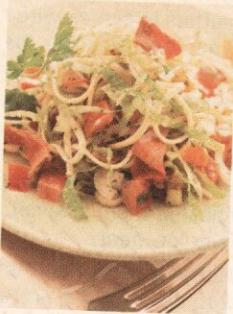


THE NEW TASTES OF SUMMER

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You can cut prep time for our Linguine and Grilled Beef Salad by using leftover roast beef or slices from the deli.



LINGUINE AND GRILLED BEEF SALAD

Makes 6 servings at 85¢ each.

Prep: 30 minutes. **Chill:** 1 to 2 hours.

1/4 cup rice vinegar
2 tablespoons mayonnaise
2 tablespoons extra-virgin olive oil
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon ground hot red pepper
8 ounces linguine, broken in half
8 ounces trimmed grilled steak or cooked roast beef, thinly sliced and cut into strips

2 tomatoes, cut into 1/2-inch dice
1 sweet white onion, peeled, halved lengthwise, thinly sliced crosswise and separated into half rings
1/3 cup chopped fresh parsley
1/3 cup chopped fresh basil
2 cups shredded romaine OR: iceberg lettuce
Fresh parsley and cilantro sprigs, for garnish (optional)

1. Whisk together vinegar, mayonnaise and olive oil in a large bowl. Whisk in oregano, cumin, salt, black pepper and hot red pepper until well blended.

2. Cook linguine according to package directions until *al dente*, firm but tender. Drain; rinse under cold water and drain well.

3. Add pasta to dressing in bowl. Toss in beef, tomato, onion, parsley and basil. Cover and refrigerate 1 to 2 hours. Serve on lettuce. Garnish with fresh parsley and cilantro sprigs if you wish.

Nutrient Value Per Serving:
 266 calories, 15 g protein, 12 g fat, 25 g carbohydrate, 422 mg sodium, 72 mg cholesterol.

Exchanges: 1 meat, 1 vegetable, 1 1/2 fat.

BIG-TASTE GRILLED RIBS

Makes 4 generous servings at \$2.67 each.

Prep: 20 minutes.

Marinate: 8 to 12 hours.

Bake: at 300° for 1 1/2 to 2 hours.

Grill or broil: 16 to 22 minutes.

4 pounds lean meaty pork spareribs, cut into 2-rib sections
1/3 cup chopped fresh ginger
1 onion, finely chopped (about 1 cup)
2 large cloves garlic, finely chopped
1/3 cup soy sauce
1/3 cup dry sherry
1/3 cup rice vinegar
1/4 cup sugar
1/2 teaspoon freshly ground black pepper
1/2 cup apricot preserves
2 tablespoons prepared brown mustard
1 tablespoon dark Asian sesame oil
1/2 teaspoon ground hot red pepper
2 to 3 cups mesquite or hardwood chips, for grilling

1. Carefully cut slits with the tip of a paring knife between ribs so the marinade can penetrate to the meat along the bones.



Ziti Garden Salad

1 package (16 oz.) RONZONI® Ziti
1 cup Italian salad dressing
2 cups cooked broccoli florets
1 large red pepper, cut into thin strips

1/2 cup sliced pitted ripe olives
1/2 cup finely chopped parsley (optional)
1/4 cup grated Parmesan cheese

Prepare pasta as directed on package; drain. Rinse with cold water and drain. Combine pasta and dressing with remaining ingredients in a large bowl. Toss. Chill 1 hour. Makes 8 servings.

Contemporary Gourmet

For working people who appreciate great food but often don't have time to prepare it, this convenient main-dish fits your lifestyle. It makes the most of a quick stop at your local deli. The tangy, robust flavor makes this a hearty, satisfying meal.

Italian Deli Ziti Toss

1 package (16 oz.) RONZONI® Ziti
1 large green pepper, cut into strips
1 large red pepper, cut into strips
1 large onion, chopped
2 garlic cloves, minced
1/3 cup olive oil

8 ounces boiled ham, cut into thin strips
8 ounces salami, cut into thin strips
1/3 cup grated Parmesan cheese
1/3 cup red wine vinegar
1 teaspoon salt
1/2 teaspoon pepper

Prepare pasta as directed on package; drain.

Meanwhile, cook and stir peppers, onion and garlic in hot oil until tender but not browned. Add remaining ingredients. Simmer and heat thoroughly. Pour sauce over pasta; toss to coat well. Makes 8 servings.