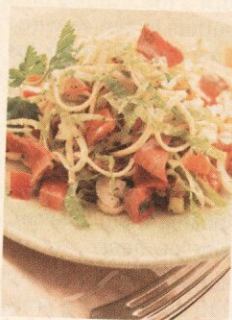


## THE NEW TASTES OF SUMMER

▶▶▶▶▶▶▶▶ From page 92

*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.

- $\frac{1}{4}$  cup rice vinegar
- 2 tablespoons mayonnaise
- 2 tablespoons extra-virgin olive oil
- $\frac{1}{2}$  teaspoon dried oregano
- $\frac{1}{2}$  teaspoon ground cumin
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{4}$  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  $\frac{1}{2}$ -inch dice
- 1 sweet white onion, peeled, halved lengthwise, thinly sliced crosswise and separated into half rings
- $\frac{1}{3}$  cup chopped fresh parsley
- $\frac{1}{3}$  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,  $1\frac{1}{2}$  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  $1\frac{1}{2}$  to 2 hours.

**Grill or broil:** 16 to 22 minutes.

- 4 pounds lean meaty pork spareribs, cut into 2-rib sections
- $\frac{1}{3}$  cup chopped fresh ginger
- 1 onion, finely chopped (about 1 cup)
- 2 large cloves garlic, finely chopped
- $\frac{1}{3}$  cup soy sauce
- $\frac{1}{3}$  cup dry sherry
- $\frac{1}{3}$  cup rice vinegar
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- $\frac{1}{2}$  cup apricot preserves
- 2 tablespoons prepared brown mustard
- 1 tablespoon dark Asian sesame oil
- $\frac{1}{2}$  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
- $\frac{1}{2}$  cup sliced pitted ripe olives
- $\frac{1}{2}$  cup finely chopped parsley (optional)
- $\frac{1}{4}$  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
- $\frac{1}{3}$  cup olive oil
- 8 ounces boiled ham, cut into thin strips
- 8 ounces salami, cut into thin strips
- $\frac{1}{3}$  cup grated Parmesan cheese
- $\frac{1}{3}$  cup red wine vinegar
- 1 teaspoon salt
- $\frac{1}{2}$  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.