

# Dunbar’s simple recipes make supper simple

TEMPERATURES will be climbing soon as spring and summer march forward. Hot days and warm nights call for meals that keep the kitchen and the cook, cool as cucumbers.

Fast-to-make salads are the perfect fit for warm weather dining because a well thought out salad makes the perfect one-dish meal. You can add flavor and color to your favorite salad by tossing in a jar of DUNBAR’S Marinated Roasted Red Pepper or Roasted Red Pepper. There’s no cutting, coring or picking of the perfect pepper. You’ll always have fresh-tasting pepper on hand with a jar of Dunbars in your pantry and it will be there year ’round. Plus, we fire-roast our peppers. This unlocks the natural sweetness of the peppers. The roasting caramelizes the sugars in the peppers, giving them a smoky-sweet flavor that adds instant spark and color to any dish.

With our Marinated Roasted Pepper, you get the added bonus of mild



garlic cloves. Since the cloves are packed whole in olive oil, you can use both the garlic and the oil for

cooking. Drizzle the oil atop your salad as a quick dressing and mince the garlic to top off bread or your

salad.

## RUSTIC GREEK SALAD WITH ROASTED RED PEPPERS

1 jar (12 oz.) DUNBARS Marinated Roasted Red Pepper  
1-1/2 cups croutons  
6 ounces feta cheese  
1 small cucumber, sliced  
1/4 cup black olives, sliced  
1/4 cup pepperoncini  
1/2 medium red onion, sliced  
2 tablespoons Italian flat leaf parsley, chopped  
1 head romaine lettuce, washed and torn  
Drain marinated peppers and garlic; reserve oil to use as dressing. Slice peppers and minced garlic. Combine peppers and garlic with remaining ingredients and toss on a bed of romaine lettuce. Drizzle with reserved oil. Serves: 4-6.

## TUNA, PEPPER AND PAPAYA SALAD

1 can (12 oz.) white tuna in water  
4 cups mixed spring greens  
1 jar (12 oz.) DUNBARS Marinated Roasted Red Pepper,

drained  
1-1/2 cups papaya, cubed  
1 cup tomatoes, cut into 1/2-inch cubes  
1/4 cup cilantro  
3/4 cup cucumber, peeled and cut in 1/2-inch cubes  
1/2 cup red onion, cut in 1/4-inch pieces  
1/4 cup green onions, chopped  
3/4 cup green bell pepper, cut in 1/4-inch pieces  
1 bottle (16 oz.) honey Dijon dressing  
Roasted peanuts, optional  
Drain tuna and flake with a fork. Arrange salad greens. Toss together remaining salad ingredients with dressing. Divide vegetable mixture between four salads. May sprinkle with roasted peanuts for festive flair. Serves: 4.

## MEDITERRANEAN VEGETABLE SALAD

2 ounces fresh green beans, uncooked with ends trimmed  
1 can (12 oz.) flaked white tuna, drained

1 jar (7 oz.) DUNBARS Roasted Red Peppers  
1 Granny Smith apple, peeled, cored and julienned  
2 cups celery, julienned  
1/2 pound small red potatoes, roasted until tender and cooled  
1/4 cup chopped red onion  
6 hard-cooked eggs, cut into 3/4-inch pieces  
4 Roma tomatoes, cut into wedges  
4 cups mixed salad greens  
1 bottle (16-oz.) Italian dressing  
Sesame seeds, optional  
In a medium saucepan, bring 2 inches of water to a boil and cook green beans until tender, about 5 minutes.  
Rinse under cold running water and drain well. Combine green beans and remaining ingredients (except mixed salad greens) in a large bowl and toss with dressing. Arrange salad greens on plates and top with equal portions of mixture. May garnish with toasted sesame seeds if desired. Serves: 4-6

## Glaze adds new dimension

Kikkoman Teriyaki Baste & Glaze Adds New Dimension To Classic Recipes

WITH ALL THE interest in exotic foods and spices, old favorites like Peppercorn Steak (Steak au Poivre) can be often overlooked. But this classic needn’t be relegated to obscurity any longer. “Teriyaki Glazed Peppercorn Steaks,” offers an easy way to add flavor and zest to the traditional preparation, making something old, new again.

Start by using savory-sweet KIKKOMAN Teriyaki Baste & Glaze, a ready-to-use sauce available at your grocery store, as a base. Then add freshly cracked black peppercorns, aromatic pressed garlic and onion powder and you have a basting sauce that is ready to go in minutes. Just brush it on while you broil or grill your favorite cut of steak. No advance preparation is needed. No marinating or soaking required. Just apply the baste liberally as you cook and steaks take on a peppery-sweet richness that complements the true flavor of the meat.

KIKKOMAN Teriyaki Baste & Glaze is an ideal sauce for basting – either as it is or as a foundation for

your favorite combination of herbs and spices. It’s made using naturally brewed KIKKOMAN Soy Sauce combined with sugar and a proprietary blend of garlic, onion and other seasonings. Because it has just the right balance of sweet and savory, it turns simple steaks into “Teriyaki Glazed Peppercorn Steaks” and the focus of a great meal. Serve this flavorful steak with a fresh salad and hot French bread seasoned with herb-butter for the complete dinner that everyone – children and adults alike – can enjoy.

KIKKOMAN Teriyaki is the authentic teriyaki sauce made with naturally brewed soy sauce and other quality ingredients just like it was when Kikkoman first introduced it to America more than 40 years ago. Only Kikkoman offers nine varieties of teriyaki sauce – from easy-to-use bastes and sauces to flavor-enhancing marinades – to meet all your cooking needs. Choose from KIKKOMAN Teriyaki Marinade & Sauce, available in Regular, Lite (low sodium) and Roasted Garlic, KIKKOMAN Quick & Easy Marinades available in Roasted Garlic and Herbs,

Toasted Sesame, Honey Mustard and Gourmet flavors and KIKKOMAN Teriyaki Baste & Glaze, available in Regular and Honey & Pineapple.

## TERIYAKI GLAZED PEPPERCORN STEAKS

1/2 cup KIKKOMAN Teriyaki Baste & Glaze  
2 cloves garlic, pressed  
1 teaspoon onion powder  
3/4 to 1 teaspoon fresh cracked black pepper  
4 boneless tender beef steaks (rib eye or top loin) about 3/4-inch thick  
Combine teriyaki baste & glaze, garlic, onion powder and pepper. Place steaks on grill 4-5 inches from hot coals; brush with baste & glaze mixture. Cook about 10 minutes (for medium-rare) or to desired doneness, turning over and brushing frequently with remaining baste & glaze mixture.  
Broiler Method:  
Place steaks on rack of broiler pan; brush with baste & glaze mixture. Broil 5 minutes; turn over and brush with remaining baste & glaze mixture. Broil 4-5 minutes longer for medium-rare or to desired doneness.  
Serves: 4

## Fancy dessert snap to make

AS THE SPRING and summer seasons arrive so do the cookouts, picnics, family reunions, graduation parties and other fun get-togethers.

It’s a busy time when everyone’s on the go! Try “Marbled Chocolate Sour Cream Cake” an easy but elegant dessert from the Nestlé Toll House Kitchens that starts with a yellow cake mix. Just add eggs, sour cream and NESTLÉ TOLL HOUSE Semi-Sweet Chocolate Morsels. Visit [VeryBestBaking.com](http://VeryBestBaking.com) to discover more family pleasing recipes.

## MARBLED CHOCOLATE

## Add color and taste to your table

FOR MANY, the beginning of spring awakens hibernating taste buds eager for something special. This season, gather family and friends together to enjoy refreshing and delicious pies that will make mouths water and give cause to celebrate. An easy way to make dessert tasty and fun is to prepare “Fruit N’ Juice Squares”. Simply prepare 1 package of strawberry flavored JELL-O. Add in whipped topping, pineapple chunks and refrigerate. Serving this dessert is a wonderful way to make family and friends feel the magic of springtime.

“Creamy Strawberry-Lemon Squares” combines lemon flavored JELL-O pudding and smooth cream cheese offering a flavorful treat that is sure to brighten your table. Beat cream cheese, sugar and milk, and pour mixture onto a graham cracker crust. Then pour the pudding mixture over the cream cheese layer. Top with a layer of whipped topping and refrigerate until ready to dazzle guests with this memorable treat.

Whether your springtime gathering is large or small, family and friends will feel the warmth of spring with these vibrant desserts. For more information and additional springtime recipe ideas, please visit [www.jell-o.com](http://www.jell-o.com).

## FRUIT N’ JUICE SQUARES

1-1/2 cups boiling water  
1 package (8-serving size) or 2

## SOUR CREAM CAKE

1 cup (6 oz.) NESTLÉ TOLL HOUSE Semi-Sweet Chocolate Morsels  
1 package (18.25 oz.) yellow cake mix  
4 large eggs  
3/4 cup sour cream  
1/2 cup vegetable oil  
1/4 cup water  
1/4 cup granulated sugar  
Powdered sugar (optional)  
Microwave morsels in medium, uncovered microwave-safe bowl on high power for 1 minute; stir. If necessary, microwave at additional 10-15 second intervals, stirring

packages (4-serving size each) JELL-O Strawberry Flavor Gelatin  
1 can (20 oz.) pineapple chunks in juice, undrained  
Ice cubes  
1 container (8 oz.) frozen whipped topping, thawed, divided  
Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Drain pineapple, reserving juice. Add enough ice to juice to measure 1-1/2 cups. Stir into gelatin. Refrigerate about 45 minutes or until slightly thickened. Remove 1-1/2 cups of the gelatin; stir in pineapple.

Stir 1/2 of the whipped topping into remaining gelatin with wire whisk until well blended. Pour into 9-inch square dish. Refrigerate about 15 minutes until set but not firm. Carefully spoon fruited gelatin over creamy layer in dish.

Refrigerate 3 hours or until firm. Cut into squares. Garnish with remaining whipped topping.

Prep Time: 20 minutes plus refrigerating  
Serves: 9

## CREAMY STRAWBERRY-LEMON SQUARES

1-1/2 cups finely crushed graham crackers  
1/2 cup sugar, divided  
6 tablespoons butter or margarine, softened  
2 packages (8 oz. each) cream cheese, softened

just until morsels are melted. Combine cake mix, eggs, sour cream, vegetable oil, water and granulated sugar in large mixer bowl. Beat on low speed until moistened. Beat on high speed for 2 minutes. Stir 2 cups batter into melted chocolate. Alternately spoon batters into greased 10-cup bundt or tube pan, beginning and ending with yellow batter. Bake at 375° for 35-40 minutes or until wooden pick inserted in cake comes out clean. Cool in pan for 20 minutes; invert onto wire rack to cool completely. Dust with powdered sugar before serving.

3 cups cold milk, divided  
2 packages (4-serving size each) JELL-O Lemon Flavor Instant Pudding & Pie Filling  
1 container (8 oz.) frozen strawberry whipped topping, thawed  
Mix graham crumbs, 1/4 cup of the sugar and butter until well blended. Press firmly onto bottom of 13 x 9-inch baking pan to form crust. Set aside. Beat cream cheese, remaining sugar and 1/4 cup of the milk in medium bowl with wire whisk until well blended. Spread over crust. Pour remaining milk into large bowl. Add pudding mixes. Beat with wire whisk 2 minutes or until well blended. Pour over cream cheese layer in pan. Let stand 5 minutes or until thickened. Cover with whipped topping. Refrigerate 4 hours or overnight. Cut into 24 squares. Store leftover dessert in refrigerator.

Quick Serve Tip: Place dessert in freezer for 1 hour before cutting into squares to serve.

Variation: To prepare a delicious nut crust, simply substitute 1 cup each flour and finely chopped toasted pecans for the graham crumbs. Mix with sugar and butter as directed. Bake at 350° for 10 minutes. Cool and continue as directed.

Prep Time: 15 minutes plus refrigerating  
Serves: 24

## Use dressing for salads

IT’S NO TOSS-UP; Americans love salads. In today’s health-conscious culture, people eat an average of three to six salads a week and demand is growing for salad dressings that are as fresh as the mixed greens they’re topping.

According to Litehouse Foods Chef Tony Merola, executive chef and produce expert, the surge in salad consumption is largely due to the amount of easy-to-prepare, fresh ingredients offered at supermarkets. “The produce industry has focused on convenience for years,” he explains. “But an increasing number of people want high quality and great value as well.”

Litehouse Foods has been answering the demand for over 40 years with all natural refrigerated dressings that are made in small batches with 100 percent canola oil, no preservatives and are low in carbs proving that great taste and convenience can go hand in hand. What’s more, the distinctive flavors make it easy to create a special, restaurant-quality salad in the comfort of your own home. The Litehouse products are available in the produce section of supermarkets nationwide. For more information, visit [www.litehousefoods.com](http://www.litehousefoods.com).

In the spirit of offering sensational salad options, Litehouse is inviting cooks to submit their favorite salad recipes for a chance to receive FREE fresh produce for a year. Each recipe must contain at least one Litehouse product dressing, bleu cheese crumbles, herbs, marinades, etc. have no more than eight ingredients and be received by May 31, 2004.

Try one of these flavorful recipes for inspiration:

## COBB SALAD WITH CREAMY BLEU CHEESE DRESSING

8 cups (12 oz.) torn romaine lettuce leaves  
1 cup (4 oz.) LITEHOUSE Idaho Bleu Cheese Crumbles

1 hard-cooked egg, cut into wedges  
1 avocado, cut into thin wedges  
1 large tomato, cut into wedges  
4 slices bacon, cooked crisp, crumbled  
2 boneless, skinless chicken breast halves, cooked, cut into 1/4-inch slices or 2 cups (12 oz.) cooked shrimp (optional)  
1/2 cup LITEHOUSE Big Bleu Dressing & Dip or LITEHOUSE Original Bleu Cheese Dressing & Dip  
Place salad greens on large platter. Arrange cheese, egg, avocado, tomato, bacon and chicken, if desired, over greens. Spoon dressing over salad just before serving.

Substitution: LITEHOUSE Jalapeño Ranch Dressing & Dip may be used in place of Big Bleu or Original Bleu Cheese.

Serves: 4.

## MIXED GREENS SALAD WITH PEAR AND CANDIED PECANS

1/4 cup pecan halves  
2 tablespoons sugar  
1 package (10 oz.) torn mixed salad greens  
1 pear, cored and thinly sliced  
1/4 cup sweetened dried cranberries  
1 cup (4 oz.) LITEHOUSE Idaho Bleu Cheese Crumbles

1/2 cup LITEHOUSE Cranberry Vinaigrette Dressing

Cook pecans with sugar in small skillet over medium-high heat 3 minutes or until sugar melts, coats pecans and browns slightly; stirring constantly. Remove from pan; let cool. Top salad greens with pear slices, pecans, dried cranberries and cheese. Drizzle with dressing just before serving.

Substitution: 1 apple, cored and thinly sliced, may be used in place of the pear. Serves: 4.

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