

FOOD

Family Food Favorites Get a Facelift

Chef Andrew Schloss believes a happy medium exists between the traditional and the not-so-customary holiday meal and offers three quick and convenient recipe twists for your festive classics.

First, start with a can of shrimp, a little garlic and some dried dill

weed and transform your regular mashed potatoes into a delectable seafood side dish.

Finally, finish the meal with a treat from the sugarplum fairy. Use a can of whole plums - which are an excellent source of vitamin A, calcium, magnesium, iron, potassium and fiber - a can of peaches, some cinnamon and some sugar, and blend the sweet flavors together to create a peach-plum crisp.

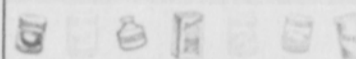
Don't forget that the holidays are about spending time with family. While you want your meals to look and taste fantastic, you needn't spend a lot of time in the kitchen. Stock your pantry with canned foods, which are already cooked and will dramatically reduce your preparation time.

In addition, a University of Massachusetts study found that recipes using canned ingredients are similar in nutritional value and taste value to those made with fresh or frozen ingredients.

ALMOST FROM SCRATCH



600 Recipes for the New Convenience Cuisine
ANDREW SCHLOSS



Next, substitute your traditional green-bean casserole with a quick Easy Cheesy Herbed Creamed Spinach dish. Combine a few cans of spinach with a little garlic-and-herb cheese and you've created a simple side, packed with flavor and nutri-

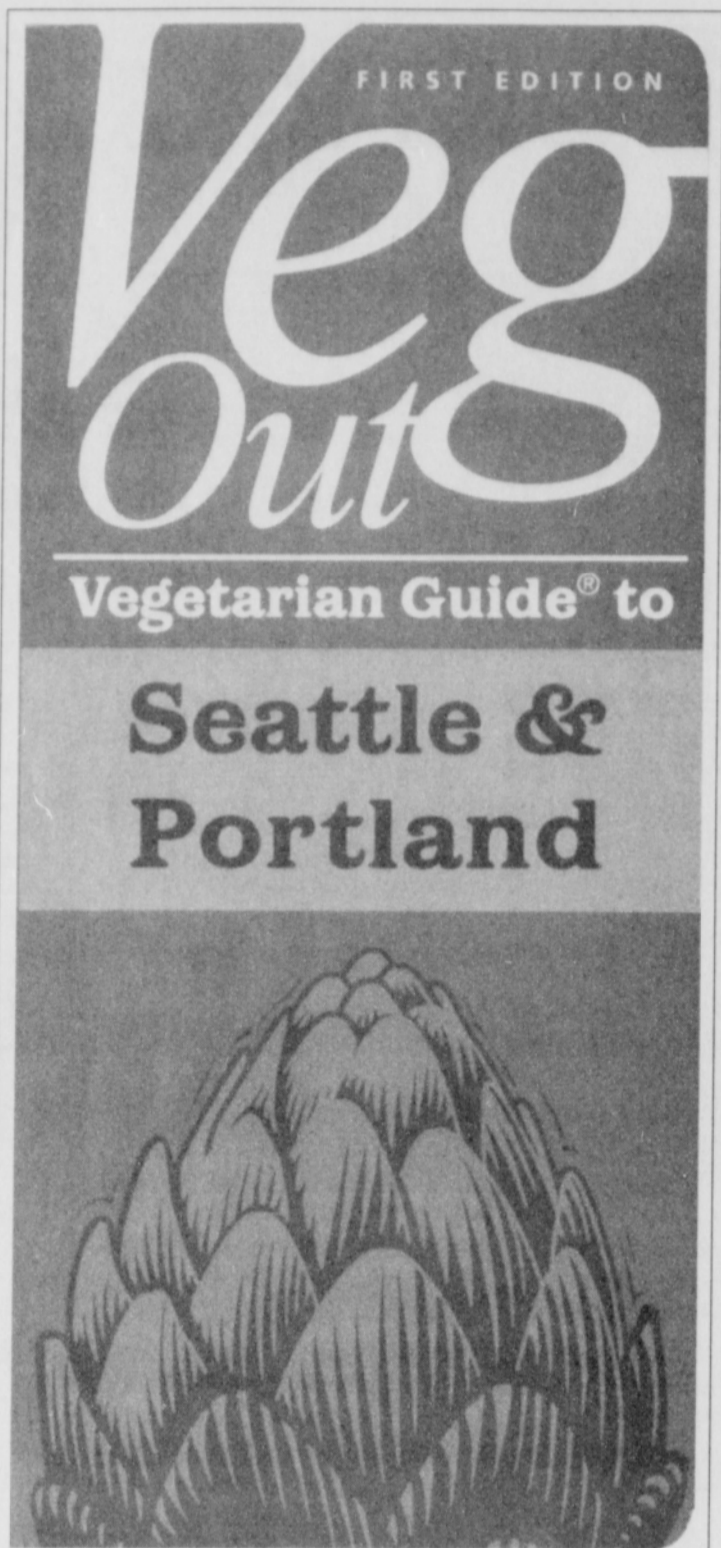
cally reduce your preparation time.

Shrimp Mashed Potatoes

Courtesy of Andrew Schloss, "Almost From Scratch"

- 1 tablespoon extra-virgin olive oil
- 1 (8-ounce) can shrimp, chopped
- 1/2 large fish-flavored bouillon cube, crushed
- 1/2 teaspoon garlic, minced
- 1/2 teaspoon dried dill weed, or 2 teaspoons fresh dill, chopped
- 1 (16-ounce) package mashed potatoes, refrigerated
- Black pepper to taste

Heat the oil in a medium saucepan. Add the shrimp, bouillon and garlic and cook until the shrimp are opaque, about 30 seconds. Stir in the dill and potatoes and heat through, stirring often. Add the pepper.



Veg Out in Town

Between the low carb craze and America's battle with obesity, it seems like everyone is trying to eat healthier. "Veg Out, a Vegetarian Guide to Seattle and Portland," makes dining out easier than ever for vegetarians and those seeking a healthy lifestyle. The paperback also has resources for farmers markets, green groceries and contains a foldout map. "Veg Out" is authored by Seattle chef George Stevenson and sells for \$12.95.

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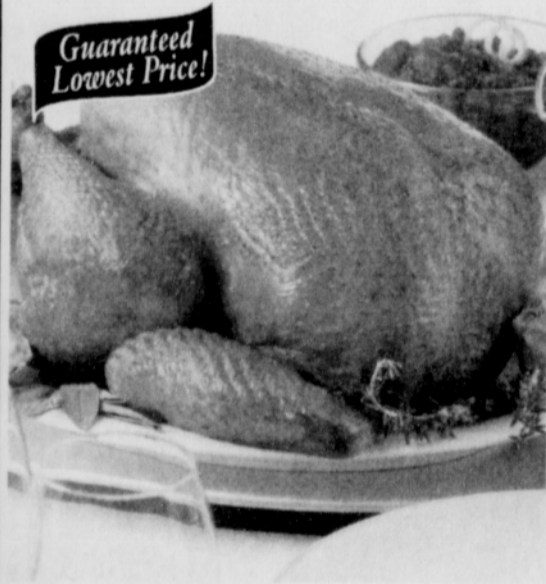
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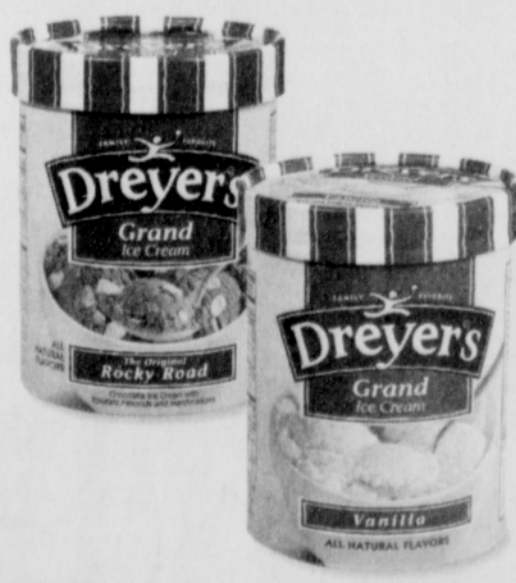
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