



Barbeque with wood spices. The delightful taste of hickory-smoked turkey, mesquite-grilled steak (pictured), vegetables cooked with alder or oak, is the latest barbecue innovation, designed to please family and guests at your first seasonal 'cookout' on Memorial Day.

## Barbequing With Wood Spices

### GRILLED CHICKEN PITAS

- 1 whole chicken breasts, halved, skinned and boned
- 2 tablespoons fresh lime juice
- 1/8 teaspoon each: salt, fresh ground pepper, and crushed red pepper
- 3 tablespoons low-calorie mayonnaise
- 1/2 teaspoon salt-free dried herb mixture
- 3 (11 ounce) whole wheat pita breads, halved
- 2 tomatoes, sliced
- 1 1/2 cups leaf lettuce, washed and dried

**DIRECTIONS:** Use direct cooking method. Brush chicken breasts with lime juice, sprinkle with salt, pepper and crushed red pepper. Rub into surface and let sit 5 minutes. Mix together mayonnaise and dried herbs; set aside. Place chicken on grill and cook 8 minutes; turn and continue cooking 5 to 7 minutes or until cooked through. Remove from grill, slice chicken breasts into thin slices. Split pitas and spread mayonnaise mixture on the inside. Fill each half with an equal amount of lettuce, tomato and sliced chicken.

### GRILLED SALMON

- 6 1-inch-thick salmon steaks
- 2 large red onions, thinly sliced
- Safflower oil
- Freshly ground pepper
- 4 sprigs each rosemary and thyme or 1 teaspoon each of dried herbs
- Salt

**Marinade:**  
 1/4 cup olive oil  
 1/4 cup red wine vinegar  
 1 tbsp balsamic vinegar  
 Salt  
 Freshly ground pepper

**DIRECTIONS:** To prepare marinade, whisk the ingredients together and pour over onions in a shallow glass pan (or plastic bag). Marinate 2 hours or

more, tossing occasionally to be sure onions are thoroughly coated. To prepare salmon steaks, rub them with safflower oil and sprinkle with salt and pepper to taste. Place 1 sprig rosemary and thyme (or a pinch of dried herbs) on top of each steak. Refrigerate until ready to cook. To barbecue, place salmon on grill and cover. Cook 6 minutes; turn and cook 6 or 7 minutes longer, or until salmon is cooked through. Serve on warm platter with marinated onions. Garnish with fresh sprig of rosemary. Serves 6.

### RATATOUILLE

- 1/4 cup olive oil
- 2 onions, thinly sliced
- 1 red bell pepper, seeded and sliced into rings
- 2 cloves of garlic, pressed
- Salt
- Freshly ground pepper
- 1 eggplant, medium, sliced
- 4 small zucchini, sliced
- 2 tomatoes, peeled, seeded, cut into wedges
- 1 tbsp chopped, fresh basil or 1 tsp dried basil

**DIRECTIONS:** Use indirect cooking method. Cut 6 to 8 squares of heavy duty aluminum foil, depending upon the number of diners. Combine ingredients and divide equally between foil squares. Seal tightly. Grill 40 to 50 minutes. Check after 30 minutes. Serves 8.

### STUFFED PEPPERS

- 6 large green peppers
- Stuffing:**  
 6 slices bacon, dried  
 1/4 cup onion, chopped  
 1 cup cooked rice  
 1 cup cheddar cheese, grated  
 1/4 tsp pepper  
 1/2 tsp salt  
 1/4 tsp thyme leaves  
 2 tbsp fresh parsley, snipped

**DIRECTIONS:** Use indirect method. Remove tops and seeds from green peppers. Cook whole peppers in salted, boiling water, for 5 minutes. Remove; invert on paper towel to drain. Sauté bacon and onion in skillet until onion is soft. Combine all ingredients, mix well. Stuff peppers with mixture. Place each pepper on 9" square, double thickness of aluminum foil. Shape foil to fit around pepper, leaving top uncovered. Place on grill and cook 25 minutes. Serves 6 or more.

## Clean Sweep

On Saturday, May 30, 1987, starting at 10:00 a.m., the Northeast Neighborhoods are sponsoring a major clean-up, concentrating on six HCD neighborhoods. They are as follows: Boise, Eliot, King, Humboldt, Sabin and Vernon.

No raw sewage, garbage, furniture or tires will be accepted. If you have any recyclable items such as appliances, bottles, glass of any kind, papers, please call 248-4575. Ask for Bob Donaldson and leave the necessary information.

Please remember, this can be a real success if neighborhood residents choose to participate. Please call your neighborhood office between the hours of 9 a.m. and 5 p.m. and volunteer your time.

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