

GIVE YOUR BUDGET FOOD THE ECONOMY EDGE
MENUS

NEW YORK, N.Y. (AP)—You can make your own barbecue sauces and marinades with simple ingredients found in the kitchen pantry.

Dry marinades are typically a combination of seasonings such as salt, pepper, garlic powder and herbs.

Wet marinades are made with two parts olive or vegetable oil with one part vinegar or fruit juice, plus seasonings and herbs to taste.

Lissa Lamme, owner of Le Saucier in Boston's Faneuil Hall Marketplace, says marinades made with wine, garlic, oil and pepper are ideal for beef and lamb.

Chicken and vegetables can be marinated in a light fruit vinegar such as blueberry or raspberry vinegar, and olive oil.

For a distinctive flavor, marinate chicken and vegetables in a balsamic vinaigrette.

The ingredients for barbecue sauces can include ketchup, Dijon mustard, maple syrup and honey. You can add chili powder for a Tex-Mex flavor, fresh ginger and soy sauces for a Chinese taste, cilantro and lime for the taste of the Caribbean, or curry powder for an Indian twist.

Lamme cautions not to apply the sauces too soon. "Add sauces containing sugar, molasses or honey five to 10 minutes before removing meats from the grill. This lets the sugars caramelize without burning," she says.

Caribbean Lime Marinade

- 1 Tablespoon ground cumin
- 1 Tablespoon fresh cilantro
- ¼ Teaspoon salt
- ¼ Juice of 4 limes, discard seeds
- ¼ Cup cane vinegar or Japanese rice vinegar
- 2 Tablespoons olive or canola oil

- 2 Tablespoons unsalted butter, melted
- Combine all ingredients except butter. Marinate up to 2 pounds of shrimp, swordfish or chicken for 2-3 hours. Baste with unsalted butter just before removing food from grill and serve with lime wedge. Allow 6 oz. or ½ lb. fish or chicken per person. Makes 4 servings.

Lemon-Garlic Marinade

- 2 Tablespoons Dijon mustard
- 3 Tablespoons extra-virgin olive oil
- Juice of 3 lemons, discard seeds
- 2 Tablespoons black pepper, freshly ground
- ¼ Cup white-wine vinegar
- ½ Cup garlic, minced
- ½ Teaspoon capers
- 1 Teaspoon salt

Blend all ingredients. Select 2 pounds of your favorite seafood such as cleaned squid, shelled shrimp, salmon, swordfish steaks, scallops or octopus. Marinate 1-2 hours. Extra marinade can be used for basting. Allow 6 ounces or ½ pound of fish per person. Makes 4 servings.

Lisa Lamme's Homemade Barbecue Sauce

- ½ Cup ketchup
- 4 Tablespoons cider vinegar
- 2 Teaspoons black pepper, freshly ground
- 5 Tablespoons maple syrup
- 1 Teaspoon Dijon mustard
- 1½ Teaspoons garlic, minced
- ½ Teaspoon salt
- 3-4 Drops liquid hickory smoke (opt.)

Blend all ingredients. Brush sauce on meat during last 5-10 minutes of grilling. Makes enough sauce for up to four pounds of

chicken, ribs, pork or beef.

Phoenix Brand World Championship Barbecue Sauce

- ½ Large onion, minced
- 4 Cloves garlic, minced
- ¾ Cup whiskey
- 2 Cups ketchup
- ½ Cup vinegar
- ¼ Cup Worcestershire sauce
- ½ Cup packed brown sugar
- ¾ Cup molasses
- ½ Teaspoon black pepper
- ½ Teaspoon salt
- ¼ Cup tomato paste
- 2-3 Tablespoons liquid smoke
- ½ Teaspoon hot sauce, or to taste

Combine onion, garlic and whiskey in a 3-quart saucepan. Saute until onion and garlic are translucent, about 10 minutes. Remove from heat and light mixture; flame for 20 seconds. Add all remaining ingredients. Bring to a boil, then turn down, mixture to a medium simmer. Simmer 20 minutes, stirring constantly. Run sauce through a medium strainer to remove onion and garlic bits if you prefer a smoother sauce. Cool. Makes 4 cups.

Note: This sauce gets better with age. If time permits, keep it in the refrigerator a day or so to develop a deeper, richer taste.

Basalmlc Vinaigrette

- 4 Tablespoons basalmlc vinegar
- 3 Tablespoons extra-virgin olive oil
- 1 Teaspoon fresh ground black pepper

Blend all ingredients. Baste on zucchini, onions, eggplant, sliced whole tomatoes, leeks, endive, scallions and pepper halves while cooking. This basting sauce can be used for up to 1½ pounds of vegetables.

Nutrition Without Sacrifice

Balancing your family's diet takes on even more importance given recent data linking disease and excessive fat in the diet. People want to eat "good-for-you" foods, but they don't want to compromise on their favorites.

So how do you juggle value, taste, convenience and nutrition? The first step may be recognizing there are no good or bad foods, just smart choices. Betty Crocker Kitchens has some helpful tips to enjoy eating without sidestepping nutrition:

•For example, a healthful diet can consist of a wide variety of foods eaten in moderation. Quick main-meal dishes like Hamburger Helper can be combined with side dishes such as a salad for a nutritious, convenient meal.

•Those who enjoy home-baked desserts but are monitoring their dietary fat intake can prepare light cake mixes, frostings and cholesterol-free recipe alternatives.

•Even "comfort" food like popcorn doesn't have to be sacrificed. Some varieties, such as Pop Secret Light, have been developed with less oil and salt so popcorn lovers can eat their favorite snack without the guilt.

Wise menu-planning means selecting a wide variety of products and using recipes that fit today's lifestyles. Following is a recipe from the Betty Crocker editors' latest cookbook, "Betty Crocker's Low-Fat, Low-Cholesterol Cookbook."

CURRIED CHICKEN AND NECTARINES

4 boneless skinless chicken breast halves (about 1 lb.)



- 2 tsp reduced-calorie oil-and-vinegar dressing
- 1 tsp curry powder
- ¼ cup raisins
- ¼ cup sliced green onions (with tops)
- ¼ tsp salt
- 1 medium bell pepper, cut into ¼-inch strips
- 2 small nectarines, cut into ¼-inch slices

Trim fat from chicken breast halves. Cut chicken crosswise into ½-inch strips. Mix dressing and curry powder in medium bowl. Add chicken; toss. Heat 10-inch nonstick skillet over medium-high heat. Stir in chicken and remaining ingredients except nectarines; stir-fry 4 to 6 minutes or until chicken is done. Stir in nectarines carefully; heat through. Serve with hot cooked rice or couscous if desired.

4 Servings (about 1 cup each)

Per serving: Calories 210, Protein 25g, Carbohydrate 16g, Sodium 230mg, Unsaturated Fat 5g, Saturated Fat 1g, Cholesterol 90mg.

Goodness Gracious It's Good
Summer Vegetable Suppers

Every summer Southerners look forward to continuing the tradition of feasting on garden fresh vegetables harvested from the backyard, the farmers' market or roadside produce stands. In fact, summer meals often center around a variety of vegetable dishes instead of meat.

When creating a vegetable plate, the notion that "the whole is greater than the sum of the parts" seems quite correct. The best combinations are a melding of different colors, textures and tastes.

The Martha White Kitchen took an informal poll to see what combination of vegetable dishes would be on the ultimate Southern vegetable plate and the following items top the list:

- crispy fried okra
- sliced ripe tomatoes
- fried sweet corn
- green beans
- warm squares of savory Sausage Cornbake.

The savory cornbake adds stick-to-your-ribs flavor to your favorite summer vegetable feast.

Sausage Cornbake

- 1 egg
- 1½ cups milk
- ¼ cup vegetable oil or melted shortening
- 2 cups Martha White Self-Rising Corn Meal Mix
- 1 teaspoon sugar
- ½ pound (8 ounces) sausage, browned, crumbled and drained

Preheat oven to 450°F. Grease a 10-inch cast-iron skillet and place in oven to heat. Beat egg in mixing bowl. Add milk, oil, corn meal and sugar; stir until smooth. Add sausage; blend well. Pour batter into prepared pan. Bake for 20 to 25 minutes. This cornbread should be baked thin and quite brown. Makes 6 to 8 servings.

Muffins or Corn Sticks: Preheat oven to 450°F. Grease muffin cups or corn stick molds and place in oven to heat. Prepare batter as directed above; pour into prepared pans. Bake for 15 to 20 minutes or until golden brown. Makes 14 muffins or 18 corn sticks.