



Have You Heard?

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SOME "JARRING" NEWS FOR SUMMER PICNICS

Warm summer days mean picnics. Not to mention summer holidays with friends and family — the perfect days for picnics with all your favorite foods and recipes.

While planning your picnic, think about all those empty glass canning jars sitting on your pantry shelf. They are the perfect solution for packaging your favorite picnic foods! These handy jars can be used to transport beverages like lemonade as well as those important extras like olives, dressings, nuts and condiments.

When you use glass jars instead of plastic bags, you do not have to worry about the ice chest becoming a soggy mess. After the picnic, repacking leftovers will be a snap! (Be sure to throw away all leftovers which require refrigeration.)

You can also use the jars to create a slushy surprise which doubles as insulation for the ice chest until it is time to eat. Fill glass jars with favorite fruit drinks, making sure to leave room for expansion at the top. Place lids and screw bands on the jars and freeze them. Pack with the cold foods in your cooler. When you sit down to eat, the drinks will have defrosted

enough to poke with a spoon, making a slushy beverage. Even plain ice water becomes a soothing treat.

For your celebration on the Fourth of July try this festive dessert. For each person, prepare a wide-mouthed jar filled one-third with strawberries, one-third with blueberries. Just before serving, top with a dollop of whipped cream.

Add a special touch to any outdoor evening get-together by using jars as candle holders. Partially fill the jars with sand, set a votive candle in the middle and you have a safe, wind-proof lantern.

So, when you see those empty glass canning jars sitting in your pantry — put them to good use for your next picnic or summer gathering.

FIRE UP YOUR GRILL AND COOK HEALTHY

Cooking on your grill can mean cooking healthy. It comes down to making some sensible food choices. Traditional summer fare, like hot dogs, hamburgers, potato chips and potato and macaroni salads should be saved for an occasional treat. But you can still fire up that grill and enjoy food

alternatives lower in fat, calories and sodium.

Poultry and seafood offer a variety of delicious options when cooking on your grill. For chicken, the key lies in the marinade you use. Here are some marinades you might want to try:

A mixture of vegetable oil, lime juice and minced onion seasoned with tarragon and Tabasco make a marinade reminiscent of the Caribbean.

Teriyaki sauce, seasoned with a little brown sugar and mixed with a few drps of sesame oil, white vinegar and mustard give chicken a rangy taste.

A marinade for chicken legs, minced ginger root, ground cumin and Tabasco.

For seafood, the sheer variety of choices, including shellfish such

as shrimp and scallops, and the different combination of herbs, are all you need to create an endless parade of tastes.

The teriyaki mixture I mentioned for poultry goes equally well on fish, especially tuna steaks and bluefish.

The flavor of salmon steaks can be enhanced with a sprinkling of thyme, sage, parsley and pepper before grilling. If you wish to serve it with a sauce, try yogurt with lots of minced cucumber folded in and seasoned with dill, grated onion and white pepper.

Rosemary, lavender leaves, crushed fennel and cumin seed are another good herb blend for seasoning fish. And do not forget,

fresh chopped basil — there is nothing better during the summer months.

Some tasty vegetable side dishes can be prepared to accompany chicken or fish:

Grilled vegetables, cooked on skewers or wrapped in aluminum foil, require only a slight brush of oil and a strategically chosen herb or two. Low in calories, these vegetable side dishes provide taste, color and texture — plus vitamins, minerals and fiber. For raw vegetables such as carrot sticks, pepper rings, raw broccoli or cauliflower, try a dip made by adding a teaspoon of curry powder to one cup of low fat yogurt.

Grill healthy all summer long.



Pennsylvania Dairy Promotion Program Communications Director Betsy Dupuis teaches children to prepare cheese and peanut butter pretzelwiches at the Pittsburgh Children's Festival.

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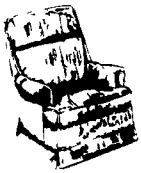
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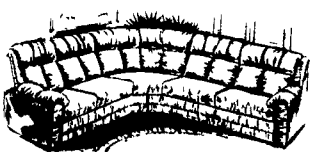
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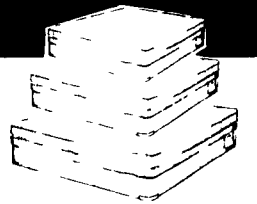


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