

Why visitors love Scotland's Misty Isle of Skye



This undated photo shows Allt Dearg cottage, a unique old shepherd's cottage which is in an isolated position under the Black Cuillin ridge on the Isle of Skye off the west coast of Scotland.

By **MICHELLE LOCKE**
Associated Press

PORTREE, Scotland (AP)—Bonny Prince Charlie saw Scotland's isle of Skye on the run. He was fleeing government troops after his Highland rebellion ended disastrously at the 18th century Battle of Culloden.

My visit was hurried, too, although due to nothing more exciting than a tight schedule — no redcoats on my tail.

Luckily, even a short stay is long enough to glimpse why the Misty Isle of Skye is one of Scotland's most popular tourist attractions.

Here are a few reasons.

DREAM SCENES

Rain or shine, most likely both in the same day, Skye is a stunner, from the stark grandeur of the Black Cuillin, the jagged mountain range looming over the island, to the cheerfully pastel houses of Portree harbor. You can take in the views by driving Skye's winding roads, get out for a shoreline amble or, if you've got the skills, go mountaineering. Guides can be hired for more challenging itineraries; a good option is <http://www.skyeguides.co.uk>.

Recommended spots include the Trotternish ridge, known for rock formations like the Old Man of Storr and the Quiraing pinnacles. Also a must-see, the Fairy Pools, a series of crystal clear and flowing pools on the River Brittle. <http://www.walkhighlands.co.uk/skye/fairypools.shtml>.

HIGHLAND HISTORY

Are you a fan of the Starz TV series "Outlander"? You should already be familiar with the beauty of the Highlands, the setting for that time-traveling drama.

The series hasn't gotten



This June 22 photo shows the rocky southern coastline of the Isle of Skye off the west coast of Scotland.

into Prince Charles' flight yet; Season 2 ended just as the Battle of Culloden started. The show's been renewed for two more seasons, but we don't know a lot of details on what's coming. In real life, the prince, Charles Edward Stuart, who was the grandson of the deposed James II and was trying to win back the British throne for the Stuarts, escaped government troops aided by several Highlanders including the brave Flora MacDonald who got him to Skye dressed as her maid.

If you are headed into the Highlands by way of Inverness, you're close to the Culloden Battlefield and Visitor Center, which does a good job of explaining the rise and fall of the doomed campaign.

You can't go far in Scotland without finding a castle, and Skye's Dunvegan Castle is billed as the oldest continuously inhabited castle in Scotland, home to the chiefs of Clan MacLeod for eight centuries. Open daily 10 a.m.-5:30 p.m. March 25-October 15, admission to castle and gardens about \$16.

For more island history visit the Skye Museum of Island Life in Kilmuir, which

features a recreation of a Highland village. Open daily Easter-late September. 9:30 a.m.-5 p.m. Admission about \$3.25.

DINING & DRAMS

Think Scottish cuisine begins and ends with broth and haggis? You're in for a surprise (not that there's anything wrong with broth and haggis). Skye boasts a variety of dining choices including the Michelin-starred Kinloch Lodge and The Three Chimneys, which lost its Michelin star after a change in chefs in 2015 but continues to put out excellent food. If you're there for lunch, look for the Crispy Croft Egg starter, a perfect mix of rich, dense egg and crisp crust.

On the drinks side, Skye has one whisky distillery, Talisker in Carbost. And it's the home of another Scots libation, Drambuie, now made in Glasgow but first developed and served at Skye's Broadford Hotel in the 1870s. The liqueur, a blend of aged scotch, spices, heather honey and herbs, is said to be based on a recipe of the bonny prince himself, who gave islanders the secret to his private elixir in gratitude for their help.

Tuna never tasted as good as in this Asian-inspired salad

By **MELISSA D'ARABIAN**
Associated Press

Canned tuna is underrated. Sure, we keep a can or two on hand for the occasional tuna salad sandwich, but most of us don't stray far from the sandwich for this tasty and versatile protein.

Canned tuna can be used as a protein swap in many recipes (tuna tacos are amazing!), and it's shelf-stable, inexpensive and chock-full of protein. One cup of drained canned tuna packs in about 40 grams of protein, so it's a filling enough for either lunch or dinner.

Budget cooks take note: Tuna is easy to nab on sale for a buck or so a can, even for name brands, so load up when it's on sale since it has an incredibly long shelf life.

Most tuna seems to be packed in water these days to save calories. But I personally like the flavor better of oil-packed fish — it tastes more like fresh fish — so I usually keep a couple of oil-packed cans around for some recipes where I want a richer flavor, and I just drain the oil away.

Also, I always keep a can (or jar) of high-end tuna in my pantry — a quality tuna packed in good olive oil will turn your tuna dishes into restaurant quality, but you'll definitely pay several dollars more. Your call.

Once you have a nice stock of canned tuna in the pantry, get creative. Consider almost any recipe where you use chicken or fish, and see if you can't substitute tuna.

Tip: the more sophisticated the dish, the higher end the tuna should be. Mixing up some tuna patties? Chunk light tuna on sale is perfect for the task. Sautéing up tuna in olive oil, garlic, lemon zest and chili flakes to toss with pasta for company? You'll want to spend a little more.



Mexican tortilla soup.

Spice it up with Mexican Tortilla Chicken Soup

By **KATIE WORKMAN**
Associated Press

I find it a source of great comfort that pretty much every culture, every cuisine has its own interpretation of chicken soup.

The Mexican version in particular speaks to me, scented with chilies and spices like cumin and coriander, riddled with slightly softened tortilla chips.

In Mexico, whole chilies may be used, often toasted and the crumbled into the soup. I rely on dried chili powder, pure ancho if you can find it, but in this recipe, regular blended chili powder also works just fine.

Cooking the chicken breasts in the broth enriches both broth and chicken, but if you are in a rush, go ahead and use about 3 cups of shredded cooked chicken, maybe from a rotisserie chicken. Need one more shortcut? Skip the frying of the tortillas; grab a bag of tortilla chips, lightly crush a few handfuls and use those instead.

The garnishes are what make this soup so special. Do not be timid with the offerings: An assortment of shredded cheese, diced avocado, fresh cilantro, salsa and lime wedges will

MEXICAN TORTILLA CHICKEN SOUP

Start to finish: 45 minutes

Servings: 4 to 6

For the soup:

- 2 tablespoons extra-virgin olive oil
- 2 medium-size onions, chopped
- 2 cloves garlic, minced
- 1 ½ teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon pure ancho chili powder
- 1 can (14.5 ounces) crushed tomatoes
- 6 cups chicken broth, preferably low-sodium

• Kosher or coarse salt and freshly ground black pepper, to taste

• 3 skinless, boneless chicken breasts (about 1 ½ pounds)

• Canola or vegetable oil, for pan-frying

• 6 corn tortillas, halved and cut crosswise into thin strips

• Juice of 1 lime

To serve (optional, pick and choose):

- 1 or 2 avocados, peeled and diced
- 1 cup shredded Monterey Jack cheese
- ½ cup coarsely chopped fresh cilantro leaves
- Salsa or Pico de Gallo
- 1 lime, cut into wedges

Heat the olive oil in a large stockpot over medium heat. Add the onions and garlic and sauté until tender and golden,

5 minutes. Stir in the cumin, coriander, and chili powder and cook until fragrant, 1 minute. Add the tomatoes and chicken broth, season with salt and pepper, and bring to a simmer over high heat. Add the chicken breasts and lower the heat to medium-low. Simmer uncovered (don't let the soup come to a boil), stirring occasionally, until the chicken is just barely cooked through, about 12 minutes. Remove the chicken to a plate and let sit until cool enough to handle. Keep the soup gently simmering over medium-low heat.

Meanwhile, pour the oil to a depth of 1 inch into a medium-size skillet and heat over medium-high heat. Line a plate with a couple of paper towels. When the oil is hot, add the tortilla strips in batches and fry, stirring often, until they are crisp and lightly colored, about 2 minutes. Remove with a slotted spoon to the plate, and sprinkle lightly with salt while they are still hot.

Shred the slightly cooled chicken, and stir it and the lime juice into the soup.

Ladle the soup into soup bowls and top with the fried tortilla strips, along with your choice of diced avocado, cheese, cilantro, salsa and lime wedges.

Nutrition information per serving: 291 calories; 95 calories from fat; 11 g fat (2 g saturated; 0 g trans fats); 65 mg cholesterol; 362 mg sodium; 23 g carbohydrate; 4 g fiber; 7 g sugar; 26 g protein.



CHOPPED ALBACORE SALAD WITH ASIAN DRESSING

Start to finish: 15 minutes

Servings: 4

- 4 cups chopped romaine lettuce
- ¾ cup chopped green beans
- ¾ cup chopped carrots
- ½ cup chopped red sweet pepper
- ¼ cup quartered grape tomatoes
- ½ avocado, cubed
- ¼ cup chopped almonds (or cashews)
- 2 scallions, chopped
- 3 5-ounce cans albacore tuna, drained
- ¼ cup chopped cilantro

Dressing:

- 2 teaspoons grated fresh ginger
- 1 garlic clove, finely minced (or 1/2 teaspoon granulated garlic)
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons lime juice
- 2 tablespoons rice wine vinegar
- ¼ teaspoon sriracha, or other hot sauce (or more if desired)
- 1 teaspoon sesame oil
- 3 tablespoons grapeseed oil, or other neutral oil

Place all the salad ingredients in a large bowl. In a small bowl, vigorously whisk together the dressing ingredients. Spoon about half of the dressing onto the salad and toss to coat. Taste, and add more dressing as desired. Serve immediately.

Nutrition information per serving: 300 calories; 150 calories from fat; 17 g fat (2 g saturated; 0 g trans fats); 47 mg cholesterol; 379 mg sodium; 11 g carbohydrate; 5 g fiber; 4 g sugar; 28 g protein.

turn a comforting soup into a feast.

You can make the soup ahead — stopping after adding the chicken — and keep it refrigerated for up

to four days. Reheat, adding the lime juice when you are ready to serve (and, of course, don't fry the tortillas or prep the toppings until just before serving!).

Katie Workman has written two cookbooks on easy, family-friendly cooking. She blogs at <http://www.thenom100.com/about-katie-workman/>