

in good taste™

spring 2014

recipe magazine

egg~ceptional EGGS

Classic Deviled Eggs

get GRILLIN'

Lager-Marinated Grilled Pork Chops
Grilled Sweet Potatoes
Bacon-Corn Sauté

SAVE MART
SUPERMARKETS

S-MART foods

Lucky®

inside

4 Spring Celebrations

Garlic & Thyme Roasted Leg of Lamb
with Pearl Barley

Spring Greens Salad with
Orange-Champagne Vinaigrette

Roasted New Potatoes with Leeks & Fresh Herbs



8 Crazy for Coconut

Frozen Coconut Cream Pie

Coconut Macaroons



10 Egg-ceptional Eggs

Spanish Potato Tortilla

Classic Deviled Eggs



12 Quick & Easy Eats

Shrimp Diablo with Rice



14 Get Grillin'

Lager-Marinated Grilled Pork Chops

Grilled Sweet Potatoes

Bacon-Corn Sauté



For more information, visit us online @
www.savemart.com, www.luckysupermarkets.com, facebook,
twitter, pinterest, or customer toll-free line 1-800-692-5710.



© 2014 ViMax Media, LLC and Save Mart Supermarkets. All rights reserved. All articles in In Good Taste are written and edited by professionals. ViMax Media, LLC makes no representation as to the accuracy or efficacy of information provided. Reproduction in whole or part is prohibited without permission of the publisher. Published by ViMax Media, LLC • 1-800-940-4944 • vimaxmedia.com

seasonal PICK:

REMARKABLE RHUBARB

Cultivated for thousands of years, it's only since the 18th century that Western Europeans and Americans have been eating rhubarb simply because they enjoy it. Beginning in China more than 4,000 years ago, rhubarb was raised almost universally for medicinal purposes. According to one story, the Chinese thought so highly of the plant they threatened to deprive Great Britain of rhubarb and tea if the British didn't stop exporting opium into China. The British, apparently not as enamored with the tartly flavored plant as the Chinese, continued exporting opium into China and the First Opium War beginning in 1839 was on.

Although treated like a fruit, rhubarb is actually a vegetable (and a relation to buckwheat). Its assertive, tart flavor begs for sweetening, and simmering it with sugar and various sweet fruits, such as apples and strawberries, is a popular way to cook it (the English like to pair rhubarb with ginger). The British seem to have been the first to begin using it in pies and other baked goods, and before mass marketing of produce was possible, it also provided the first taste of fresh produce after a long winter.

Rhubarb contains numerous nutrients including vitamin C, vitamin K (vital for blood and bones) and fiber. In much of the United States, it begins to appear in March, while greenhouse rhubarb – which is more tender – can arrive as early as December.

Storing and cooking rhubarb is easy. Wrapped tightly in plastic, it will keep for about five days in your refrigerator crisper. Like cranberries, rhubarb freezes well. Cut rhubarb into chunks and freeze in sealed plastic bags for up to nine months.

To cook rhubarb, less is best. Rhubarb cooks quickly, so it's better to use only a little water. If you want to stew it, half a cup of water to one pound of rhubarb is a good ratio (plan, too, on using at least half a cup of sugar per pound). Rather than using water, simmer the stalks – correctly called petioles – in orange juice. The juice's acidity will counterbalance the tartness of the rhubarb and add an extra level of flavor and sweetness. Like tomatoes, rhubarb is too acidic to cook in aluminum pans or iron skillets; use stainless steel or enamel pots.

If you're baking a pie, you don't need to stew the rhubarb first. A recipe from the 1887 edition of the White House Cook Book calls for mixing the raw fruit with "a teacup full" of sugar, a little salt, nutmeg and a few tablespoons of flour, pouring that mixture into a pastry-lined pie pan, and then covering it all with another crust pierced with holes to let the steam escape.



Rhubarb Crisp

Prep: 20 minutes plus standing

Bake: 45 minutes • Serves: 8

- 1½ cups plus 2 tablespoons Sunny Select All-Purpose Flour
- 1 cup packed Sunny Select Light Brown Sugar
- 1 cup Sunny Select Granulated Sugar
- 2 teaspoons ground cinnamon
- ½ teaspoon Sunny Select Salt
- 1 cup Sunny Select Old-Fashioned Rolled Oats
- 1 cup Sunnyside Farms Unsalted Butter (2 sticks), cut into small pieces
- 2½ pounds fresh rhubarb, coarse fibers removed and cut crosswise into ½-inch pieces (about 8 cups)
- Vanilla ice cream (optional)

1. Preheat oven to 350°. In large bowl, whisk together 1½ cups flour, ½ cup brown sugar, ½ cup granulated sugar, 1 teaspoon cinnamon and ¼ teaspoon salt until well mixed. Add oats and whisk to combine. With fingertips or pastry blender, cut in butter until pea-sized crumbs form.

2. In large bowl, stir rhubarb with remaining 2 tablespoons flour, ½ cup brown sugar, ½ cup granulated sugar, 1 teaspoon cinnamon and ¼ teaspoon salt until well combined. Spread rhubarb mixture evenly in 13 x 9-inch glass or ceramic baking dish. Sprinkle oat mixture evenly over rhubarb mixture. Bake 45 to 55 minutes or until top is golden brown; let stand 10 minutes before serving. Serve warm with ice cream, if desired.

Approximate nutritional values per serving: 559 Calories, 24g Fat (15g Saturated), 62mg Cholesterol, 153mg Sodium, 83g Carbohydrates, 4g Fiber, 5g Protein

A photograph of a spring-themed meal. In the foreground, a white plate with a rustic, hand-painted rim holds a sliced lamb chop, a pile of cooked farro, and several stalks of asparagus. A sprig of fresh thyme is tucked into the lamb. To the left of the plate is a silver butter knife. In the upper left corner, a white bowl contains a fresh salad with arugula, orange segments, sliced onions, and fresh herbs. To the right, a glass of red wine is partially visible. The background shows a wooden table and a patterned placemat.

spring CELEBRATIONS

Prep ahead: Marinate lamb, segment oranges, and prepare the Orange-Champagne Vinaigrette the night before.



Garlic & Thyme Roasted Leg of Lamb with Pearl Barley

Prep: 15 minutes plus marinating and standing

Roast: 1 hour 15 minutes • Serves: 8

- 6 cloves garlic, minced
- 1/3 cup fresh orange juice
- 3 tablespoons Sunny Select Olive Oil
- 2 tablespoons chopped fresh thyme leaves plus additional sprigs for garnish
- 2 tablespoons Sunny Select Dijon Mustard
- 2 tablespoons orange zest
- 1 3/4 teaspoons Sunny Select Salt
- 1 3/4 teaspoons freshly ground black pepper
- 1 boneless half leg of lamb (about 3 1/2 to 4 pounds)
- 1 1/3 cups pearl barley
- 5 to 6 cups less-sodium beef broth or stock

1. In small bowl, combine garlic, juice, 2 tablespoons oil, thyme, mustard, zest, and 1 1/2 teaspoons each salt and pepper. Place lamb in large zip-top plastic bag and pour garlic mixture over lamb. Seal bag, pressing out excess air; massage lamb in bag. Refrigerate 4 hours or up to overnight to marinate.

2. Preheat oven to 450°. Coat 13 x 9-inch roasting pan with remaining 1 tablespoon oil. Remove lamb from marinade and place, fat side up, in prepared pan; discard marinade. Roast lamb 15 minutes. Reduce oven temperature to 350°; roast lamb 60 to 70 minutes longer or until internal temperature reaches 135°. Transfer lamb to cutting board; cover loosely with aluminum foil and let stand 15 minutes before slicing (internal temperature will rise to 145° upon standing).

3. Meanwhile, prepare barley with broth as label directs. Fluff barley with fork and stir in remaining 1/4 teaspoon salt and pepper; cover to keep warm.

4. While lamb stands, place pan with drippings over medium heat. Add 1 1/2 cups broth and heat to simmering; simmer 3 minutes, stirring to loosen browned bits from bottom of pan.

5. Slice lamb and serve with sauce and barley.

Approximate nutritional values per serving: 471 Calories, 27g Fat (10g Saturated), 87mg Cholesterol, 780mg Sodium, 29g Carbohydrates, 6g Fiber, 28g Protein

Spring Greens Salad with Orange-Champagne Vinaigrette

Prep: 20 minutes • Serves: 8

- 5 medium navel oranges
- 2 tablespoons Champagne vinegar
- 1 teaspoon Sunny Select Dijon Mustard
- 1/8 teaspoon Sunny Select Salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons Sunny Select Extra Virgin Olive Oil
- 5 ounces baby arugula (about 8 cups loosely packed)
- 1 medium fennel bulb, thinly sliced (about 2 cups)
- 1 1/2 cups loosely packed fresh mint leaves (from about 1 bunch)

1. Slice off ends of oranges; place oranges, cut side down, on cutting board. With paring knife, slice down sides of oranges to remove skin and white pith. Hold each orange over small bowl, and gently cut along sides of membranes to release each segment; squeeze remaining membrane portion to release juice into bowl and discard membrane. You should have about 1/3 cup juice.

2. Whisk vinegar, mustard, salt and pepper into juice; whisking constantly, slowly drizzle in oil. Makes about 2/3 cup dressing.

3. To serve, in large bowl, toss arugula, fennel, mint, orange segments and dressing.

Approximate nutritional values per serving: 107 Calories, 5g Fat (1g Saturated), 0mg Cholesterol, 67mg Sodium, 15g Carbohydrates, 4g Fiber, 2g Protein





Roasted New Potatoes with Leeks & Fresh Herbs

Prep: 25 minutes

Roast: 1 hour 20 minutes • Serves: 8

- 4 pounds new potatoes, each cut in half
- ¼ cup Sunny Select Extra Virgin Olive Oil
- 2 garlic cloves, chopped
- 2½ tablespoons chopped fresh parsley leaves
- 2 teaspoons chopped fresh tarragon leaves
- 2 teaspoons chopped fresh thyme leaves
- 1 teaspoon kosher salt
- ½ teaspoon Sunny Select Ground Black Pepper
- ½ teaspoon crushed oregano
- Nonstick cooking spray
- 2 medium leeks, each cut lengthwise in half, then cut into ½-inch pieces

1. Preheat oven to 325°. In large bowl, toss potatoes and oil until well coated. Mix in garlic, parsley, tarragon, thyme, salt, pepper and oregano.

2. Spray rimmed baking pan with nonstick cooking spray. Place potatoes in single layer on prepared baking pan. Roast potatoes 20 minutes. Stir in leeks and roast 1 hour to 1 hour 10 minutes longer or until potatoes are tender and golden brown, stirring occasionally.

Approximate nutritional values per serving: 255 Calories, 7g Fat (1g Saturated), 0mg Cholesterol, 159mg Sodium, 44g Carbohydrates, 4g Fiber, 5g Protein

Chef Tip

The oil, garlic, dried herbs and seasonings may be mixed a day in advance and refrigerated.

FARMER JOHN
SINCE 1931

LIFE'S TOO SHORT FOR ORDINARY SAUSAGE

GET COOKING AT FARMERJOHN.COM

SMOKEY WHITE BEAN STEW

Recipe suggestion © 2014 Dougherty Packing, LLC



5 Easter Fun Facts!

- ① The White House hosts an Easter Egg Roll on the front lawn each year. This tradition was started by President Rutherford B. Hayes in 1878.
- ② Americans will consume about 16 million jellybeans on Easter, enough to circle the globe three times over!
- ③ Christians consider Easter eggs a symbol of joy and celebration, new life and resurrection.
- ④ After Halloween, Easter is the biggest candy-consuming holiday.
- ⑤ The first chocolate eggs were made in Europe in the early 19th century and remain among the most popular treats associated with Easter.



crazy FOR COCONUT

To toast coconut: In medium microwave-safe bowl, cook coconut in microwave oven on high 2½ to 3 minutes or until toasted, stirring every 30 seconds.



Frozen Coconut Cream Pie

Prep: 10 minutes plus chilling and freezing
Serves: 8

- 1 (9-inch) ready-to-bake frozen pie crust
- 2 cups Sunnyside Farms Vanilla Ice Cream
- 2 cups Sunny Select Whipped Topping, thawed
- ½ teaspoon almond extract
- 1½ cups sweetened coconut flakes, toasted

1. Bake pie crust according to package directions; cool.
2. Refrigerate ice cream 15 minutes to soften.
3. In large bowl, with rubber spatula, fold together whipped topping, almond extract, softened ice cream and 1 cup coconut until well blended.
4. With rubber or offset spatula, carefully spread ice cream mixture evenly in bottom of pie crust. Sprinkle remaining coconut evenly over ice cream mixture. Loosely cover with plastic wrap and freeze 4 hours or until firm.

Approximate nutritional values per serving: 264 Calories, 16g Fat (11g Saturated), 15mg Cholesterol, 168mg Sodium, 26g Carbohydrates, 1g Fiber, 2g Protein

Chef Tip

A prepared chocolate, graham cracker or shortbread pie crust can be substituted for frozen pie crust.



Coconut Macaroons

Prep: 30 minutes plus cooling

Bake: 16 minutes per batch

Makes: about 6 dozen

- 8 large Sunnyside Farms Egg Whites
- 1 1/3 cups Sunny Select Granulated Sugar
- 4 teaspoons vanilla extract
- 1/2 teaspoon almond extract
- 4 packages (7 ounces each) sweetened coconut flakes (about 10 1/2 cups)
- 1 1/3 cups Sunny Select All-Purpose Flour

1. Position 2 oven racks to upper and lower position. Preheat oven to 350°. Line 2 rimmed baking pans with parchment paper.

2. In large bowl, whisk together egg whites, sugar and extracts. Add coconut and flour and toss to combine.

3. With wet hands, shape coconut mixture into 1 1/2-inch balls (about 1 1/2 tablespoons per ball) and place 1 1/2-inches apart on prepared baking pans. Bake macaroons 16 to 18 minutes or until golden brown, rotating pans between upper and lower racks halfway through baking. Slide parchment paper with macaroons onto wire rack to cool completely. Repeat with additional parchment paper and remaining coconut mixture.

4. Store macaroons in airtight container at room temperature with parchment or waxed paper between layers up to 5 days.

Approximate nutritional values per serving (1 cookie): 76 Calories, 4g Fat (4g Saturated), 0mg Cholesterol, 44mg Sodium, 11g Carbohydrates, 1g Fiber, 1g Protein



—NEW!—
ALLERGY RELIEF

Nasacort[®]

STOPS MORE

OF WHAT MAKES YOU MISERABLE™

Blocks more of the chemical responses that can cause nasal allergy symptoms than antihistamines

24 HOUR RELIEF OF:

- › Nasal Congestion
- › Runny Nose
- › Itchy Nose
- › Sneezing

Use only as directed.

Allegra[®]

Allergy Relief

Allegra[®] is both fast* and non-drowsy.

	Allegra [®] <small>Allegra Relief</small>	Claritin [®]	Zyrtec [®]	Benadryl [®]
FAST*	✓	NO	✓	✓
NON-DROWSY	✓	✓	NO	NO
24-HOUR	✓	✓	✓	NO

*Starts working in one hour.

*Applies to first dose only. Refers to adult formulations only. Claritin[®], Zyrtec[®] and Benadryl[®] are trademarks of their respective owners.

STOP SUFFERING.
START LIVING.™

©2014 Chatterm, Inc.

Use only as directed.

egg-ceptional EGGS

This Iberian-inspired, one skillet dish is a lighter take on the traditional frittata. Make this dish even healthier by using fat-free cheese.

Spanish Potato Tortilla

Prep: 20 minutes plus standing

Bake: 18 minutes • Serves: 4

- 6 large Sunnyside Farms Egg whites
- 4 large Sunnyside Farms Eggs
- 1/3 cup Sunnyside Farms Fat-Free Milk
- 1/4 teaspoon Sunny Select Salt
- 1 1/2 teaspoons Sunny Select Vegetable Oil
- 1 red bell pepper, diced
- 2 cups refrigerated diced potatoes with onion
- 1 garlic clove, minced
- 1 tablespoon finely chopped fresh thyme leaves
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon fresh ground black pepper
- 1/2 cup shredded reduced fat Cheddar cheese or Colby-Monterey Jack cheese blend

1. Preheat oven to 375°. In medium bowl, whisk together egg whites, eggs, milk and salt until well blended. In oven-safe large nonstick skillet, heat oil over medium heat. Add bell pepper and potatoes; cover and cook 12 minutes, stirring occasionally. Stir in garlic, thyme, paprika and black pepper, and cook, uncovered, 3 minutes. With wooden spoon, scrape brown bits from bottom of skillet.

2. Sprinkle cheese over potato mixture in skillet; pour egg mixture over cheese. Place skillet in oven and bake 18 to 20 minutes or until center is set. Remove tortilla from oven and let stand 5 minutes. Run rubber spatula around edge of pan to loosen, slide tortilla onto cutting board. Cut into 4 equal wedges to serve.

Approximate nutritional values per serving: 229 Calories, 8g Fat (2g Saturated), 217mg Cholesterol, 500mg Sodium, 19g Carbohydrates, 2g Fiber, 18g Protein



Scan this code with your smart phone, or visit savemart.com or luckysupermarkets.com to watch our Spanish Potato Tortilla video and view our online magazine.

Classic Deviled Eggs

Prep: 15 minutes

Cook: 15 minutes • Serves: 10

- 5 large Sunnyside Farms Eggs
- ¼ cup Sunny Select Mayonnaise
- 1 tablespoon chopped fresh chives plus additional for garnish
- ¼ teaspoon dry mustard
- ¼ teaspoon salt
- 1 pinch white pepper
- Sunny Select Paprika for garnish

1. Place eggs in small saucepan and add enough cold water to cover eggs by 1 inch. Heat to boiling over medium-high heat; reduce heat to medium-low and cook 10 minutes longer, adjusting heat as necessary to maintain a brisk simmer. With slotted spoon, transfer eggs to bowl filled with ice and cold water. Once cooled, peel eggs while submerged in water.
2. Cut eggs lengthwise in half, and carefully remove yolks to medium bowl, keeping whites intact; reserve whites. Mash yolks with fork; gently fold in mayonnaise, chives and dry mustard. Season with salt and pepper and gently mix until well combined.
3. Transfer yolk mixture to large zip-top plastic bag with bottom corner snipped off (or use a spoon), and evenly divide yolk mixture into reserved whites.
4. Arrange deviled eggs on serving platter. If not serving right away, cover and refrigerate. Garnish with paprika and chives just before serving.

Approximate nutritional values per serving: 71 Calories, 8g Fat (5g Saturated), 95mg Cholesterol, 129mg Sodium, 2g Carbohydrates, 0g Fiber, 3g Protein



ALL ABOUT *eggs*

Ever wonder which came first, the chicken or the egg? Regardless of the point of origin, records show that in India, wild birds were domesticated as early as 3200 B.C. By 1400 B.C., chickens were being raised in Egypt and China. Domesticated hens made their appearance in Europe by 600 B.C. Though there are about 200 breeds of chickens, the most popular laying hen in the U.S. is the single-comb white leghorn. Early ancestors of these hens may have arrived here in 1492, after crossing the open seas with Christopher Columbus! Today, hens in the U.S. produce some 75 billion eggs a year, which accounts for about 10 percent of the world's supply.

Eggsperts (sorry!) tout the high nutrient density of this most versatile – and economical – gift from chickens. One large egg contains approximately 70 calories and offers 13 essential nutrients, including:

protein

lutein & zeaxanthin

choline

vitamin B12

riboflavin

The high quality protein found in eggs is similar to that found in milk, and is equal to one ounce of meat or fish. Lutein and zeaxanthin, both carotenoids, help reduce the risks of macular degeneration and cataracts. Choline improves brain development and memory. Vitamin B12 aids metabolism, and riboflavin contributes to red blood cell production.

A dose of good health in a shell, an egg contains 5 grams of fat (1.6 grams of saturated fat), iron and a host of other minerals and vitamins. Stored in the yolk are vitamins A, D and E, all of which help keep the body healthy. In the past, there was concern about the high cholesterol content of an egg (213mg), but in 2000, the American Heart Association spoke out in favor of eggs, urging us to enjoy the nutritional bounty they offer.

Baked, boiled, coddled, fried, poached, scrambled or shirred, the mighty egg delivers flavor, protein and plenty of nutrition, no matter how you cook it. With a little applied heat, eggs transform into frittatas, omelets or quiches. Add some additional ingredients and you can craft cookies, cakes and custards. You may devil an egg – or whip up a heavenly meringue. Eggs dress up nicely for breakfast, brunch, lunch or dinner. Basically, eggs stand ready to serve (or, more accurately, be served) whenever a flavorful protein infusion is desired.

quick & easy EATS

If you prefer a less spicy sauce, use one chipotle chile pepper instead of two as called for in the recipe.



Shrimp Diablo with Rice

Prep: 15 minutes

Cook: 15 minutes • Serves: 6

- 1½ cups basmati rice or long grain white rice
- 2 small chipotle chile peppers in adobo sauce
- 2 jars (15.5 ounces each) mild or medium chunky salsa
- 1 tablespoon Sunny Select Olive Oil
- 2 garlic cloves, minced
- ½ small yellow onion, chopped (about ½ cup)
- 1¾ pounds raw 26-30 count peeled and deveined shrimp, thawed if necessary
- ¼ cup dry white wine
- ½ teaspoon dried oregano leaves
- ⅛ teaspoon Sunny Select Salt
- ¼ teaspoon Sunny Select Ground Black Pepper
- 2 tablespoons chopped fresh Italian parsley leaves

1. Prepare rice as label directs. Meanwhile, in blender or bowl of food processor with knife blade attached, purée chipotle peppers and salsa 30 seconds or until smooth, scraping sides of blender occasionally with rubber spatula.

2. In large nonstick skillet, heat oil over medium heat. Add garlic and onion and cook 4 to 5 minutes or until onion is soft, stirring occasionally. Add shrimp and cook 2 minutes, stirring occasionally. Stir in wine, oregano, salt and pepper and cook 1 minute. Add salsa mixture and cook 2 to 3 minutes longer or until shrimp turn opaque throughout and reach an internal temperature of 145°, stirring occasionally. Makes about 8 cups.

3. Serve shrimp mixture over rice sprinkled with parsley.

Approximate nutritional values per serving: 310 Calories, 4g Fat (0g Saturated), 133mg Cholesterol, 1808mg Sodium, 47g Carbohydrates, 6g Fiber, 18g Protein

Make a Healthy Choice

Sun-Maid Raisins are fat free, cholesterol free, have no added sugar or salt and are part of a healthy diet. Raisins are 100% fruit — just grapes naturally dried in the sun — and a one-ounce box is just 90 calories!

Want more reasons to eat Sun-Maid Raisins?

- Eating raisins will help you get the fiber you need. Dietary fiber from fruit helps reduce blood cholesterol level and lower risk of heart disease.
- Raisins contribute to the daily intake of potassium. Diets rich in potassium help maintain healthy blood pressure.
- Raisins have manganese, a mineral that supports the formation of healthy bones and energy yielding metabolism.
- Raisins have copper, a mineral which supports a healthy immune system.
- Eating raisins supports healthy teeth and gums.
- Raisins have health protective phytochemicals that research shows are good for your heart.



Want more Sun-Maid Raisin recipe ideas?

Go to www.sunmaid.com



Steak & Salad with Raisin Blue Cheese Dressing

Serves 6

Springtime means grill time. Update your backyard barbecue by pairing a classic rib-eye with a salad that has a sweet and creamy twist. Serve with a slice of watermelon for a meal that's rich in antioxidants and protein.

Dressing

- 1 cup buttermilk
- 1/2 cup light mayonnaise
- 2 tablespoons finely chopped parsley
- 1 tablespoon minced onion
- 1 teaspoon minced garlic
- 1 tablespoon white vinegar or lemon juice
- 8 ounces crumbled blue or gorgonzola cheese
- 3/4 cup Sun-Maid Natural and Golden Raisins, mixed
- salt and pepper to taste

Stir together first six dressing ingredients. Press larger crumbles of cheese with the back of a spoon to blend into dressing. Add raisins. Season to taste with salt and pepper. Cover and refrigerate until ready to serve. Keeps refrigerated up to 2 days. Makes about 2 cups.

Salad

- 1-1/2 pounds well-trimmed rib-eye steaks or other tender boneless beef
- 2 teaspoons ground cumin
- 1 teaspoon each dried oregano, granulated garlic, granulated onion and paprika
- 1 head iceberg lettuce cut into wedges for 6 servings

Season beef with salt and pepper as desired.

Mix spices in a small bowl; rub evenly over beef. Best prepared at least 2 hours or up to 24 hours ahead; cover and refrigerate.

Heat charcoal or gas grill. Grill beef to desired doneness. Let rest 5 minutes then thinly slice. Serve sliced beef with lettuce wedges and dressing.

Salad per serving (with 2 tablespoons dressing): 402 calories, 25 g fat (9.5 g fat, sat), 100 mg cholesterol, 33 g protein, 14 g carbohydrate, 382 mg sodium, 2 g fiber

Dressing per 2 tablespoons: 102 calories, 6.7 g fat (3 g fat, sat), 14 mg cholesterol, 3.8 g protein, 7 g carbohydrate, 272 mg sodium, 0.3 g fiber

GET *grillin'*

Cooking with beer helps develop pronounced flavors, infusing the meat as it marinates. Generally, the stronger the beer, the deeper the flavor, so keep this in mind when choosing your brew.

Lager-Marinated Grilled Pork Chops

Prep: 10 minutes plus marinating and standing

Grill: 13 minutes • Serves: 8

- 2 bottles (12 ounces each) lager beer
- 4 garlic cloves, minced
- ¼ cup packed Sunny Select Light Brown Sugar
- 2 tablespoons Sunny Select Olive Oil
- ½ teaspoon Sunny Select Salt
- ¾ teaspoon Sunny Select Ground Black Pepper
- 8 bone-in center-cut loin pork chops (4 pounds)

1. In medium bowl, stir beer, garlic, brown sugar, oil, salt and pepper until brown sugar is dissolved. Divide pork chops into 2 large zip-top plastic bags; pour 1½ cups beer mixture into each bag. Seal bags and refrigerate 4 hours or up to overnight.

2. Prepare outdoor grill for direct grilling over medium heat. Remove pork chops from marinade; discard marinade. Place pork chops on hot grill rack. Cover grill and cook 13 to 15 minutes or until internal temperature reaches 140°, turning once halfway through cooking. Transfer pork chops to large serving platter; let stand 5 minutes. Internal temperature will rise to 145° upon standing.

Approximate nutritional values per serving: 270 Calories, 9g Fat (3g Saturated), 95mg Cholesterol, 249mg Sodium, 4g Carbohydrates, 0g Fiber, 37g Protein

Grilled Sweet Potatoes

Prep: 15 minutes plus standing

Grill: 30 minutes • Serves: 8

- ¼ cup Sunny Select Olive Oil
- 1 tablespoon chili powder
- 1 teaspoon Sunny Select Salt
- ½ teaspoon Sunny Select Cayenne Pepper
- 4 medium sweet potatoes (about 3 pounds), each cut lengthwise into 1-inch wedges
- ½ cup Sunny Select Maple Syrup

1. Prepare outdoor grill for direct grilling over medium heat. In large bowl, combine oil, chili powder, salt and cayenne. Add potatoes and toss to combine. Cut two 18 x 30-inch sheets of heavy-duty aluminum foil and place on work

surface. Place half of potato mixture in center of each piece of foil. For each packet, bring top and bottom sides of foil up and together over center of potatoes, and fold down twice to make a double fold over potatoes. Double fold both open ends of foil packet toward potatoes.

2. Place packets on hot grill rack. Cover grill and cook 30 minutes, turning once halfway through cooking. Carefully remove potato packets from grill; let stand, sealed, 5 minutes.

3. Carefully open 1 end of packets to let steam escape, then pour potatoes into large serving bowl. Serve with maple syrup for drizzling.

Approximate nutritional values per serving: 260 Calories, 7g Fat (1g Saturated), 0mg Cholesterol, 402mg Sodium, 48g Carbohydrates, 5g Fiber, 3g Protein

Bacon-Corn Sauté

Prep: 15 minutes

Cook: 12 minutes • Serves: 8

- 6 slices smoked bacon, cut crosswise into ¼-inch pieces
- 2 red bell peppers, chopped (about 2 cups)
- 1 large red onion, chopped (about 2 cups)
- 4 cups fresh corn kernels (from about 6 ears)
- ¼ cup fresh lemon juice
- ¼ cup loosely packed thinly sliced fresh basil leaves
- 2 teaspoons Worcestershire sauce
- 1 teaspoon Sunny Select Ground Black Pepper

1. In large nonstick skillet, cook bacon over medium heat 6 to 8 minutes or until crisp, stirring occasionally. With slotted spoon, transfer bacon to small bowl; reserve bacon fat.

2. Add bell peppers and onion to skillet with bacon fat and cook 2 minutes, stirring frequently. Add corn and cook 4 minutes or until vegetables are tender, stirring occasionally. Remove skillet from heat; stir in lemon juice, basil, Worcestershire, black pepper and bacon. Makes about 6 cups.

Approximate nutritional values per serving: 114 Calories, 3g Fat (1g Saturated), 5mg Cholesterol, 138mg Sodium, 19g Carbohydrates, 3g Fiber, 5g Protein



Kraft

Kick Off Grilling Season Right



MIRACLE WHIP WOW! Burgers

Prep Time: 20 min. • Makes: 8 servings

What You Need

- 8 ground beef patties (2 lb.)
- 2 Tbsp. olive oil
- 3 sweet onions (2 lb.), thinly sliced, separated into rings
- 1/4 cup MIRACLE WHIP Dressing
- 3 Tbsp. A.1. Original Steak Sauce
- 8 kaiser rolls, partially split
- 2 tomatoes, each cut into 8 slices
- 8 KRAFT Singles

Make It

GRILL or broil beef patties until done (160°F).
MEANWHILE, heat oil in large nonstick skillet on medium-high heat. Add onions; cook and stir 10 min. or until golden brown. Stir in dressing and steak sauce.
FILL rolls with tomatoes, burgers, Singles and onion mixture.

Serving Suggestion:

Serve with a mixed green salad and your favorite fresh fruit to round out the meal.

Variation:

Prepare using whole wheat rolls and KRAFT 2% Milk Singles.

Note:

There's no need for a separate melt step for these cheeseburgers. The heat from the hot burgers and onions will melt the Singles perfectly.

Nutrition Information Per Serving: 560 calories, 27g total fat, 10g saturated fat, 95mg cholesterol, 820mg sodium, 46g carbohydrate, 4g dietary fiber, 11g sugars, 33g protein, 10%DV vitamin A, 20%DV vitamin C, 35%DV calcium, 25%DV iron.

See center insert for valuable coupons.

