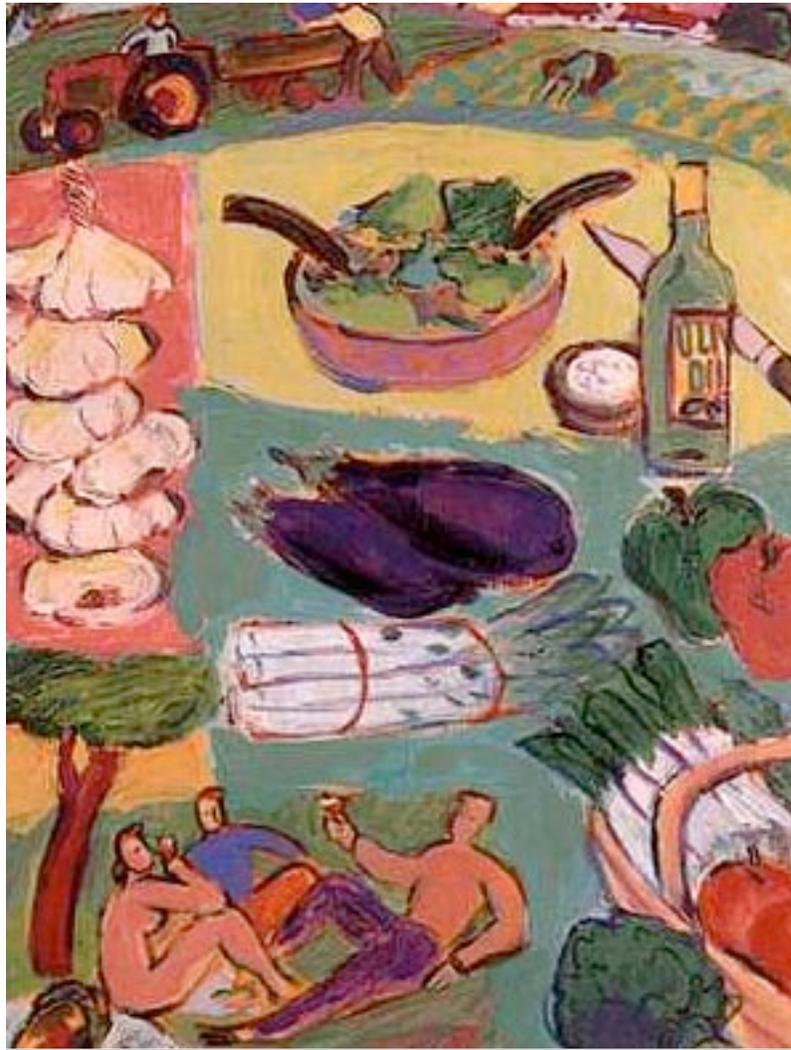


Summer Party Cookbook



Gone Grilling

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Asian Beef Kebabs

1 1/2 pounds boneless sirloin steak, cut into 1-inch cubes
1/2 cup soy sauce
1/2 cup vegetable oil
1/2 cup rice wine vinegar
2 tablespoons sesame seeds
2 tablespoons sugar
6 garlic cloves, finely minced
1 teaspoon sesame oil*
2/3 teaspoon red pepper flakes
2 ears corn, husked
2 small zucchini
4 large green onions

Wooden skewers, soaked several minutes in water

1. Place steak cubes in plastic zip-lock style bag.
2. Whisk soy sauce, oil, vinegar, sesame seeds, sugar, garlic, sesame oil and red pepper flakes in a small bowl. Reserve half to use as dipping sauce. Add remaining marinade to plastic bag. Seal; turn bag to coat meat well. Refrigerate 4 to 6 hours.
3. Prepare outdoor grill with medium-hot coals, or heat gas grill to medium-hot.
4. Meanwhile, cut corn and zucchini into 1-inch pieces. Cut each green onion into 3 pieces, each piece about 1 1/2-inches long.
5. Cook corn in boiling water to cover for 2 to 3 minutes. Drain off water.
6. Thread meat cubes onto skewers, alternating meat pieces with corn, zucchini and green onions. Brush once with marinade from plastic bag.
7. Grill kebabs, covered, turning occasionally, 12 minutes or until vegetables are cooked and meat thermometer inserted in meat registers 145°F (60°C) for medium-rare. Serve with reserved marinade for dipping and hot cooked rice, if desired.

Makes 6 servings.

Beef and Veggie Kebabs Over Fettuccine

- 1 1/2 pounds beef top sirloin, cut into 2-inch cubes**
- 1 (16-ounce) bottle Caesar salad dressing**
- 1 (8-ounce) package BUITONI® Fettuccine**
- 1 tablespoon butter or margarine**
- 1/2 teaspoon salt**
- 1/4 teaspoon ground black pepper**
- 8 large mushrooms, cleaned and halved**
- 1 large green bell pepper, seeded and cut into 2-inch squares**
- 4 (12-inch) bamboo skewers**

An almost one-dish meal, these marinated kebabs are tender and juicy and served on a bed of lightly buttered fettuccine.

1. Preheat grill to medium-high heat.
2. Place beef into a resealable plastic bag with Caesar salad dressing; seal and refrigerate for 30 minutes.
3. Prepare fettuccine according to package instructions. Drain and toss with butter, salt and pepper to taste; hold warm.
4. While pasta cooks, remove beef from bag and discard marinade. Alternate with vegetables on skewers. Place kebabs on grill and cook until beef reaches desired doneness, about 4 minutes per side for medium.
5. Divide cooked pasta equally among 4 plates and top with one kebab per person. Serve immediately.

Makes 4 servings.

Beef Fillets with Stilton-Portobello Sauce

6 (6-ounce) beef tenderloin fillets
2 teaspoons chopped fresh tarragon
1/2 teaspoon freshly ground pepper
5 tablespoons butter or margarine, divided
8 ounces portobello mushroom caps, sliced
1/3 cup dry red wine or beef broth
1/2 cup sour cream
3 ounces Stilton or blue cheese, crumbled and divided
Garnish: fresh tarragon sprigs

1. Rub fillets with tarragon and pepper.
2. Melt 2 tablespoons butter in a large skillet over medium-high heat. Cook fillets 4 to 5 minutes on each side or to desired degree of doneness. Remove from skillet, and keep warm.
3. Melt remaining 3 tablespoons butter in skillet. Add mushrooms, and sauté 3 to 4 minutes or until tender. Add wine (or beef broth), and cook 1 to 2 minutes, stirring to loosen particles from bottom of skillet. Stir in sour cream. Sprinkle 1/4 cup cheese into sauce, stirring until melted.
4. Arrange fillets on a serving platter, and drizzle with sauce. Sprinkle with remaining cheese, and garnish, if desired.

Makes 6 servings.

Beef Sirloin Kebabs with Roasted Red Pepper Dipping Sauce

1 1/2 pounds boneless beef top sirloin steak, cut 1 inch thick
2 teaspoons coarse grind black pepper
3/4 teaspoon salt
3/4 teaspoon sweet paprika
2 cloves garlic, minced
1 tablespoon olive oil
1 medium onion, finely chopped
3 cloves garlic, minced
2 (7-ounce) jars roasted red peppers, rinsed, drained, finely chopped
1/2 cup dry white wine
2 tablespoons tomato paste
3/4 teaspoon dried thyme leaves, crushed or 2 teaspoons minced fresh thyme
1 cup ready-to-serve beef broth
2 teaspoons cornstarch

1. Heat oil in large skillet over medium heat until hot. Add onion and 3 cloves garlic; cook and stir 2 to 3 minutes or until onion is tender.
2. Add red peppers, wine, tomato paste and thyme, stirring until tomato paste is blended. Combine broth and cornstarch in small bowl, mixing until smooth. Stir into pepper mixture; bring to a boil. Reduce heat to medium-low; simmer 10 to 12 minutes or until slightly thickened, stirring occasionally. Keep warm.
3. Meanwhile cut beef steak into 1-1/4 x 1-1/4 x 1-inch pieces. Combine pepper, salt, paprika and 1 clove garlic in large bowl. Add beef; toss to coat. Thread beef pieces evenly onto six 12-inch metal skewers, leaving small space between pieces.
4. Place kebabs on grid over medium, ash-covered coals. Grill, covered, about 7 to 9 minutes for medium rare to medium doneness, turning once. Serve with dipping sauce.

Makes 6 servings.

Beer-Marinated Flank Steak

1 large onion, chopped
1/2 teaspoon ground cumin
4 garlic cloves, finely minced
1/2 teaspoon salt
Freshly ground pepper to taste
1 (12-ounce) bottle beer
1 (1 1/2-pound) flank steak

1. Combine all ingredients except steak in a large self-closing plastic bag, mixing well. Add steak to marinade, seal and refrigerate for 12 hours or overnight.
2. Remove steak from marinade. Broil 5-inches from heat for 4 to 5 minutes on each side, or until desired degree of doneness.
3. To serve, thinly slice steak diagonally across the grain.

Makes 4 to 6 servings.

Bourbon Flank Steak

**1/2 cup plus 2 tablespoons soy sauce
1/2 cup water
1/2 cup bourbon
3 tablespoons packed brown sugar
2 tablespoons fresh lemon juice
2 tablespoons Worcestershire sauce
2 garlic cloves, finely minced
Freshly ground pepper to taste
1 (2-pound) flank steak**

1. Combine first 8 ingredients in a large zipper-style plastic bag, mixing well. Add the steak; seal bag securely, removing as much air as possible, and place in a large bowl. Marinate for 8 hours or overnight in refrigerator, turning occasionally.
2. Remove steak from marinade, reserving marinade.
3. Grill, uncovered, over medium-hot coals (350* to 400*F / 175* to 205*C) 5 to 6 minutes on each side or until desired doneness, basting occasionally with reserved marinade. Discard any remaining marinade.
4. To serve, slice steak diagonally across the grain into thin slices.

Serves 6

Calypso Steak

**1/2 cup rum
1/4 cup lime juice
1/4 cup Worcestershire sauce
1/4 cup vegetable oil
2 garlic cloves, minced
1 tablespoon minced fresh parsley
2 teaspoons minced gingerroot
1 teaspoon ground allspice
1 teaspoon ground cloves
1 teaspoon red pepper flakes
4 (8-ounce) steaks**

A little bit spicy, a little bit sweet, grilled until a little bit charred and smoky – all those little bits add up to a lot of flavor.

1. Combine all of the ingredients except the steaks in a shallow baking dish. Add the steaks and marinate in the refrigerator for 4 to 6 hours. Turn the steaks halfway through marinating time.
2. Preheat the grill until coals are gray to white. Remove steaks from the marinade and place on lightly oiled grill. Cook for 4 to 5 minutes, then turn. Continue grilling until steaks reach the desired degree of doneness. Serve immediately.

Cajun-Style Rib-Eye Steak

- 1 cup vegetable oil**
- 1 onion, thinly sliced**
- 1 tablespoon garlic powder**
- 1 tablespoon plus 1/2 teaspoon black pepper**
- 6 small rib-eye steaks, approximately 3 pounds**
- 1 tablespoon paprika**
- 1 teaspoon cayenne pepper, or to taste**
- 1 teaspoon salt**
- 1/2 teaspoon white pepper**

Begin marinating the steaks a day ahead.

1. Combine oil, sliced onion, garlic powder and 1 tablespoon black pepper in 13 x 9 x 2-inch glass baking dish. Add steaks to marinade, turning to coat. Spoon half of sliced onion evenly over steaks. Cover and refrigerate overnight.
2. Prepare barbecue (medium-high heat) or preheat broiler. Remove steaks from marinade. Combine paprika, cayenne, salt, white pepper and 1/2 teaspoon black pepper in small bowl. Sprinkle each side of each steak with 1 teaspoon spice mixture.
3. Grill or broil steaks until cooked through, about 8 minutes per side for medium-rare. Cut each steak in half. Divide steaks among plates; serve.

Serves 6.

Curried Beef Kebabs

2/3 cup olive or vegetable oil
1/2 cup beef broth
1/2 cup lemon juice
2 garlic cloves, finely minced
2 teaspoons curry powder
2 teaspoons salt
4 bay leaves
16 whole peppercorns
2 pounds beef tenderloin, cut into 1 1/4-inch cubes
2 large green bell peppers, cut into wedges
3 medium tomatoes, cut into wedges
3 medium onions, cut into wedges

1. In a large resealable plastic bag or shallow glass dish, combine the first eight ingredients; mixing well. Remove 2/3 cup for basting and refrigerate. Add beef to remaining marinade; turn to coat. Cover and refrigerate for 8 hours or overnight. Drain and discard the marinade.
2. On metal or water-soaked bamboo skewers, alternate beef, green peppers, tomatoes and onions. Place on a greased rack in a broiler pan; broil 5-inches from heat source for 3 minutes on each side. Baste with reserved marinade. Continue broiling, turning and basting for 8 to 10 minutes or until meat reaches desired doneness.

Makes 8 servings.

Fajita Kebabs

Slide one of these kabobs onto a warmed tortilla and add your favorite toppings.

Kebab Ingredients:

1/2 pound beef stir-fry strips

1/2 pound chicken stir-fry strips

1 small onion, cut into 8 wedges

1 large green, red and/or yellow bell pepper, cut into 1-inch pieces

1/2 cup mesquite or fajita sauce

8 (10-inch) flour tortillas, warmed

Toppings Ingredients:

Shredded lettuce

Salsa

Cheddar Cheese, shredded

Sour Cream

1. Heat gas grill on medium or charcoal grill until coals are ash white.
2. Meanwhile, alternately thread beef strips, chicken strips, onions and peppers on 8 metal skewers, leaving at least 1/2-inch space between items.
3. Place kabobs on grill. Brush kebabs generously with mesquite sauce. Grill, turning once and brushing with mesquite sauce, until beef reaches desired doneness and chicken is no longer pink (10 to 12 minutes).
4. Place 1 kebab in each tortilla. Serve with toppings as desired.

Makes 4 servings.

Greek-Style Beef Kebabs

2 garlic cloves, finely minced
1/4 cup fresh lemon juice
1 teaspoon grated lemon peel
1 teaspoon oregano leaves, crumbled
1/2 cup olive oil
12 cherry tomatoes
12 medium mushrooms
1 green bell pepper, cut into 1-inch pieces
1 1/2 pounds top sirloin, cut against the grain, into 1/4-inch thick strips
Wooden skewers, soaked in water several minutes
Salt and freshly ground pepper to taste
1/4 cup chopped fresh mint
Lemon wedges for accompaniment

1. Prepare outdoor grill with medium-hot coals, or heat gas grill to medium-hot.
2. Whisk together garlic, lemon juice, lemon peel and oregano in a small bowl. Slowly whisk in olive oil to make marinade.
3. Thread tomatoes on skewer. On other skewers separately thread mushrooms, green pepper and sliced meat. Brush all threaded skewers with marinade.
4. Grill green pepper, covered, 2 minutes. Add mushrooms; grill, covered 2 minutes. Add tomato and beef; grill, covered, 3 minutes per side.
5. Place all skewers on platter. Season with salt and pepper to taste and sprinkle with chopped mint. Serve with lemon wedges.

Makes 6 servings.

Grilled Asian-Style Flank Steak

1 flank or sirloin steak (1 1/2 to 2 pounds)

Marinade:

1/4 cup vegetable oil

1/4 cup soy sauce

1 small onion, sliced

2 tablespoons dark corn syrup

1 teaspoon fresh ginger, finely minced

1 garlic clove, finely minced

1/2 teaspoon sesame oil*

1/4 teaspoon pepper

1. Whisk together all ingredients for marinade.
2. Place meat in a shallow non-reactive pan or a self-sealing plastic bag; pour marinade over it. Cover and refrigerate for 4 hours or longer, turning meat occasionally.
3. Prepare outdoor grill with hot coals on one side of grill, or heat one side of gas grill to hot.
4. Remove meat from marinade; pat dry.
5. Sear meat over direct heat 5 minutes on each side. Move meat to side of grill not over heat; grill, covered, 20 minutes or until meat thermometer registers 145°F (60°C) for medium-rare. Let stand 10 minutes before slicing on the diagonal.

Serves 6.

Grilled Moroccan Spiced Steak

**1 onion, chopped
1/2 cup olive oil
5 tablespoons lemon juice
2 tablespoons soy sauce
2 tablespoons chopped flat-leaf parsley
5 1/2 tablespoons grated gingerroot
1 tablespoon ground cumin
1 tablespoon chili powder
2 teaspoons sherry
1 teaspoon ground turmeric
1 teaspoon dried oregano leaves
1 teaspoon pepper
2 garlic cloves, crushed
4 pounds flank steak**

1. Mix together chopped onion, olive oil, lemon juice, soy sauce, chopped parsley, grated ginger root, cumin, chili powder, sherry, turmeric, oregano, pepper, and crushed garlic cloves. Pour the marinade over flank steak; turning to coat. Cover and refrigerate overnight.
2. Grill the steaks until done, about 8 minutes on each side, basting with the marinade.
3. Prepare rice according to package directions. Heat any remaining marinade and serve with the sliced steak.

Makes 8 servings.

Grilled Southwest Steak

1 pound beef round steak, cut 1-inch thick
1/3 cup vegetable oil
1/3 cup fresh lime juice
3 jalapeno peppers, seeded and chopped
3 shallots, chopped
2 tablespoons snipped cilantro
2 cloves garlic, finely minced
1/2 teaspoon salt
Freshly ground pepper to taste

1. Trim fat from steak. Place steak in a plastic bag and set the bag into a shallow dish.
2. For marinade, in a small bowl stir together oil, lime juice, jalapeno peppers, shallots, cilantro, garlic, salt and pepper. Pour over steak; seal bag. Marinate in the refrigerator for 6 hours or overnight, turning bag occasionally.
3. Drain steak, reserving marinade.
4. Grill steak on an uncovered grill directly over medium coals to desired doneness, turning once. Allow 14 to 16 minutes for medium rare or 18 to 20 minutes for medium. Brush occasionally with marinade up to the last 5 minutes of grilling.

Makes 4 servings.

Hawaiian Kebabs

1 1/2 pounds beef strips
1 onion, peeled and cut into 1-inch pieces
1 green bell pepper, seeded and cut into 1-inch pieces
8 ounces pineapple chunks, drained, juice reserved
(canned or fresh)
18 cherry tomatoes
1/3 cup honey
2 tablespoons firmly packed brown sugar
1 tablespoon garlic powder
1 teaspoon Worcestershire sauce
1/8 teaspoon ground black pepper

1. Preheat grill.
2. Thread beef, onion, bell pepper, pineapple and tomatoes alternately on skewers.
3. In a small bowl combine reserved pineapple juice, honey, brown sugar, garlic powder, Worcestershire sauce and pepper. Stir until sugar is dissolved; set aside.
4. Grill kebabs for 18 to 22 minutes, turning often, while brushing on marinade every 3 to 4 minutes.

Makes 6 servings.

Mayan BBQ Kebabs

- 1 pound round steak, cubed**
- 1 green bell pepper, seeded and cut into chunks**
- 1 onion, cut into chunks**
- 8 ounces cherry tomatoes**
- 1 (4-ounce) jar marinated artichoke hearts**
- 1 carrot, sliced**
- 1 (4 -ounce) can pineapple chunks**
- 1 green onion, sliced**
- 1/4 cup chicken broth**
- 3/4 cup prepared barbecue sauce**
- 2 tablespoons coffee liqueur**
- 1 green chili pepper, seeded and chopped**
- 1 garlic clove, crushed**
- 1/4 teaspoon prepared horseradish**
- 1/4 teaspoon salt**
- 1/8 teaspoon pepper**

Hot cooked rice for accompaniment

1. Skewer cubed round steak, green bell pepper, onion, cherry tomatoes, artichoke hearts (drained, reserving the marinade), sliced carrot, pineapple chunks, and sliced green onion onto short bamboo skewers.
2. In a bowl, combine the reserved artichoke hearts marinade, chicken broth, prepared barbecue sauce, coffee liqueur, chopped green chili pepper, crushed garlic clove, horseradish, salt, and pepper. Pour the sauce over the skewered mixture and marinate for 1 hour.
3. Grill the marinated skewered mixture, basting and turning until done.
4. Serve with the cooked rice.

Makes 6 servings.

Mediterranean Beef Kebabs

1 1/2 pound boneless beef sirloin steak
3 green onions, sliced
1/4 cup olive oil
3 tablespoons lemon juice
1 1/2 teaspoons bottled minced garlic
2 teaspoons dried tarragon, crushed
1/2 teaspoon dried oregano, crushed
1/4 teaspoon freshly ground black pepper

1. Trim fat from meat. Cut meat into 1-1/2-inch cubes. Place meat cubes in a self-sealing plastic bag set in a shallow dish.
2. For marinade, in a small bowl, combine green onion, olive oil, lemon juice, garlic, tarragon, oregano, and pepper. Pour over meat; seal bag. Marinate in the refrigerator for 4 to 24 hours, turning bag occasionally. Drain meat, discarding marinade.
3. Thread meat cubes onto six 12-inch metal skewers, leaving 1/4 inch between pieces. Place kebabs on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat for 10 to 12 minutes or until meat is slightly pink in the center, turning occasionally to brown evenly.

Makes 6 servings.

Moroccan Beef with Honey-Spice Couscous

1 1/2 pounds beef flank steak

Marinade:

2 tablespoons red wine vinegar

2 teaspoons garlic salt

1 teaspoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon ground black pepper

1/2 cup honey

1/2 cup olive oil

Honey-Spice Couscous:

2 cups water

1/3 cup steak marinade

1 (8.75-ounce) can garbanzo beans

1 cup fresh seeded and chopped tomatoes

1/3 cup chopped fresh flat-leaf parsley

1 (10 to 12-ounce) package couscous

1. To prepare marinade, combine vinegar and seasonings; stir well. Add honey and oil, stirring until blended. Remove 1/3 cup marinade; set aside for preparing couscous. Place flank steak in plastic bag; add remaining marinade, turning to coat. Close bag securely and marinate in refrigerator 1 hour or up to overnight.
2. Preheat 10 or 12-inch skillet over medium heat. Remove steak from marinade; discard marinade. Place steak in skillet (Cut steak in half, if necessary to fit pan.) Cook 8 to 10 minutes, or until browned. Turn steak, cover and reduce heat to low. Cook 7 to 10 minutes for medium doneness. Slice steak diagonally into thin slices. Serve with pan juices.
3. While steak is cooking, prepare Honey Spiced Couscous. In large saucepan combine water, reserved marinade, garbanzo beans, tomatoes and parsley. Bring to a boil over high heat. Stir in couscous. Cover and remove from heat; let stand 5 minutes. Fluff with fork to serve.

Makes 6 servings.

Peppercorn Beef Kebabs

1 pound boneless beef sirloin steak, 1 1/4 inches thick

1 1/2 teaspoons cracked black peppercorns

1/2 teaspoon salt

1/2 teaspoon paprika

1 clove garlic, peeled and minced

1 medium onion, cut into 8 wedges

1. Cut beef steak into 1 1/4-inch cubes.
2. Combine peppercorns, salt, paprika and garlic in a shallow dish. Add beef pieces; toss to coat with peppercorn mixture.
3. Thread an equal number of beef pieces onto each of four 12-inch skewers along with two onion wedges.
4. Place kabobs on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Broil 10 to 13 minutes to desired doneness (rare to medium), turning occasionally.
5. Kebabs may also be grilled. Place skewers 4 to 5 inches above medium coals. Grill 13 to 17 minutes to desired doneness, turning occasionally.

Makes 4 servings.

Santa Fe Grilled Beef Steaks & Corn

4 beef T-bone or Porterhouse steaks, cut 1-inch thick (about 4 pounds) or boneless beef top loin steaks, cut 1-inch thick (about 2 1/2 pounds)

4 ears sweet corn, in husks

3 tablespoons butter

Chili Glaze:

1/2 cup Heinz 57 sauce

2 cloves garlic, minced

1 1/2 teaspoons chili powder

1/2 teaspoon ground cumin

1. Peel corn, leaving husks attached at base; remove silk. Rewrap corn in husks; tie closed. Soak in cold water 30 minutes. Combine glaze ingredients; remove and reserve 1/4 cup.
2. Drain corn. Place on grid over medium, ash-covered coals. Grill, uncovered, 20 to 30 minutes, turning frequently.
3. After 5 or 10 minutes, place beefsteaks on grid with corn. Grill T-bone or Porterhouse steaks, uncovered, 14 to 16 minutes (top loin steaks 15 to 18 minutes) for medium rare to medium doneness, turning occasionally and brushing with glaze during last 5 minutes.
4. Combine reserved 1/4 cup glaze and butter in 1-cup glass measure. Microwave on HIGH 1-1/2 to 2 minutes, stirring once. Carefully peel corn; brush with chili butter. Serve with steaks and remaining chili butter.

Makes 4 servings.

Southern Italian Beef Steak & Pasta For Two

2 beef tenderloin or eye round steaks, cut 1-inch thick
(about 8 ounces)
3/4 cup uncooked penne pasta, cooked
2 tablespoons freshly grated Romano cheese

Sauce:

1 tablespoon olive oil
1/4 cup chopped onion
1 clove garlic, minced
3/4 pound fresh plum tomatoes, seeded, and chopped
1/4 teaspoon granulated sugar
1/8 teaspoon salt
1/8 teaspoon ground nutmeg
1/8 teaspoon freshly ground black pepper
1 tablespoon chopped fresh basil
1 tablespoon freshly grated Romano cheese

1. Heat oil in medium saucepan over medium heat until hot. Add onion and garlic; cook and stir 4 minutes. Stir in tomatoes, sugar, salt, nutmeg and pepper; cook and stir 5 minutes. Stir in basil and 1 tablespoon cheese. Cover; remove from heat.
2. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook tenderloin steaks 10 to 13 minutes (eye round steaks about 8 to 10 minutes), turning occasionally. Season with salt and pepper.
3. Spoon tomato sauce over pasta; sprinkle with 2 tablespoons cheese. Serve with steaks.

Makes 2 servings.

Spicy Orange Beef Kebabs

1 1/2 pounds boneless beef sirloin steak
1/3 cup red wine vinegar
1/4 cup ketchup
2 tablespoons orange juice
2 tablespoons soy sauce
1 tablespoon Worcestershire sauce
1 teaspoon Dijon-style mustard
1/2 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon freshly ground pepper
3 oranges, peeled and sectioned
1 large green bell pepper, cut into 1-inch squares
1 large red or white onion, cut into 1-inch wedges, separated

1. Trim fat from beef; cut into 1-inch cubes. Place beef in large zip-lock style plastic bag.
2. Mix vinegar, ketchup, orange juice, soy sauce, Worcestershire sauce, mustard, garlic powder, salt and pepper; pour over beef. Press air out of bag, seal and refrigerate overnight.
3. Drain beef; reserve marinade.
4. On four metal skewers, alternate beef, orange sections, green peppers and onion, beginning and ending with beef.
5. Place kebabs on grill rack over medium-hot coals. Cook 6 to 10 minutes or until done. Turn frequently and brush with marinade while cooking.

Makes 4 servings.

Spicy Portuguese Beef Steak Kebabs

1 1/2 pounds boneless beef top sirloin steak, cut 1-1/4 inches thick

1 large red bell pepper, cut into 1-inch pieces

Seasoning:

2 tablespoons chopped fresh cilantro

2 tablespoons olive oil

2 teaspoons hot pepper sauce

1 clove garlic, minced

1/4 to 1/2 teaspoon crushed red pepper (optional)

1. Cut beef steak into 1-1/4-inch pieces. Combine seasoning ingredients in medium bowl. Add beef; toss. Alternately thread beef and bell pepper onto six 10-inch metal skewers.
2. Place kebabs on grid over medium, ash-covered coals. Grill, uncovered, about 8 to 11 minutes for medium rare to medium doneness, turning occasionally. Season with salt.

Makes 6 servings.

Steak & Tomato-Basil Pasta

6 beef tenderloin steaks or 3 boneless beef top loin steaks, cut 1-inch thick

1 pound uncooked penne or mostaccioli pasta

1/3 cup thinly sliced fresh basil or 2 teaspoons dried basil leaves

1/4 cup freshly grated Romano or Parmesan cheese

1/4 teaspoon salt

1/8 teaspoon pepper

1 tablespoon olive oil

1 cup chopped onion

3 large cloves garlic, crushed

6 cups chopped plum tomatoes (approximately 3 3/4 pounds)

1 teaspoon granulated sugar

3/4 teaspoon salt

1/4 teaspoon pepper

1. Cook pasta according to package directions; keep warm.
2. Meanwhile in large saucepan or Dutch oven, heat oil over medium heat until. Add onion and garlic; cook and stir until tender. Add remaining sauce ingredients. Bring to a boil; reduce heat to low. Simmer, uncovered, 10 minutes, stirring occasionally.
3. Place beefsteaks on grid over medium, ash-covered coals. Grill steaks, uncovered, 13 to 15 minutes (15 to 18 minutes for top loin steaks) for medium rare to medium doneness, turning once. Season with salt and pepper. Trim fat from steaks. (Cut top loin steaks crosswise in half).
4. Combine tomato sauce, basil, cheese and pasta; toss to coat. Serve steaks with pasta.

Makes 6 servings (serving size: 1 steak and 2 1/3 cup pasta)

Steak Dianna

1 1/2 pounds round steak, pounded to 1/4-inch thickness
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1 tablespoon butter
2 teaspoons olive oil
1 tablespoon butter
3 shallots, minced
3 tablespoons Dijon mustard
3 tablespoons Worcestershire sauce
1/4 cup beef broth
3 tablespoons Madeira wine
1/2 lemon, juiced
2 tablespoons chopped fresh parsley
1 tablespoon butter
1/8 teaspoon salt
1/8 teaspoon black pepper

1. Season steaks with salt and pepper. Heat butter with oil in a large skillet over medium-high heat. Add steaks and sear 2 minutes per side (for medium-rare); transfer to a serving platter and cover with foil to keep warm.
2. Add a tablespoon butter to the pan. Add shallots and sauté until fragrant, about 2 minutes. Stir in Dijon mustard, Worcestershire and broth. Stir to remove any browned bits stuck to the pan. Add wine, lemon juice and parsley; stir well. Remove from heat and swirl in remaining butter. Adjust seasoning and pour over steaks.

Makes 6 servings.

Sweet-and-Sour Marinated Steaks

Approximately 3 pounds of your favorite steaks

- 1/2 cup soy sauce**
- 1/4 cup packed brown sugar**
- 1/4 cup pineapple juice**
- 1/4 cup white distilled vinegar**
- 1/2 teaspoon garlic salt**

1. Place steaks in a large shallow dish. Combine soy sauce, brown sugar, pineapple juice, vinegar, and garlic salt. Stir well and pour over the steaks. Cover and marinate for 4 hours in the refrigerator, turning occasionally.
2. Remove the steaks from the marinade. Grill over hot coals for about 5 minutes on each side, or until done.

Makes 6 servings.

Szechwan Flank Steak with Cucumber Kim Chee

- 1 (1/2 to 2-pounds) beef flank steak**
- 2 tablespoons roasted sesame oil**
- 3 large garlic cloves, crushed**
- 1 teaspoon Szechwan peppercorns, finely ground**
- 1 teaspoon cayenne pepper**
- 1 teaspoon ground ginger**
- 1/2 teaspoon salt**

1. In small bowl, combine Szechwan peppercorns, cayenne, ginger and salt.
2. Brush both sides of flank steak with sesame oil. Sprinkle both sides evenly with garlic and seasoning mixture. Place steak in large self-sealing plastic bag and refrigerate 2 hours or overnight.
3. Prepare outdoor grill with hot coals on one side of grill, or heat one side of gas grill to hot.
4. Remove meat from marinade; pat dry.
5. Sear meat over direct heat 5 minutes on each side. Move meat to side of grill not over heat; grill, covered for 20 minutes or until meat thermometer registers 145°F (60°C) for medium-rare. Let stand 10 minutes before slicing on the diagonal. Serve with Cucumber Kim Chee.

Serves 6.

To Broil: Heat broiler. Place meat on greased broiler-pan rack. Broil for about 6 minutes on each side for medium-rare.

Cucumber Kim Chee:

- 1 tablespoon sugar
- 1 tablespoon rice wine vinegar
- 1 tablespoon soy sauce
- 1 tablespoon roasted sesame oil
- 1 teaspoon ground fresh chili paste
- 1 garlic clove, finely minced
- 2 cups seeded and diced cucumbers (1/4-inch dice)
- 1 bunch green onions, thinly sliced

1. Whisk together first 6 ingredients in medium bowl, add cucumbers and green onions; stir to combine. Refrigerate, covered, at least 2 hours to allow flavors to blend.

Makes 2 1/2 cups.

Barbecue Butterflied Leg of Lamb

2 cups prepared barbecue sauce
Approximately 6 pounds leg of lamb, boned and butterflied
1/2 teaspoon garlic powder
1/4 teaspoon pepper
1/8 teaspoon salt

1. In a non-metal pan, spread prepared barbecue sauce over boned, butterflied lamb, Season with garlic powder, pepper, and salt. Cover and refrigerate overnight, turning twice.
2. Grill 8 to 10-inch from hot coals in pan for about 2 1/4 to 2 1/2 hours, turning often and basting with the sauce often.

Makes 12 servings.

Barbecued Lamb on Skewers

2 pounds lamb, cubed
4 tablespoons lemon juice
3 garlic cloves, crushed
1/2 teaspoon cayenne pepper
1 tablespoon vegetable oil
1/4 teaspoon salt
1/8 teaspoon granulate sugar

1. In a medium bowl combine together cubed lamb, lemon juice, crushed garlic cloves, cayenne pepper, oil, salt, and sugar. Marinate the lamb for 2 hours in a covered bowl.
2. Drain, reserving the marinade for basting during barbecuing.
3. Skewer the lamb and grill for about 10 to 15 minutes, or until browned, basting often. Discard any unused marinade after basting.

Makes 4 servings.

Lamb Chops with Yogurt Mint Sauce

4 (6-ounce) lamb chops
2 tablespoons olive oil
1/2 teaspoon salt, divided use
1/4 teaspoon ground black pepper, divided use
1 (8-ounce) container plain yogurt
1 lemon, juiced
1 tablespoon chopped fresh mint
1/4 teaspoon paprika

1. Preheat broiler.
2. Brush lamb chops on both sides with olive oil and season with half the salt and half the pepper; place on a broiler pan. Broil for about 4 minutes per side for medium-rare.
3. Meanwhile mix together remaining salt and pepper, yogurt, lemon juice, mint and paprika; blend well.
4. Serve lamb chops drizzled with yogurt sauce.

Makes 6 servings.

Lime-Basted Lamb Kebabs

3/4 cup lime juice
1/3 cup granulated sugar
1/4 cup extra virgin olive oil
1/4 cup chopped fresh cilantro leaves
1 teaspoon crushed dried rosemary
1 clove garlic, crushed
1 teaspoon salt
1/2 teaspoon ground black pepper
1 1/2 pounds lamb, cut into 1-inch cubes
1 (16-ounce) package frozen pearl onions
4 peaches, pitted and quartered

8 (10-inch) bamboo skewers

1. In a large plastic bag or bowl with a lid, combine lime juice, sugar, olive oil, cilantro, rosemary, garlic, salt and pepper. Remove 1/2 cup marinade; set aside for basting. Add lamb and onions; close plastic bag or place lid on securely. Refrigerate for 30 minutes, turning the bag or stirring every 10 minutes.
2. Preheat grill.
3. Remove lamb and onions from marinade. Thread lamb, onions and peaches onto 8 skewers. Grill for 10 to 15 minutes, or until done, basting with reserved marinade. Serve hot.

Middle Eastern Grilled Lamb

**5 pounds boned lamb roast
4 tablespoons minced garlic
2 teaspoons ground cinnamon
1 tablespoon ground allspice
1 cup fresh mint leaves, torn
1/4 cup extra virgin olive oil**

1. Prepare a grill.
2. Place lamb in a 13 x 9-inch microwave-safe baking dish.
3. In a small bowl, mix together garlic, cinnamon, allspice, mint and olive oil. Spread evenly over the lamb. Cover and microwave on medium for about 20 minutes, or until the internal temperature reaches 110° to 120°F.
4. Remove the lamb to a grill and cook on medium-high until the surface blackens and the meat is tender (a meat thermometer should register 155° for medium doneness). Let stand for at least 10 minutes before carving.

Makes 10 servings.

Minted Lamb Kebabs

1 (12-ounce) jar mint jelly, divided use
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon ground black pepper
1 pound boneless leg of lamb, cut into cubes
2 zucchini, cut into 1-inch thick slices
1 red bell pepper, cut into 1-inch pieces
1 onion, cut in wedges
8 mushrooms

1. Combine 1/2 cup jelly, rosemary and black pepper in small saucepan. Cook over low heat until jelly is melted. Cool; transfer to medium bowl. Add lamb; cover and refrigerate for 2 hours.
2. Preheat grill or broiler.
3. Thread lamb and vegetables alternately on skewers. Grill or broil to desired doneness, brushing with remaining jelly and turning skewers frequently.

Persian Lamb Kebabs

1/2 cup vegetable oil
1/4 cup lemon juice
2 cloves garlic, crushed
1 teaspoon salt
1/2 teaspoon ground black pepper
6 bay leaves
2 pounds lamb, cubed
4 tomatoes, cut in large chunks
2 green bell peppers, seeded and cut in large chunks
2 eggplants, cut in large chunks

1. Combine oil, lemon juice, garlic, salt, pepper and bay leaves in a medium bowl. Add lamb and marinate for 4 to 5 hours in the refrigerator, turning once to coat meat.

2. Prepare grill for cooking.
3. Thread lamb and bay leaves, alternating with tomatoes, bell peppers, and eggplant onto skewers. Brush with marinade. Grill over medium-high heat until lamb is brown and cooked through, about 5 minutes on each side. Serve hot.

Chicken Kebabs with Papaya Chutney

1 medium onion, cut into 8 wedges
1 tablespoon curry powder
2 garlic cloves, finely minced
2 tablespoons olive or vegetable oil
2 tablespoons fresh lemon juice
1 tablespoon water
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1 pound skinless, boneless chicken breast halves, cut into 1-inch cubes
1 red bell pepper, cut into 1-inch pieces
1 green bell pepper, cut into 1-inch pieces
Fresh pineapple, cut into 1-inch chunks (or use canned)

1. In a small saucepan cook the onion in boiling water for 4 minutes. Drain; set aside.
2. Meanwhile, in a small skillet, cook the curry powder and garlic in hot oil for 15 to 20 seconds. Remove from heat. Stir in lemon juice, water, salt, and pepper; set aside.
3. Thread chicken cubes, bell peppers, pineapple and onion on 4 long metal skewers (or eight 10-inch wooden skewers that have been soaked in water for 30 minutes prior to using).
4. Stir the curry mixture and brush kabobs on all sides.
5. Grill kabobs on an uncovered grill directly over medium coals for 12 to 14 minutes or until chicken is tender and no longer pink, turning to brown evenly. Or, place kabobs on an unheated rack of a broiler pan; broil 5 to 6-inches from the heat for 10 to 12 minutes, turning to brown evenly.
6. Serve immediately with Papaya Chutney.

Makes 4 servings.

Papaya Chutney:

- 1 cup chopped, peeled apple**
- 1 cup chopped, peeled papaya**
- 1/4 cup packed brown sugar**
- 2 tablespoons golden raisins**
- 2 tablespoons chopped green and/or red bell pepper**
- 2 tablespoons rice vinegar**
- 2 tablespoons water**
- 2 teaspoons fresh lemon juice**
- 1 teaspoon grated lemon rind**
- 1/4 teaspoon salt**

In a medium saucepan, combine the apple, papaya, brown sugar, raisins, peppers, vinegar, water, lemon juice and rind, and salt. Bring to boiling; reduce heat. Simmer, uncovered and stirring occasionally, about 15 minutes or until fruit is tender and chutney is desired consistency.

Chutney and Lime Kebabs with Curried Rice

- 1 (9-ounce) jar Hot Mango Chutney**
- 1/4 cup lime juice (about 2 limes)**
- 1 tablespoon olive oil**
- 1 tablespoon plus 1 teaspoon curry powder, divided use**
- 1 pound boneless, skinless chicken breast halves, cut into 1 1/2-inch pieces**
- 2 medium red or green bell peppers, cut into 1 1/2-inch pieces**
- 1 cup basmati rice, uncooked**

1. Combine chutney, lime juice, oil and 1 tablespoon curry powder in medium bowl. Add chicken; stir to coat. Cover; refrigerate for 2 to 4 hours.
2. Prepare rice according to package directions, adding remaining curry powder with water.
3. Preheat grill or broiler.

4. Alternately thread chicken and bell pepper pieces onto skewers; reserve marinade for basting. Grill or broil kabobs, turning once and basting occasionally with reserved marinade for 10 to 15 minutes or until chicken is no longer pink. Discard any remaining marinade. Serve over warm curried rice.

Makes 4 servings.

Chicken Santa Fe

**2 whole chicken breasts, halved, boned and skinned
4 tablespoons jalapeno jelly, melted
2 sweet red peppers, roasted, skinned***

1. Place chicken between 2 pieces wax paper and gently pound to 1/4-inch thickness.
2. In large plastic zip-lock bag, place chicken in single layer. Add marinade, close bag, refrigerate and marinate, turning once, for 1 hour.
3. Remove chicken from marinade and place on broiler pan; brush liberally with marinade. Arrange rack so chicken is 6 inches from heat and broil about 8 minutes. Turn and broil 8 minutes more or until chicken is brown and fork can be inserted with ease.
4. Brush chicken with melted jelly. Place 2 roasted pepper strips to form an X on each breast half; spoon on remaining jelly. Return chicken to oven until brown and slightly glazed.

Makes 4 servings.

Marinade:

In medium bowl, mix together 1/4 cup olive oil, juice and zest of 1 small lime, 1 clove garlic (crushed), 1 ounce tequila, 1/4 teaspoon bottled hot pepper sauce, 1/8 teaspoon liquid smoke and 1/4 teaspoon salt.

*To roast peppers, place under broiler, turning often until charred. Cool. With point of sharp knife, remove stem, seeds and skin. Cut in 8 strips.

Chicken Napoli

**4 broiler-fryer chicken breasts, halved
1 cup (8 ounces) butter or margarine
2 (5/8-ounce) envelopes dry Italian dressing mix
1/3 cup lime juice**

1. Melt butter in small saucepan. Stir in salad dressing mix and lime juice.
2. Brush both sides of chicken pieces with mixture.
3. Place chicken skin side down on grill about 10 inches above hot coals. Grill, turning and basting often with butter mixture for 40 minutes or until tender and richly glazed.

Makes 8 servings.

Grilled Chicken and Vegetable Kebabs with Chutney Barbecue Sauce

**1 (9-ounce) jar Hot Mango Chutney
2 teaspoons white wine vinegar
4 boneless, skinless chicken breast halves, cut into 1 1/2-inch pieces
1 large red bell pepper, seeded and cut into 1 1/2-inch pieces
1 large green bell pepper, seeded and cut into 1 1/2-inch pieces
16 mushrooms, stems removed
1 red onion, cut into 1 1/2-inch pieces
8 (10-inch) skewers
Salt/ground pepper to taste**

1. Place chutney and vinegar in blender; cover. Blend until smooth. Pour into small bowl.
2. Alternately thread chicken, bell peppers, mushrooms and onion onto skewers. Season with salt and pepper.
3. Grill or broil kebabs, turning and basting with chutney barbecue sauce, for 10 to 15 minutes or until chicken is no longer pink.

Makes 4 servings.

Grilled Ginger Chicken Kebabs

6 chicken thighs, boneless and skinless, cut into 1-inch pieces

2 tablespoons canola or vegetable oil

2 tablespoons rice vinegar

1 teaspoon granulated sugar

1 teaspoon salt

1 stalk lemon grass, chopped

1 (2-inch) piece ginger, peeled and sliced

2 cloves garlic

4 scallions (green onions), cut into 1 1/2 inch lengths

1 tablespoon sesame seeds, toasted

1. In bowl of food processor, place canola oil, rice vinegar, sugar, salt, lemon grass, ginger and garlic cloves. Process until lemon grass is chopped fully, about 3 minutes. Transfer to glass bowl. Add chicken thighs to bowl. Cover and refrigerate at least two hours, or overnight, or up to 2 days.
2. Prepare charcoal or gas grill, or preheat oven broiler.
3. Thread chicken pieces and scallions, alternating. Place on grill and cook, turning once, until chicken is firm and opaque, about 6 to 8 minutes per side.
4. Plate on serving platter and sprinkle with sesame seeds.

Makes 4 servings.

Jerked Chicken and Plantain Kebabs with Papaya-Avocado Salsa

8 boneless chicken thighs, cut into 2-inch chunks
2 ripe plantains, sliced into 1-inch pieces
1 red onion, cut into 2-inch chunks; 1 chunk minced
2 tablespoons jerk seasoning
1 teaspoon cumin

Hot cooked rice for accompaniment

Papaya-Avocado Salsa:

2 ripe avocados, diced
1 cup diced papaya
2 tablespoons lime juice
1 teaspoon orange zest
2 tablespoon orange juice
1 teaspoon jerk seasoning
1/4 teaspoon salt

1. Prepare charcoal or gas grill, or preheat broiler.
2. To make salsa, stir together all salsa ingredients, plus minced red onion. Set aside.
3. On 8 long skewers, thread chicken, plantains and chunks of red onion. Rub with jerk seasoning and cumin. Place on grill or under broiler and cook, turning once, about 6 minutes per side or until chicken is firm and cooked throughout and plantains and onions are tender.
4. Serve skewers with salsa and rice.

Makes 4 servings.

Middle Eastern Grilled Chicken Kebabs

1 pound skinless, boneless chicken breasts, cut into 1-inch pieces
16 cherry tomatoes
8 (6-inch) skewers

Marinade:

1 cup plain yogurt
1 tablespoon chopped fresh mint
3 cloves garlic, minced
1/2 teaspoon salt

Pita Bread:

4 pieces pita bread
2 tablespoons extra-Virgin olive oil
2 cloves garlic, minced

Salad:

1 large tomato, chopped
1 medium cucumber (peeled if waxed), chopped
1/2 small red onion, diced
2 teaspoons fresh, chopped parsley
2 cloves garlic, minced
2 tablespoons extra-virgin olive oil
2 tablespoons red wine vinegar
Salt and pepper to taste
Kalamata olives to garnish
Fresh mint sprigs to garnish

1. Whisk together the marinade ingredients in medium bowl. Add chicken pieces, mixing until well coated with marinade. Cover and refrigerate for 1 hour. While the chicken marinates - make the salad, prepare the pita bread for grilling and then prepare coals for the grill.
2. To make salad, toss all salad ingredients together in a medium bowl. Cover and set aside to let the flavors blend.
3. To prepare the pita, stir together the olive oil and garlic in a small bowl or cup. Brush the pita bread with mixture on both

- sides and set aside until you are ready to grill.
4. Thread the chicken pieces and cherry tomatoes onto the skewers; two tomatoes per skewer and several pieces of chicken. Grill until it is well charred and very firm to the touch, about 8 minutes over hot coals. Just before the chicken is done (or right afterwards if the grill is full), set the pita bread on the grill and toast both sides until lightly browned.
 5. To serve, cut the pita bread into triangles and arrange on each of 4 plates. Spoon salad onto each plate and set the kebabs on top of the salad. Garnish with olives and fresh mint sprigs.

Makes 4 servings.

Southwest Chicken Barbecue

1 cup ketchup
5 tablespoons unsalted butter, if available
1/4 cup strong black coffee
3 tablespoons Worcestershire sauce
1 to 2 tablespoons pure ground hot chilies
1 tablespoon dark brown sugar, packed
1/4 teaspoon salt, or to taste
3 to 4 pounds chicken, cut into serving pieces

1. To prepare the sauce: in a 2-quart saucepan combine all the ingredients and all the sauce to simmer, uncovered over medium heat for 10 to 15 minutes. Set aside until you are ready to barbecue.
2. To barbecue the chicken: when the fire is ready, position the rack 5 inches above the heat source.
3. Place the chicken pieces on the hot rack, skin side down. When seared, turn and grill the pieces bone side down, until light golden.
4. Remove the chicken from the grill and cover the grill with a

- layer of heavy-duty aluminum foil. Puncture the foil to make plenty of ventilation holes.
5. Place the chicken on the foil, skin side down, and generously spoon on the barbecue sauce. Grill until the sauce is set. Then turn the pieces over, sauce the skin side and grill bone side down.
 6. Continue saucing and turning until all the pieces are done, about 50 to 60 minutes. To test to doneness, insert the tip of a sharp knife into the largest piece of chicken breast. If the juices run clear, it's done

Makes 1 1/2 cups sauce, serving 3 to 4 people.

Thai Grilled Chicken - Gai Yang

- 3 to 4 whole chicken breasts**
- 2 teaspoons whole black peppercorns, ground in a spice grinder**
- 2 garlic cloves, finely minced**
- 2 tablespoons chopped fresh coriander roots (cilantro), finely minced***
- 1 tablespoon Asian fish sauce**
- 1 cup well-stirred canned unsweetened coconut milk**

Hot cooked rice (Preferably Jasmine rice)

1. With a cleaver or poultry shears halve chicken breasts and cut each half crosswise into 4 pieces.
2. With a mortar and pestle, or flat side with the sharp edge of the cleaver, blend peppercorns and garlic with a pinch salt to a smooth paste. Add coriander roots and pound or blend to a paste.
3. In a large non-metallic bowl stir together coriander paste, fish

sauce, and coconut milk. Add chicken and turn to coat well with marinade. Marinate chicken, covered, at room temperature 1 hour, or for several hours in refrigerator.

4. Prepare grill (or preheat broiler).
5. Grill chicken, skin sides down, on a lightly oiled rack set 5 to 6 inches over glowing coals until browned, 7 to 10 minutes. Brush top of chicken lightly with marinade, discarding any remaining marinade, and turn chicken. Grill chicken until just cooked through and juices run clear, 7 to 10 minutes more.
(Alternatively, chicken may be broiled in same manner on lightly oiled rack of a large broiler pan about 4 to 6 inches from heat.)
6. Serve chicken with dipping sauce and cooked rice.

Serves 6.

Salads

Black Bean and Chutney Rice Salad
Cilantro Pesto Pasta Salad
Couscous Salad with Dried Cherries
Italian Pasta & Tomato Salad
Cold Lentil Salad
Mediterranean Couscous Salad with Pine Nuts
Pasta Party Salad
Spinach and Pasta Salad
Tomato Basil Salad with Mozzarella
Tortellini and Shrimp Caesar Salad
Zesty Summer Pasta Salad
Goat Cheese and Sundried Tomato Salad
Louisiana Potato Salad
Bread Salad
Spinach Salad
Green Bean and Basil Salad
Thai Cucumber Salad
Mexican Chicken Salad
Double Tomato Bruschetta
Asiago Dip with Crostini
Mango Bruschetta

Black Bean and Chutney Rice Salad

1 (15-ounce) can black beans, drained and rinsed
1 large red bell pepper, seeded and chopped
1 (9-ounce) jar chutney
1 cup whole kernel corn
6 green onions, sliced
3 tablespoons chopped fresh cilantro
1/2 teaspoon ground cumin
2 3/4 cups water
3/4 cup uncooked basmati rice
1/2 cup dried red lentils
1 1/2 cups fresh spinach leaves, packed and shredded

1. Combine beans, bell pepper, chutney, corn, green onions, cilantro and cumin in medium bowl; stir gently.
2. Bring water to a boil in large saucepan; stir in rice and lentils. Reduce heat to low; cook, uncovered, for 20 to 25 minutes or until lentils are tender and liquid is absorbed. Remove from heat; stir in black bean mixture. Cover; refrigerate until chilled. Stir in spinach before serving.

Makes 6 servings.

Cilantro Pesto Pasta Salad

1 pound rigatoni or other small pasta
1/2 cup olive oil
1 cup fresh cilantro leaves, washed, loosely packed
2 cloves garlic, crushed
1/4 teaspoon dried oregano leaves
1/4 cup pine nuts
1/2 cup sliced black olives
Salt and freshly ground pepper to taste

1. Cook rigatoni according to package directions, drain well.
2. In blender container, blend oil, cilantro, garlic and oregano until smooth.
3. Toss pasta with dressing; toss in pine nuts and olives; season to taste with salt and pepper. Cover and refrigerate. Toss again before serving.

Serves 8.

Couscous Salad with Dried Cherries

1 cup water or chicken broth
3/4 cup quick-cooking couscous, uncooked
1/2 cup dried tart cherries
1/2 cup coarsely chopped carrots
1/2 cup chopped unpeeled cucumber
1/4 cup sliced green onions
1/4 cup toasted pine nuts or slivered almonds (optional)
3 tablespoons balsamic vinegar
1 tablespoon olive oil
1 tablespoon Dijon-style mustard
Salt and pepper, to taste

1. Bring water or broth to a boil in a medium saucepan; stir in couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Uncover; let cool 10 minutes.
2. Put cooked couscous, dried cherries, carrots, cucumber, green onions and pine nuts in a large bowl; mix well. Combine vinegar, olive oil and mustard in a small container; mix well. Pour over couscous mixture; stir to coat all ingredients. Season with salt and pepper, if desired. Serve chilled or at room temperature.

Makes 4 cups; about 6 servings.

Italian Pasta & Tomato Salad

Choose vine-ripened tomatoes to pair with penne pasta.

Pasta Ingredients:

8 ounces (2 1/3 cups) uncooked dried penne pasta

Salad Ingredients:

**1/4 pound (1 cup) Cheddar or Monterey Jack Cheese,
cubed 1/2-inch**

2 medium (2 cups) tomatoes, cubed 1-inch

2 medium (2 cups) zucchini, sliced 1/4-inch

Dressing Ingredients:

1/2 cup Italian vinaigrette dressing

1 tablespoon fresh oregano leaves

1 tablespoon chopped fresh basil leaves

Lettuce leaves

1. Cook pasta according to package directions. Rinse with cold water; drain.
2. Combine pasta and all salad ingredients in large bowl.
3. Stir together all dressing ingredients except lettuce leaves in small bowl. Add dressing to salad; toss to coat. Cover; refrigerate at least 30 minutes. Serve salad on lettuce leaves.

Makes 6 servings.

Cold Lentil Salad

**3 cups cold water
1/2 cup dried lentils
1/2 teaspoon salt
1/2 cup diced celery
1/2 cup diced red bell pepper
1/3 cup mint sauce
1/4 cup diced red onion
1/4 cup chopped flat-leaf parsley
2 tablespoons olive oil
1 clove small garlic, finely chopped
1/4 teaspoon dried oregano, crushed
4 large lettuce leaves**

1. Combine water, lentils and salt in small saucepan. Bring to a boil over high heat. Cook, stirring occasionally, for 15 minutes or until lentils are crisp-tender. Drain; run lentils under cold water.
2. Combine lentils, celery, bell pepper, mint sauce, onion, parsley, olive oil, garlic and oregano in medium bowl; mix well. Cover; refrigerate until ready to serve. Serve over lettuce leaves.

Makes 4 servings.

Mediterranean Couscous Salad with Pine Nuts

Couscous Ingredients:

1 1/2 cups water
1 cup uncooked couscous

Dressing Ingredients:

3 tablespoons lemon juice
1 tablespoon olive oil
1 tablespoon cider vinegar
2 teaspoons honey

Salad Ingredients:

3 cups fresh baby spinach leaves, washed, stems removed
1/3 cup chopped roasted red bell pepper
4 ounces (3/4 cup) Feta Cheese, crumbled
3 tablespoons toasted pine nuts

1. Heat water in 2-quart saucepan over medium heat until water comes to a boil (3 to 4 minutes). Stir in couscous. Cover; remove from heat. Let stand 5 minutes. Fluff with fork. Pour into large bowl; chill 10 minutes.
2. Meanwhile, combine lemon juice, olive oil, vinegar and honey in small bowl.
3. Add dressing and all salad ingredients to couscous; toss lightly. Serve immediately or refrigerate 1 to 2 hours.

This couscous is flavored with an olive oil and lemon dressing. For Mediterranean flavor, add red peppers and pine nuts.

Makes 6 (1 cup) servings.

Pasta Party Salad

6 ounces rotini or shell macaroni
Salted water
Oregano Dressing (recipe follows)
2 cups fresh spinach, torn
1 cup each chopped tomato and blanched pea pods
1/4 cup natural California pistachios, chopped
Black pepper
Freshly grated Parmesan cheese

1. Cook rotini in boiling, salted water according to package directions; drain.
2. Marinate hot rotini in Oregano Dressing; cool at room temperature.
3. Combine with spinach, tomato, pea pods, pistachios and black pepper to taste. Sprinkle with Parmesan cheese.

Oregano Dressing: Combine 1/4 cup each oil and red wine vinegar, 3/4 teaspoon crushed oregano and 1/8 teaspoon garlic powder. Makes 1/2 cup.

Makes 8 servings.

Spinach and Pasta Salad

1 (9-ounce) package Linguine
1 (7-ounce) package Pesto with Basil
5 cups shredded fresh spinach leaves
1 cup chopped fresh tomato
1 cup halved, thinly sliced red onion
1/4 cup pine nuts, toasted
3 tablespoons lemon juice
1/4 teaspoon salt

1. Cook linguine according to package directions. Rinse and drain.
2. Combine pasta, spinach, tomato, onion and pine nuts in large bowl.

3. Combine pesto, lemon juice and salt in small bowl. Add to pasta mixture; toss well. Serve immediately or refrigerate.

Makes 4 servings.

Tomato Basil Salad with Mozzarella

Pasta Ingredients:

3 ounces uncooked dried angel hair pasta broken into thirds

Dressing Ingredients:

1/4 cup olive or vegetable oil

1/4 cup red wine vinegar or cider vinegar

2 teaspoons granulated sugar

1 teaspoon finely chopped fresh garlic

1/8 teaspoon salt

1/8 teaspoon coarsely ground pepper

Salad Ingredients:

1/4 cup chopped fresh basil leaves

4 medium Roma tomatoes, sliced 1/4-inch

4 ounces (1 cup) Mozzarella Cheese, cubed 1/2-inch

Leaf lettuce

Fresh basil leaves, if desired

1. Cook pasta according to package directions. Rinse with cold water; drain.
2. Meanwhile, in jar with tight-fitting lid combine all dressing ingredients; shake well.
3. Just before serving, in large bowl combine cooked pasta, basil, tomatoes and Mozzarella cheese. Gently stir in dressing. Place 1 lettuce leaf on each individual serving plate or line large serving plate with lettuce. Arrange salad on plates. Garnish with additional basil leaves.

Makes 6 servings.

Tortellini and Shrimp Caesar Salad

1 (9-ounce) package Spinach Cheese Tortellini, prepared according to package directions, chilled.
1 1/2 cups cooked shrimp, chilled
1 (10 to 12-ounce) package prepared romaine lettuce salad
1 cup Italian style croutons
3/4 cup prepared Caesar salad dressing
1/4 cup freshly grated Parmesan cheese

1. Combine pasta, lettuce and shrimp in a medium bowl. Add dressing; toss to coat.
2. Top with croutons and cheese. Season to taste with ground black pepper.

Makes 4 servings.

Zesty Summer Pasta Salad

6 ounces uncooked dried angel hair pasta (very thin spaghetti), broken into thirds
3/4 cup Italian dressing
1/4 cup sliced ripe olives
1/4 cup (about 1 1/2 ounces) pepperoni slices
1/4 cup chopped fresh basil leaves
1/2 pound slice (1-inch thick) Mozzarella Cheese, cubed 1/2-inch
2 large (2 cups) tomatoes, cubed 1-inch
1 medium (1 cup) green pepper, chopped

1. Cook pasta according to package directions. Rinse with cold water. Drain.
2. Place pasta and all remaining ingredients in large bowl; toss to coat well. Cover; refrigerate at least 2 hours.

Makes 8 servings.

Goat Cheese and Sundried Tomato Salad

1 (7.50 ounces) bag mixed greens (preferably with radicchio leaves)
1 7/8 ounces spinach leaves
1 bunch watercress
2 tablespoons finely chopped onions
4 sun-dried tomatoes, sliced (packed in oil)
olive oil
6 ounces creamy goat cheese

Dressing:

5 tablespoons olive oil
1/2 teaspoon Dijon mustard
2 tablespoons lemon juice
2 tablespoons balsamic vinegar
1-2 minced garlic clove
salt and pepper

Dressing:

1. Mix together mustard, lemon juice, and vinegar.
2. Salt and pepper to taste.
3. Whisk in olive oil slowly, allowing dressing to thicken.
4. Add garlic and mix well.
5. Let stand for 30 minutes.

Salad:

1. Pre-heat broiler.
2. Mix all greens and salad leaves in salad bowl.
3. Add onion, sun-dried tomatoes, and dressing, and toss well.
4. Place on individual plates.
5. Brush goat cheese with olive oil and place under broiler (on sprayed cookie sheet) for a few minutes, until cheese bubbles and turns slightly golden in color.
6. Place goat cheese slices on top of individual salads, and serve while warm.

Louisiana Potato Salad

2 lbs red potatoes, cubed and cooked
1 cup zesty Italian dressing
1/2 teaspoon paprika
1/2 teaspoon ground red pepper
8 slices of thick cut bacon, cut into 1 inch pieces
3 green onions, chopped
2 stalks celery, thinly sliced
1 red pepper or yellow pepper, chopped

1. Mix potatoes, dressing and seasonings in a large bowl, set aside.
2. Cook bacon in skillet on medium heat to desired crispness.
3. Remove bacon from skillet; reserve 1 tablespoon drippings in skillet.
4. Drain bacon on paper towels.
5. Add onions, pepper and celery to drippings in skillet; cook and stir until crisp-tender.
6. Add to potato mixture with crumbled bacon; mix lightly.

Bread Salad

4 large ripe plum tomatoes, seeded and cut into 1/2 inch dice
1 small cucumber, seeded but not peeled, cut into 1/2 inch dice
1 large cubanelle pepper, cut into 1/2 inch dice
3-4 tablespoons minced red onions (amount according to your preference)
5 basil leaves, shredded
4 cups crusty bread, cubes (I like to toast them first, but it's not absolutely necessary)
2-3 tablespoons olive oil
salt and black pepper

1. Combine the tomatoes, cucumber, cubanelle peppers,

- onion and basil.
2. Season to taste with salt and pepper and let stand 30 minutes for flavors to develop.
 3. Stir in the bread cubes and drizzle olive oil over the salad; toss to mix thoroughly.

Spinach Salad

Dressing

1 cup olive oil
1/2 cup cider vinegar
1/2 cup sugar
1/4 teaspoon fresh pepper
1 medium onion, finely chopped
1 teaspoon paprika
1 teaspoon salt
1/2 teaspoon dry mustard
1/2 teaspoon celery salt
salt and pepper

Salad

3 bunches spinach
24 mushrooms, sliced
1 lb bacon, fried, drained and crumbled
2 (11.00 ounces) cans mandarin oranges, drained
2 avocados chopped

1. Mix dressing ingredients together and refrigerate.
2. Combine all of the salad ingredients in a large salad bowl.
3. Lift dressing out of fridge about 15 minutes before serving.
4. Pour over salad and toss well.

Green Bean and Basil Salad

1 1/2 lbs green beans, topped and tailed and cut into 1 1/2 inch pieces
1/2 cup olive oil
1/2 cup vinegar (I prefer a mix of red wine and balsamic)
1/4 cup chopped fresh basil leaves
1 clove garlic, minced finely (or pressed)
1/2 teaspoon salt
2 scallions, chopped

1. Steam the green beans for about 10 minutes, until tender.
2. You can also cook them in the microwave for about 4 minutes.
3. Set aside in a bowl.
4. Whisk together the oil, vinegar and seasonings.
5. Pour this over the green beans.
6. Add the scallions and toss gently.
7. Cover and place in the fridge until cold.
8. The flavor really intensifies if you let the salad chill for 24 hours.

Thai Cucumber Salad

1 1/2 tablespoons fresh lime juice
1 1/2 tablespoons rice wine vinegar
1 tablespoon canola oil
1 clove garlic, minced
1 teaspoon brown sugar
1 teaspoon lime zest
1/2-1 small jalapenos, seeded and minced
1 seedless cucumber
1 small red bell pepper
1 medium carrot
1/2 small red onions
1-2 tablespoons chopped cilantro (optional)
1/4 cup dry roasted peanuts, chopped
salt and pepper

1. Whisk the first 7 ingredients (lime juice through jalapeno) in a large bowl.
2. Season with salt and pepper.
3. Trim the ends from the cucumber.
4. Split lengthwise in half.
5. Slice very thinly.
6. Toss into the dressing.
7. Halve the red pepper vertically, core and remove seeds and white membranes.
8. Slice the pepper, horizontally, into very thin strips.
9. Add to the dressing and toss.
10. Peel the carrot and trim off ends.
11. Slice diagonally into very thin slices.
12. Add to the rest of the salad.
13. Peel the onion and cut in half horizontally
14. Then slice vertically into very thin strips.
15. Add these to the bowl and toss everything together until well mixed.
16. Set aside for at least one hour, stirring occasionally (this can be marinated for up to 8 hours, but refrigerate if marinating for longer than 2 hours).
17. Transfer to a serving bowl.
18. Sprinkle cilantro (if used) and peanuts over top

Mexican Chicken Salad

Dressing:

1/4cup cider vinegar
3 tablespoons honey
1 1/2teaspoons cumin
1/4teaspoon salt and pepper

Chicken Mixture:

1 tablespoon olive oil
2 whole boneless chicken breasts, cut into 2 inch strips
1/2 teaspoon garlic salt
1 (16 ounces) package frozen corn
1 cup chopped plum tomatoes
1 (15ounces) can black beans, rinsed and drained
5 green onions, chopped
1 red bell pepper, chopped

Salad:

1 package mixed salad green
2 avocados, peeled and chopped
2 cups monterey jack cheese
3 cups slightly crushed blue corn chips
1 cup sour cream
1 jar thick & chunky salsa

1. Mix dressing ingredients and set aside.
2. Heat oil in skillet.
3. Sprinkle chicken with garlic salt, then sauté in pan until no longer pink, about 5 minutes.
4. Combined cooked chicken, corn tomatoes, black beans, onions and red peppers in a large bowl.
5. Stir in dressing.
6. Chill at least 1 hour.
7. When ready to eat, combine chicken mixture with lettuce.
8. Serve along with avocados, cheese, tortilla chips, sour cream and salsa

Double Tomato Bruschetta

Prep Time: 15 Minutes. Cook Time: 7 Minutes.
Ready in: 35 Minutes. Makes 12 servings.

- 1 French baguette**
- 6 roma (plum) tomatoes, chopped**
- 1/2 cup sun-dried tomatoes,
packed in oil**
- 3 cloves minced garlic**
- 4 tablespoons olive oil, divided**
- 2 tablespoons balsamic vinegar**
- 1/4 cup fresh basil, stems removed**
- 1/4 teaspoon salt**
- 1/4 teaspoon ground black pepper**
- 2 cups shredded mozzarella cheese**

Directions:

- 1** Preheat the oven on broiler setting.
- 2** In a large mixing bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt and pepper. Allow the mixture to sit for 10 minutes.
- 3** Cut the baguette into 3/4 inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown.
- 4** Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.
- 5** Broil for 5 minutes, or until the cheese is melted.

Asiago Dip with Crostini

Makes 32 servings

- 1 cup light mayonnaise**
- 1/2 cup thinly sliced green onions**
- 1/3 cup grated Asiago or
Parmesan cheese**
- 1/4 cup sliced mushrooms**
- 1/4 cup sun-dried tomato sprinkles**
- 1 (8 ounce) carton low-fat
sour cream**
- 1 tablespoon grated Asiago or
Parmesan cheese**
- 32 (1/2-inch-thick) slices
diagonally cut French bread baguette,
toasted (about 2 baguettes)**

Directions:

- 1** Preheat oven to 350 degrees.
- 2** Combine first 6 ingredients in a bowl; spoon into a 1-quart casserole. Sprinkle with 1 tablespoon cheese. Bake at 350 degrees for 30 minutes or until bubbly. Serve with toasted bread.

Mango Bruschetta

This bruschetta is made with mango, basil, and Romano cheese, which yields an interesting combination of sweet, sour, and peppery flavors.

Prep Time: 15 Minutes. Cook Time: 10 Minutes.
Ready in: 25 Minutes. Makes 6 servings.

- 1 loaf French bread, cut into 1/2 inch slices**
- 1 mango - peeled, seeded and diced**
- 1 tablespoon fresh basil, minced**
- 1 cup grated Romano cheese**

Directions:

- 1** Preheat the broiler.
- 2** Arrange French bread slices in a single layer on a large baking sheet. Broil in the preheated oven 1 to 2 minutes per side, until lightly toasted. Remove from heat.
- 3** In a medium bowl, mix mango and fresh basil.
- 4** Top each bread slice with equal amounts of the mango and basil mixture. Sprinkle with Romano cheese, adjusting the amount to taste.
- 5** Return topped bread to broiler. Broil 2 to 3 minutes, or until the cheese is melted and lightly browned. Serve hot.

Salsas and Dips

Artichoke Salsa
Avocado Salsa
Black Bean Salsa
Citrus Salsa
Classic Guacamole
Fresh California Salsa
Green Salsa
Hummus
Kiwi Fruit Salsa
Mango Avocado Salsa
Mango Papaya Salsa
Mango Tango Black Bean Salsa
Mexican Caviar
Mutabbul
Raita
Texas Caviar
Tyrone's Avocado Salsa

Artichoke Salsa

Prep Time: 10 Minutes. Ready in: 10 Minutes. Makes 5 servings.

1 (6.5 ounce) jar marinated artichoke hearts, drained and chopped
3 roma (plum) tomatoes, chopped
2 tablespoons chopped red onion
1/4 cup chopped black olives
1 tablespoon chopped garlic
2 tablespoons chopped fresh basil
salt and pepper to taste

Directions:

1 In a medium bowl, mix together the artichoke hearts, tomatoes, onion, olives, garlic, salt, and pepper. Serve chilled, or at room temperature, with tortilla chips.

Avocado Salsa

Prep Time: 30 Minutes. Ready in: 8 Hours. Makes 32 servings.
Serve with tortilla chips.

1 (16 ounce) package frozen corn kernels, thawed
2 (2.25 ounce) cans sliced ripe olives, drained
1 red bell pepper, chopped
1 small onion, chopped
5 cloves garlic, minced
1/3 cup olive oil
1/4 cup lemon juice
3 tablespoons cider vinegar
1 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon ground black pepper
4 avocados - peeled, pitted and diced

Directions:

- 1** In a large bowl, mix corn, olives, red bell pepper and onion.
- 2** In a small bowl, mix garlic, olive oil, lemon juice, cider vinegar, oregano, salt and pepper. Pour into the corn mixture and toss to coat. Cover and chill in the refrigerator 8 hours, or overnight.
- 3** Stir avocados into the mixture before serving.

Black Bean Salsa

Prep Time: 15 Minutes. Ready in: 8 Hours. Makes 40 servings.
Serve with tortilla chips.

- 3 (15 ounce) cans black beans, drained and rinsed**
- 1 (11 ounce) can Mexican-style corn, drained**
- 2 (10 ounce) cans diced tomatoes with green chili peppers**
- 2 tomatoes, diced**
- 2 bunches green onions, chopped cilantro leaves, for garnish**

Directions:

In a large bowl, mix together black beans, Mexican-style corn, diced tomatoes with green chili peppers, tomatoes and green onion stalks. Garnish with desired amount of cilantro leaves. Chill in the refrigerator at least 8 hours, or overnight, before serving.

Citrus Salsa

Prep Time: 15 Minutes. Ready in: 15 Minutes. Makes 5 servings.

4 roma tomatoes
2 large oranges, peeled and diced
1 large Vidalia (mild, sweet) onion, peeled and chopped
2 jalapeno peppers, seeded and minced
2 tablespoons fresh lime juice
1/4 cup fresh orange juice
Add sugar to taste
1 tablespoon chopped fresh cilantro
1 teaspoon salt

Directions:

- 1 Bring small saucepan of water to a boil. Blanch tomatoes for 30 seconds, and then rinse with cold water. Peel and chop tomatoes.
- 2 Place all ingredients in a large bowl and stir until mixed thoroughly. Allow to stand at room temperature for one hour. Mix and serve. Refrigerate any unused salsa.

Classic Guacamole

2 large ripe hass avocados
2 small ripe tomatoes, preferably romas, chopped
1/3 cup cilantro, chopped
3 tablespoons finely minced onions
1 lemon, juice of
1-2 jalapeno, to taste
1 clove garlic, minced
1/2 teaspoon salt

1. Mash the avocado, leaving a few rough chunks.
1. Stir in the remaining ingredients.
2. Serve within 30 minutes with chips, or as a garnish to other dishes.

It is best to make just before serving, but if you have to hold longer, place plastic wrap directly on the surface of the guacamole to keep from unsightly darkening.

Fresh California Salsa

Makes 16 servings.
Serve with tortilla chips.

4 large tomatoes, diced
1/2 large onion, minced
3 cloves garlic, chopped
2/3 cup chopped fresh cilantro
1 jalapeno pepper, seeded and minced
2 tablespoons fresh lime juice
salt to taste

Directions:

- 1 In a small mixing bowl, combine tomatoes, onion, garlic, cilantro and lime juice. Add jalapenos 2 teaspoons at a time, tasting after each addition to see how hot the salsa has become. Jalapeno peppers vary in heat, so it is important to taste the salsa to ensure you do not make it too hot to handle. Salt to taste. Enjoy!

Green Salsa

Prep Time: 20 Minutes. Ready in: 20 Minutes. Makes 16 servings.

8 tomatillos, husked
3 shallots
2 cloves garlic, peeled
1 (4 ounce) can chopped green chili peppers
1/4 cup chopped fresh cilantro
1 fresh jalapeno pepper, seeded
salt to taste

Directions:

- 1** In a food processor, place tomatillos, shallots, garlic, green chili peppers, cilantro, jalapeno pepper and salt. Using the pulse setting, coarsely chop. Cover and chill in the refrigerator until serving.

Hummus

(15.0 ounces can chick peas
1/4 cup tahini paste
3 tablespoons fresh lemon juice
1 clove garlic
1/4 teaspoon ground cumin
salt and pepper

- 1.** Drain beans; reserve water.
 - 2.** In a food processor or blender add beans and all the ingredients.
 - 3.** Process until smooth.
 - 4.** If mixture is too thick, add some of the reserved liquid from the beans to dilute to a desired consistency.
- Serve at room temperature with pita bread, grilled pork, lamb or chicken.

Kiwi Fruit Salsa

Prep Time: 10 Minutes. Cook Time: 10 Minutes.
Ready in: 25 Minutes. Makes 16 servings.

- 1 cup balsamic vinegar**
- 1 Spanish onion, finely chopped**
- 1 banana, peeled and chopped**
- 2 oranges - peeled, seeded and chopped**
- 4 kiwis, peeled and chopped**
- 1 Serrano pepper, chopped**

Directions:

- 1** Heat 1/2 balsamic vinegar in a medium saucepan over medium high heat. Slowly cook and stir onion until soft. Stir in banana. Use remaining balsamic vinegar as needed to keep the mixture moist. Stir in oranges, kiwis and Serrano pepper. Cook and stir until all ingredients are soft.

Mango Avocado Salsa

- 1 mango, peeled and chopped**
- 1 red pepper, diced**
- 1 tomato, diced**
- 2 avocados, peeled and chopped**
- 1/4 red onions, diced**
- 1 dash garlic salt (optional)**

1. Combine all ingredients in a medium size bowl.
2. Cover and chill for 20-30 minutes.

Mango Papaya Salsa

Prep Time: 15 Minutes. Ready in: 45 Minutes. Makes 8 servings.

1 mango - peeled, seeded and diced
1 papaya - peeled, seeded and diced
1 large red bell pepper, seeded and diced
1 avocado - peeled, pitted and diced
1/2 sweet onion, peeled and diced
2 tablespoons chopped fresh cilantro
2 tablespoons balsamic vinegar
salt and pepper to taste

Directions:

In a medium bowl, mix mango, papaya, red bell pepper, avocado, sweet onion, cilantro, and balsamic vinegar. Season with salt and pepper. Cover, and chill in the refrigerator at least 30 minutes before serving.

Mango Tango Black Bean Salsa

Prep Time: 10 Minutes. Ready in: 10 Minutes. Makes 8 servings.

1 (15 ounce) can black beans, rinsed and drained
1 (7 ounce) can whole kernel corn with peppers, drained
1 medium mango, peeled, seeded and cut into 3/4-inch cubes
1/4 cup finely chopped onion
1/4 cup coarsely chopped fresh cilantro
2 tablespoons fresh lime juice
1 teaspoon garlic salt; 1/4 teaspoon ground cumin

Directions:In medium bowl, combine all ingredients. Serve with baked tortilla chips, if desired.

Mexican Caviar

Prep Time: 10 Minutes. Ready in: 6 Hours. Makes 32 servings.
Serve with tortilla chips.

2 large tomatoes, finely chopped
5 green onions, chopped
3 tablespoons olive oil
3 1/2 tablespoons tarragon vinegar
1 (4 ounce) can chopped green chili peppers
1 (2.25 ounce) can chopped black olives
1 teaspoon garlic salt
1 teaspoon salt

Directions:

In a medium bowl, mix together tomatoes, green onions, olive oil, tarragon vinegar, green chile peppers, black olives, garlic salt and salt. Cover and refrigerate 6 hours or overnight before serving.

Mutabbul

3 large aubergines
3-4 cloves garlic, skinned and crushed
75-100 ml tahini paste
1 lemon, juice of
1 pinch paprika
salt
Garnish with chopped mint

1. Grill the aubergines- under a medium heat first, then a high heat after about 7 mins, until well blackened and soft, about 20-25 mins.
 2. Remove the skin while holding under a cold tap, then gently squeeze to get rid of the juices.
 3. Blend the flesh in a processor.
 4. Add garlic and about 75mls tahini blend again.
 5. Add lemon juice, paprika and salt to taste, then whizz until very smooth.
 6. Now taste to see if you want to add any extra of the ingredients.
 7. Pour into a dish and drizzle the olive oil on the top and the chopped mint
- Serve with pita bread or sesame bread.

Raita

2 cups yogurt (500 ml)
1 teaspoon cumin seed, roasted and ground
1 1/2 teaspoons salt
1 dash black pepper
1 teaspoon coriander leaves, finely chopped

1. Mix all the ingredients together in a bowl.
2. Keep in a cool place until needed.
3. Serve chilled.

Texas Caviar

2 (16.00 ounces) cans black-eyed peas, drained
1 medium jalapeno, minced
1/4 small white onions, chopped
1/3 cup Italian dressing
1/2 green bell peppers, chopped
1 teaspoon seasoning salt
2 teaspoons chili powder
2 teaspoons ground cumin
1/3 teaspoon ground red pepper

1. Combine black-eyed peas with remaining ingredients.
2. Serve chilled with corn chips.

Tyrone's Avocado Salsa

Prep Time: 1 Hour. Ready in: 1 Hour. Makes 8 to 10 servings.

2 (16 ounce) jars salsa
2 avocados - peeled, pitted and diced
1 cup chopped green onions
2 cloves garlic, chopped
1 cup chopped fresh cilantro
salt and pepper to taste

Directions:

In a large bowl, combine salsa, avocado, green onions, garlic, cilantro and salt and pepper. Cover and refrigerate for 1 hour. Serve with tortilla chips.