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The Fortland Observer

Cinnamon-Raisin Apple Crisp Piefor Holidays

combines tangy apples and • 3/4 teaspoon ground cinnamon crunchy topping. Best yet, it's • 4 cups thinly sliced peeled apples easy to make.

The frozen pie crust is ready to bake in its own disposable pan, making this an ideal dessert to bring to fall get-togethers or casual weeknight meals.

- **Cinnamon-Raisin Apple Crisp Pie**
- 1 Pillsbury Pet-Ritz frozen deep dish pie crust
- 1/3 cup granulated sugar

- golden raisins with a delicious 1/4 teaspoon ground nutmeg
 - 1/3 cup golden raisins

Topping

- 1/2 cup old-fashioned oats • 1/3 cup packed brown sugar
- 1/3 cup all-purpose flour • 1/4 cup butter or margarine
- · 1/4 cup chopped walnuts Heat oven to 400F. Place cookie
- sheet on oven rack.

In large bowl, stir together granulated sugar, 3 tablespoons

This flavorful harvest pie • 3 tablespoons all-purpose flour flour, cinnamon and nutmeg. Stir in apples and raisins; toss to coat. Spoon into frozen pie crust.

> In medium bowl, mix topping ingredients except walnuts with pastry blender or fork until crumbly; stir in walnuts. Sprinkle over filling.

> Bake on cookie sheet 20 minutes. Place sheet of foil over pie to prevent excessive browning. Bake 20 to 30 minutes longer or until filling is bubbly and topping is golden brown. Cool at least 30 minutes before serving. 8 servings.



ked Tail-on Shrim

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Tailgating Fun With Shrimp Football parties before the big game

Football season means party time coasts, while much of the shrimp

and nothing is more fun than tail- consumers eat is pond-raised and gating with friends before the big imported. game.

"commissioner of tailgating," suggests celebrating in style with Wild flavor, protein and cardio-protec-American shrimp, a finger food that tive omega-3 fatty acids, it gives easily complements beer, wine and soft drinks.

Wild American shrimp is caught off the Gulf and South Atlantic

Grilled Texas Wild American Shrimp (Makes 6 servings)

- 1/4 cup vegetable oil
- 1/4 cup tequila
- 1/4 cup red wine vinegar
- 2 tablespoons Mexican lime juice
- 1 tablespoon ground red chiles
- 1/2 teaspoon salt
- 2 cloves garlic, finely chopped
- 1 red bell pepper, finely chopped
- · 24 large raw shrimp, peeled and de-veined (tails left on)

Shrimp can be cooked ahead of Joe Cahn, the self-proclaimed time or grilled minutes before serving. Low in fat and packed with party-goers plenty of energy to cheer for their favorite team.

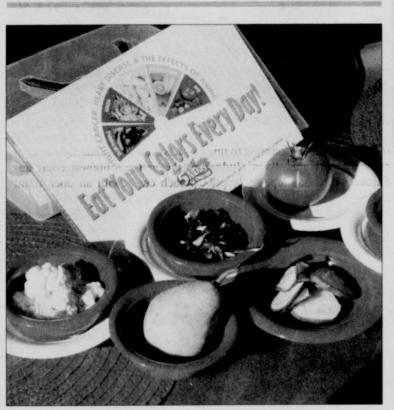
> Mix all ingredients except shrimp in shallow glass or plastic dish. Stir in shrimp. Cover and refrigerate for 1 hour.

Remove shrimp from marinade, reserving liquid. Thread 4 shrimp on each of six (8-inch) metal skewers. Grill over medium coals, turning once until pink, 2 minutes to 3 minutes on each side.

In a non-reactive saucepan, bring marinade to a boil. Reduce heat and simmer, uncovered, until bell pepper is tender, about 5 minutes. Serve with shrimp.







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Five a Day by the Color

A Kaiser Permanente display of fruits and vegetables show the variation of colors in fresh produce. Health experts suggest you consume five servings of fruits and vegetables each day to help fight cancer, heart disease and the effects of aging.



