

FOOD

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments and/or family recipes you would like to share with us. Address emails to foods@portlandobserver.com

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Think Outside the Lunchbox

Those really productive hours of the morning have quickly dwindled away and the first warning signs begin to appear: a steady growl deep in your belly. Each train of thought is hijacked by the persistent, gnawing need to refuel the body. It's lunchtime - are you dreading another boring

lunch? Tired of waiting at the microwave, or sitting in a not-so-fast-food-line? The only way to break this lunchtime dilemma is to stuff the soggy sandwiches, ditch those burgers blahs and toss the Tupperware! Be adventurous. Think outside the lunchbox.

Ingredients for life..



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SWEETEST OF THE SEASON

Smoked Turkey Muffuletta



Work some voodoo magic on a N'awlins favorite -- a meaty two-fisted sandwich piled high with everything but fat.

Ingredients

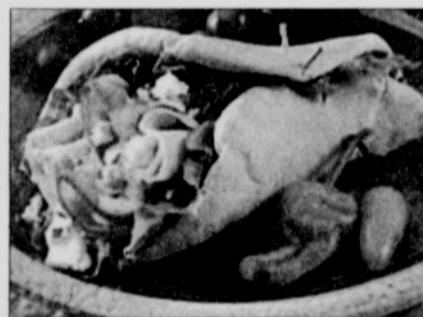
- 1-12 ounce Italian flat bread (focaccia)
- lettuce leaves
- 6-ounces very thinly sliced mesquite smoked turkey breast
- 4-ounces thinly sliced reduced-fat salami or sliced, cooked turkey salami
- 5-ounces thinly sliced reduced-fat provolone or mozzarella cheese
- 1/3-cup pepperoncini salad peppers or giardiniera (pickled mixed vegetables), drained and chopped
- 1/4 -cup chopped pitted green olives
- 1/4 -cup thinly sliced canned artichoke hearts
- 1/4 -cup nonfat Italian salad dressing

Directions

1. Slice focaccia bread into two-layers. Layer lettuce, turkey, salami, and cheese on bottom half of focaccia.
2. Combine pepperoncini or giardiniera, olives, artichoke hearts and salad dressing in a small bowl; spoon evenly over cheese.
3. Place the top half of focaccia on top. Wrap securely in plastic wrap and keep refrigerated up to hours hours prior to serving. Makes six servings.

*Tip: Pepperoncini mixture can be covered, refrigerated and kept up to three days.

Cucumber Chicken Pitas



This pita taste even better than it looks!

Ingredients

- 1/2 -cup plain yogurt
- 1/4 -cup finely chopped cucumber
- 1/2 -tsp. dried dill weed
- 1/4 -tsp. dried mint, crushed
- 4-large pita bread rounds
- 4-lettuce leaves
- 6-ounces thinly sliced fully-cooked chicken breast
- 1-small tomato, thinly sliced
- 1/3 -cup crumbled feta cheese

Directions

1. For dressing: in a small bowl stir together yogurt, cucumber, dill weed and mint. Set aside.
2. Place one pita bread round on a plate. For each sandwich, top with lettuce, chicken, tomato, and feta cheese. Spoon dressing on top. Roll up the pita bread. Secure with wooden toothpicks. Serve immediately. Makes four servings.

*Tips: Prepare dressing ahead of time, cover and refrigerate. Cook chicken in advance or use leftover chicken from the previous night's meal.

Thai Chicken Wraps



Ingredients

- 1/4 -cup sugar
- 1/4 -cup creamy peanut butter
- 3-Tbs. soy sauce
- 3-Tbs. water
- 2-Tbs. cooking oil
- 1-Tbs. minced garlic
- 6- 8 or 10 inch flour tortillas
- 1/2 -tsp. garlic salt
- 1/2 -tsp. pepper
- 1-Tbs. cooking oil
- 4-cups packaged shredded broccoli slaw mix
- 1-medium red onion, cut into thin wedges
- 12-ounces skinless, boneless chicken breast strips for stir-frying
- 1-tsp. grated fresh ginger

The chicken, broccoli slaw and onion are rolled up in flour tortillas for a quick lunch.

Directions

- For peanut sauce: In a small saucepan combine sugar, peanut butter, soy sauce, water, 2 Tbs. cooking oil and the minced garlic. Heat until sugar is dissolved, stirring frequently. Set aside.
- Wrap tortillas in foil. Bake at 350F about 10 minutes or until heated and softened. Meanwhile, in a medium mixing bowl combine garlic salt and pepper. Add chicken tossing to coat evenly.
- In a large skillet heat the 1-Tbs. cooking oil heat and add seasoned chicken. Cook chicken in hot oil over medium-heat, stirring frequently for 10 to 15 minutes or until cooked throughout.
- Remove chicken from skillet and keep warm. Add broccoli, onion and ginger to skillet. Cook and stir for three to five minutes or until vegetables are tender and crisp. Remove from heat.
- To assemble, spread each tortilla with about 1-Tbs. of the peanut sauce. Top with chicken strips and vegetable mixture. Roll up each tortillas, securing with a wooden toothpick. Serve immediately.

*Makes 6 servings.

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