch loaf pan. (I recommend using a 100 percent vegetable oil instead of Pam. Remember to check the labels on these vegetable sprays because this recipe is for a heart-smart life-style change nutbread.

Basic Sauce - Cajun Style

1/2 cup: shortening, flour, chopped celery, & lemon (use grated rind)
1 cup: chopped onions, and chopped bell pepper
3 cloves of garlic

3 bay leaves
1/4 tsp. Tabasco
1/2 tsp. parsley
Dash Worcestershire sauce, thyme and Season All
About three cups basic stock, water or broth.

Make a roux, add onions and cook until onions are transparent. Add rest of the ingredients one at a time and continue to cook slowly for at least 1/2 hour to 45 minutes. This basic sauce may be used for many seafood and other dishes. When recipe calls for basic sauce, it will be indicated.

Jambalaya

Basic sauce:
1 can tomato sauce
2 lbs. shrimp, chicken or sausage
2 cups raw rice
1/4 cup onion tops and parsley, chopped

Cook tomatoe sauce basic sauce about 10 minutes. Add shrimp and cook about 10 minutes after boiling starts. Add rice, chopped onions and parsley. Add enough water to make sure you have 2 cups of liquid for each cup of rice. Stir and mix well.

When mixture comes to boil, cover and cook on simmer for about 25 minutes. Do not remove lid. Test after 25 minutes to make sure rice is done.

California Grill For 4

4 swordfish steaks (1-inch thick)
1 lemon
1 large tomato, diced
1/2 cup marinated artichoke hearts, torn
1/2 avocado, diced
2 Tablespoons frozen corn
1 green onion, sliced thin

Squeeze lemon over steaks. Grill 4 to 6 inches from flame about 5 minutes per side. Mix remaining ingredients and spread over fish at serving time.

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ROMANO'S
Macaroni
GRILL

Health Club Tuna Salad For 4

1 can (16 ounces) mixed fruit in juice or extra light syrup
1 1/2 teaspoons curry powder
1 cup cracked wheat
6.5 ounces fresh tuna cooked without fat
1 cup green onion, sliced
butter lettuce leaves

Pour juice from fruit into measuring cup. Mix in curry powder. add enough water to make 2 cups liquid. Bring to broil. Pour over cracked wheat in bowl. Let stand 30 minutes while liquid soaks in and wheat cools. Mix with fruit, tuna, cucumber and green onion. Chill. Serve on butter lettuce leaves.