

# food

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healthy meals • delicious desserts • quick cooking solutions



## white hot

It has just 70 sweet, guilt-free calories and less than a gram of fat—mouth, meet white nectarine. Store at room temperature for up to a week after ripe. For a party starter, cut 2 nectarines into 10 slices apiece and wrap each with a slice of prosciutto. Place on foil-lined baking sheet; broil for 2 minutes on each side. While warm, sprinkle with  $\frac{1}{2}$  cup crumbled Gorgonzola cheese. Serve with toothpicks.

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# MOM

## market share

Talk about an offer you can't (or at least shouldn't!) resist—**free groceries!** Go to [momster.com/fc/marketmakeover](http://momster.com/fc/marketmakeover) and tell us your top 10 supermarket staples. Registered dietician Robyn Flipse will pick three readers' lists and recommend healthy alternatives, which we'll send on the house.

# WINE NOT?

Once and for all it's time to give up the notion that premium vinos can't come in boxes—these options give their fancy bottled counterparts a run for their money but cost much less. A 3-liter box contains the equivalent of four bottles of wine and will stay fresh for up to six weeks after opening. Our current faves:



**Big House Red 2008 California Red Wine, \$22:** Dark, spicy; best served with hearty dishes like steak or lamb chops.



**Target Wine Cube Chardonnay, \$18:** Fruity; a good match for barbecue beef, spicy chicken and aged cheeses.



**Duca del Frassino Garganega Pinot Grigio, \$20:** Crisp, dry; pairs well with seafood and salads.

# Old Dog, New Tricks

With grill season heating up, hot dogs are a no-brainer. Purists can argue in favor of a simple stripe of ketchup or mustard and some sauerkraut, but we say, up the ante with these inspired (and easy!) toppers.



◀ **New York (with a twist):** Cook 1 pound sliced onions in 2 tablespoons vegetable oil over low heat, covered, for 10 minutes. Stir in 1 cup prepared salsa, 1 teaspoon sugar and 2 tablespoons chopped pickled jalapeños. Simmer, covered, for 10 minutes. Top with shredded cheddar cheese.

◀ **Chicago:** Chop and mix together 2 medium dill pickles, ½ peeled cucumber and 1 large tomato. Season with 1 teaspoon celery salt.

◀ **Italian:** Sauté 1 sliced green pepper and 1 sliced onion in 2 tablespoons olive oil until softened, about 8 minutes. Reserve. Cook 3 cups frozen hash brown potatoes following package directions. Stir in peppers and onions. Season with salt and red pepper flakes to taste.

## 3 NEW IDEAS FOR PASTA SAUCE



- 1 Simmer 1 pound trimmed green beans and 2 sliced, seeded Italian frying peppers in 2 cups marinara sauce for 10 minutes, until tender.
- 2 Add 1 teaspoon red pepper flakes to 2 cups garden-style pasta sauce. Stir in 1 can whole clams and ½ pound shrimp. Simmer 3 minutes. Stir in 1 can crabmeat; serve over cooked linguine.
- 3 Beat 3 eggs and 2 tablespoons each four-cheese pasta sauce and shredded mozzarella. Pour into a nonstick pan; scramble.

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