

M O V E A B L E
FEASTS

for dinner, tea and lunch alfresco, so you can enjoy every inviting moment



PHOTOGRAPHS BY DANA GALLAGHER



Cutting into a nectarine-raspberry tart with a cookie crust and a crumb topping; above, a brilliantly colored summer salad



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EMEMBER EAT-

ing outside when you were young? Whether your memories are of family picnics, backyard barbecues or hot dogs at a stadium, meals just seemed to taste better in the warmth of the afternoon sun or the cool of the evening. As we grow up, fresh food eaten in fresh air loses none of its charm—though we might aspire to a bit more comfort than blankets or bleachers.

These menus, devised by Gail Monaghan, author of *Perfect Picnics for All Seasons* (Abbeville Press), are designed to be enjoyed within carrying distance of the kitchen—so you can achieve the bliss of eating under the sky without surrendering elegance. And the no-fuss recipes ensure that only a fraction of the day is spent inside.

DINNER Salmon makes an ideal main course for an alfresco dinner—it's easy to prepare, doesn't require you to stand over a hot stove and needn't be served piping hot. Let the salmon and its side dish of succotash cool to "room" temperature as you enjoy a fresh salad of beets, fennel, oranges, endive and arugula with a citrus vinaigrette. ▶

A photograph of a salmon fillet with vegetables on a decorative plate. The salmon is the central focus, garnished with fresh herbs. It is surrounded by a colorful medley of vegetables including green beans, yellow corn, and cherry tomatoes. The dish is served on a dark plate with a vibrant floral pattern. In the background, a glass of white wine is visible, and a vase of pink and white flowers adds to the setting. The entire scene is set on a woven placemat.

**SUMMER
SALMON**
Lima beans,
haricots verts,
corn and
tomatoes
complement
a fillet of
salmon.

Remember to relax. Take your time. Linger over your food. Let the



**AFTERNOON
TEA IN THE
GARDEN**
Pack a basket
with iced tea,
scones and sand-
wiches, and find a
patch of shade.

droning of the honeybees set the mood for your lazy afternoon meal



SWEET TART
A dollop of
whipped cream
and a few strands
of citrus zest
top off a tartlet.



LUNCH BY
THE POOL
A pot of
hydrangeas and
some white
china match the
simplicity of a
whitewashed
table and chairs.



RECIPES

Moveable Feasts

Simple yet sophisticated recipes for dining in the great outdoors, from our feature story on page 204

AUTHOR HENRY JAMES got it right: “Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.” While we wholeheartedly agree with him, there are a couple of other words we can think of that come a very close second: *eating outside*.

This is the season to spend as little time as possible in the kitchen or dining room and all the hours you

can under the sun or stars. To help you, we asked cooking teacher Gail Monaghan, author of *Perfect Picnics for All Seasons*, to suggest some of the best fare to be taken out of the house and into the fresh air.

Here are three complete menus—plus a couple of bonus recipes—that will let you entertain alfresco with flair this summer: a leisurely dinner that can stretch through dusk and late into the warm night, a light lunch and a sumptuous afternoon tea.



Dinner

SALMON AND SUCCOTASH

- 1/4 cup olive oil
- 1/8 cup fresh lemon juice
- 1/8 cup chopped fresh parsley, plus additional for garnish
- 1 Tbsp. finely grated lemon peel
- 3/4 tsp. salt
- 1/4 tsp. freshly ground pepper
- 8 salmon fillets (4 to 6 ounces each)
- 4 slices bacon, cut crosswise into 1/2-inch pieces
- 1 package (10 ounces) frozen lima beans, thawed
- 3 cups haricots verts, cut into 2-inch pieces
- 2 packages (10 ounces) frozen corn, thawed
- 8 green onions, trimmed and cut into 1/2-inch pieces
- 1/4 cup water
- Cherry tomatoes for garnish

1. In a medium bowl, mix the olive oil, lemon juice, 1/8 cup of chopped parsley, lemon peel, 1/2 tsp. of salt and 1/8 tsp. of pepper. Arrange salmon in a large baking dish, pour olive-oil mixture over salmon, and marinate, covered, turning occasionally, for 30 minutes.
2. Meanwhile, in a 12-inch skillet, cook the bacon over medium heat, stirring, until browned. With a slotted spoon, move bacon to paper towels to drain.
3. In a large pot of boiling salted water, blanch the lima beans just until done. Transfer to a colander with a slotted spoon, rinse under cold water, and set aside. Blanch the haricots verts in the same water, just until bright green and ▶

tender-crisp; drain in a colander, rinse under cold water, and set aside.

4. In the skillet, cook the corn with the bacon fat over medium heat, stirring, for 3 minutes. Add the lima beans and cook, stirring, for 3 minutes. Add the haricots verts, green onions, water, remaining $\frac{1}{4}$ tsp. of salt and $\frac{1}{8}$ tsp. of pepper and cook, stirring, for 5 minutes longer.

5. Meanwhile, preheat broiler. Broil salmon on a broiler pan, about 5 inches from the heat source, cooking for 10 minutes per inch of thickness.

6. To serve, divide the succotash among 8 plates and place a cooked salmon fillet on top of each. Garnish with chopped parsley and halved cherry tomatoes. Makes 8 servings.

Each serving: about 517 calories, 32 g. protein, 26 g. carbohydrate, 33 g. total fat (8 g. saturated), 5 g. fiber, 84 mg. cholesterol, 377 mg. sodium.



**SALAD OF BEETS,
FENNEL, ORANGES,
ENDIVE AND ARUGULA**

- 1 can (15 ounces) sliced beets, drained
- $\frac{1}{2}$ cup Citrus Vinaigrette (recipe follows)
- 1 large bulb fresh fennel, quartered and sliced very thin lengthwise
- 1 large Belgian endive, quartered and sliced very thin lengthwise
- 2 large navel oranges, peeled and cut into sections
- 2 bunches arugula, cut into 2-inch lengths, washed and dried
- 4 green onions, thinly sliced

1. In a small bowl, toss together the beets and 3 Tbsp. of the vinaigrette.
2. In a large serving bowl, mix the

fennel, endive, oranges, arugula and green onions. Add remaining vinaigrette and toss to coat well. Top salad with beets. Makes 8 servings.

CITRUS VINAIGRETTE

- 2 Tbsp. frozen orange juice concentrate, thawed
- 1 Tbsp. fresh lemon juice
- $1\frac{1}{2}$ tsp. sherry or red wine vinegar
- 1 small garlic clove, minced
- 1 small shallot, minced
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{8}$ tsp. freshly ground pepper
- Hot pepper sauce, to taste
- $\frac{1}{4}$ cup olive oil

In a small bowl, whisk together all ingredients and let stand at least an hour.

Each serving: about 116 calories, 2 g. protein, 13 g. carbohydrate, 7 g. total fat (1 g. saturated), 3 g. fiber, 0 mg. cholesterol, 241 mg. sodium.

ROSEMARY-PARMESAN BISCUITS

(not shown)

- 1 cup all-purpose flour
- $\frac{1}{2}$ cup chopped walnuts, toasted
- 1 Tbsp. finely chopped fresh rosemary
- $\frac{1}{2}$ tsp. salt
- Pinch of cayenne pepper
- Pinch of freshly ground black pepper
- $\frac{1}{2}$ cup butter
- $1\frac{1}{2}$ cups freshly grated Parmesan cheese (6 ounces)

1. In a large bowl, stir together the flour, walnuts, rosemary, salt and peppers.
2. With a mixer on medium-high speed, cream butter in a medium bowl until light and fluffy, about 3 minutes. Add cheese and beat on low speed until well combined. Add the flour mixture and beat just until blended.
3. Divide the dough into 2 pieces and roll each piece into a $1\frac{1}{2}$ -inch-diameter log. Wrap each log in plastic wrap and refrigerate at least 30 minutes or until easy to slice.
4. Preheat the oven to 350° . Grease 2 large baking sheets.

5. Cut the logs crosswise into $\frac{3}{8}$ -inch-thick slices and place flat on baking sheets. Bake 12 to 15 minutes or until golden brown. Transfer to wire racks to cool. Makes about 36 biscuits.

Each biscuit: about 66 calories, 3 g. protein, 3 g. carbohydrate, 5 g. total fat (3 g. saturated), 0.2 g. fiber, 11 mg. cholesterol, 137 mg. sodium.



**NECTARINE-RASPBERRY TART
WITH COOKIE CRUST**

Crust and crumb topping:

- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{2}$ cup plus 1 Tbsp. sugar
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup cold butter

Filling:

- 2 pounds nectarines, sliced $\frac{1}{2}$ -inch thick (about 7 medium nectarines)
- $\frac{1}{2}$ pint fresh raspberries
- 3 Tbsp. instant tapioca
- $\frac{1}{2}$ cup sugar
- 1 Tbsp. fresh lemon juice
- $\frac{1}{4}$ tsp. ground cinnamon
- $\frac{1}{8}$ tsp. ground nutmeg

1. Preheat the oven to 425° . Grease a 10-inch springform pan.
2. To make crust, in a medium bowl, stir together the flour, $\frac{1}{2}$ cup of sugar and the salt. With a pastry blender or 2 knives, cut in butter until mixture resembles small peas. Press $\frac{2}{3}$ of the mixture into the bottom of the pan, reserving the remainder. Bake the crust for 10 minutes. Transfer to a wire rack to cool.
3. To make filling, toss ingredients together in a large bowl and let stand for 10 minutes, stirring occasionally, to slightly soften tapioca. Spoon fruit filling evenly over crust. Bake for 20 minutes.
4. Remove tart from oven and sprinkle ▶

with reserved crumb mixture and remaining 1 Tbsp. sugar. Bake for another 25 minutes, or until fruit is tender and crumb topping is golden brown. Serve warm or at room temperature. Tart may be stored at room temperature for up to 24 hours. Makes 10 servings.

Each serving: about 292 calories, 3 g. protein, 49 g. carbohydrate, 10 g. total fat (6 g. saturated), 3 g. fiber, 26 mg. cholesterol, 158 mg. sodium.

Afternoon Tea

EGG-SALAD TEA SANDWICHES

(at right, with ham and cucumber sandwiches)

- 6 large hard-boiled eggs, shelled
- 1/4 cups light mayonnaise
- 1 celery stalk, minced
- 2 Tbsp. minced fresh chives
- 1/4 tsp. salt
- 1/8 tsp. freshly ground pepper
- 32 very thin slices white bread

1. In a medium bowl, mash the eggs with a fork or potato masher. Stir in 1/4 cup of mayonnaise and the celery, chives, salt and pepper.
2. Spread 1 side of each bread slice with mayonnaise, using about 1 Tbsp. for every 2 slices.
3. Spread 16 bread slices with the egg salad, using 2 Tbsp. for each slice. Top with the remaining bread slices, then shape sandwiches with a small cookie cutter. Makes 64 tea sandwiches.

Each sandwich: about 47 calories, 1 g. protein, 5 g. carbohydrate, 2 g. total fat (0.5 g. saturated), 0.2 g. fiber, 22 mg. cholesterol, 99 mg. sodium.

HAM-SALAD TEA SANDWICHES

(at right, with egg-salad and cucumber sandwiches)

- 1/2 cups light mayonnaise
- 1/2 cups minced cooked ham (8 ounces)
- 1 celery stalk, minced
- 1/4 cup finely chopped fresh parsley leaves
- 1/8 tsp. freshly ground pepper
- 16 very thin slices white bread
- 16 very thin slices whole wheat bread

1. In a medium bowl, combine 1/2 cup of

mayonnaise and the ham, celery, parsley and pepper.

2. Spread 1 side of each bread slice with mayonnaise, using about 1 Tbsp. for every 2 slices. Spread white bread slices with the ham salad, using 2 Tbsp. for each slice. Top with the whole wheat slices, then shape sandwiches with a cookie cutter. Makes 64 tea sandwiches.

Each sandwich: about 50 calories, 1 g. protein, 5 g. carbohydrate, 3 g. total fat (0.6 g. saturated), 0.4 g. fiber, 4 mg. cholesterol, 140 mg. sodium.



CUCUMBER TEA SANDWICHES

- 1 English (seedless) cucumber, peeled and sliced paper thin
- 1 tsp. salt
- 24 very thin slices whole wheat bread
- 3/4 cup light mayonnaise
- Fresh mint leaves

1. In a colander, combine the cucumber and salt. Let the mixture stand over a bowl for 10 minutes. Rinse, drain and pat cucumbers very dry with paper towels.
2. Spread 1 side of each bread slice with mayonnaise, using about 1 Tbsp. for every 2 slices.
3. Put the cucumber and whole mint leaves on 12 of the slices. Top with the remaining bread slices, then shape sandwiches with a small cookie cutter. Makes 48 tea sandwiches.

Each sandwich: about 36 calories, 1 g. protein, 5 g. carbohydrate, 2 g. total fat (0.3 g. saturated), 1 g. fiber, 1 mg. cholesterol, 100 mg. sodium.

CURRENT MINI-SCONES

(at right, with brownies)

- 2 cups all-purpose flour
- 1/4 cup sugar plus 3 Tbsp. for sprinkling
- 1 Tbsp. baking powder

- 1/2 tsp. salt
- 1 cup dried currants or chopped dried tart cherries
- 1 cup heavy or whipping cream
- 1 egg, beaten

1. Preheat the oven to 350°. Grease 2 large baking sheets.
2. In a medium bowl, combine the flour, 1/4 cup of sugar, baking powder and salt. Stir in currants. Add cream and stir with a fork until well combined.
3. Turn dough onto lightly floured surface and knead briefly. Pat dough into a circle, about 1 inch thick. Using a 1 1/2-inch round biscuit cutter, cut out as many scones as possible. Press trimmings together and cut as above, using all of the dough. Place the scones about 1 inch apart on the baking sheets.
4. Brush the scones with beaten egg and sprinkle with remaining 3 Tbsp. sugar. Bake 15 minutes or until golden brown. Cool scones on a wire rack. Store in an airtight container for up to 24 hours. Makes about 32 scones.

Each scone: about 81 calories, 1 g. protein, 13 g. carbohydrate, 3 g. total fat (2 g. saturated), 0.5 g. fiber, 10 mg. cholesterol, 78 mg. sodium.



COCONUT BROWNIES

- 1/2 cup butter
- 2 ounces unsweetened chocolate, chopped
- 1/4 tsp. ground cinnamon
- 1/4 tsp. instant-coffee powder, preferably espresso
- 1 cup sugar
- 2 large eggs
- 1/2 tsp. vanilla extract
- 1/2 cup all-purpose flour
- 1/2 tsp. baking powder ▶

¼ tsp. salt
1 cup semisweet chocolate chips or chopped chocolate
1 cup sweetened shredded coconut

1. Preheat the oven to 325°. Grease and flour a 9-inch square metal baking pan.
2. In a 1-quart saucepan over low heat, melt butter and unsweetened chocolate with cinnamon and coffee. Remove from heat and let it cool to lukewarm.
3. In a medium bowl, with mixer on medium-high speed, beat sugar and eggs until light and fluffy, about 5 minutes. Beat in vanilla.
4. In a small bowl, combine the flour, baking powder and salt. Add dry ingredients to egg mixture and beat on low speed until well combined. Using a spoon, stir in the cooled chocolate mixture, chocolate chips and coconut.
5. Spoon batter into the prepared baking pan and bake in the center of the oven for 25–30 minutes, depending on how well-done you want the brownies. Cool on a wire rack. When cool, cut into 36 squares. Makes 3 dozen brownies.

Each brownie: about 99 calories, 1 g. protein, 11 g. carbohydrate, 6 g. total fat (4 g. saturated), 0.7 g. fiber, 19 mg. cholesterol, 60 mg. sodium.



CITRUS TARTLETS

Shells:

2 cups flour
⅔ cup sugar
⅛ tsp. sea salt
Zest of 1 lemon, finely grated
8 Tbsp. cold unsalted butter, cut into 10 pieces
1 egg, beaten

Citrus curd filling:

5 egg yolks

½ cup sugar
Pinch of sea salt
Zest of 2 lemons, finely grated
Zest of 1 orange, finely grated
Freshly squeezed juice of the 2 zested lemons
½ cup freshly squeezed orange juice
1 Tbsp. heavy cream
1½ cups heavy cream, whipped with 2 Tbsp. sugar and ½ Tbsp. vanilla extract (optional)
2 Tbsp. confectioners' sugar (optional)

1. To make the shells: Place the flour, sugar, salt and lemon zest in a food processor and pulse a few times to combine.
2. Scatter the butter pieces over the dry ingredients and pulse until the butter is the size of rice grains.
3. Add the beaten egg and pulse until well combined but stop before the dough forms a ball.
4. Remove the dough from the processor, briefly knead it together, and form it into 6 equal balls. Refrigerate the dough for a few minutes if it is too sticky to roll, then roll each ball into a circle large enough to fit an individual 5-inch or 6-inch tart pan. The rolled dough should be about ⅛ inch to ⅜ inch thick. Press the circles into the 6 buttered pans. Cut off the extra dough and crimp the edges. Prick the tart-shell bottoms with a fork. Refrigerate the dough at least 1 hour to tenderize the crust and to help prevent shrinkage.
5. Preheat the oven to 350°. Place the tart pans on a baking sheet; line the shells with aluminum foil and fill with dried beans or pie weights. Bake in the lower third of the oven for about 15 minutes or until the dough is no longer shiny.
6. At this point, remove the beans or weights and foil. Lower the oven temperature to 300° and continue baking until the crusts are deep gold, about 15 to 20 minutes more. Cool the shells completely on a wire rack.
7. To make the filling: In a medium

saucepan, whisk together the egg yolks, sugar and salt. Whisk in zests, juices and 1 Tbsp. heavy cream and cook over medium heat, stirring constantly with a wooden spoon. Scrape the pan bottom frequently to prevent scorching. Cook and stir until the mixture is quite thick, about 3 or 4 minutes.

8. Strain the curd into a heat-proof bowl. Place plastic wrap directly on the surface of the hot curd to prevent a skin from forming. Refrigerate until cool.
9. When cool, divide the filling among the 6 tart shells. Smooth the tops. Just before serving, top with sweetened whipped cream, if desired. Another option is to dust confectioners' sugar over the tops of the tarts and place them under a hot broiler for a few seconds to caramelize the sugar. Watch them very carefully so they don't burn. Makes 6 tartlets.

Each tartlet: about 517 calories, 8 g. protein, 72 g. carbohydrate, 23 g. total fat (12 g. saturated), 1 g. fiber, 260 mg. cholesterol, 93 mg. sodium.



ICED TEA WITH LEMON, ORANGE AND MINT

16 cups water
⅓ cup loose tea leaves, preferably orange pekoe
1 bunch fresh mint
¼ cup (or more) instant dissolving or superfine sugar, to taste (optional)
1 cup freshly squeezed orange juice, strained of all pulp
½ cup freshly squeezed lemon juice, strained of all pulp
1 navel orange
1 lemon
Ice ▶

1. Pour the water into a 6-quart stainless steel saucepan and bring to a boil. When it reaches a full boil, stir in the loose tea and several sprigs of mint, reserving 8 sprigs to garnish glasses. Remove from heat.
2. Stir in sugar, if desired, and let steep 20 to 30 minutes.
3. While the tea is steeping, cut the orange and lemon into 1/4-inch-thick round slices. Then cut each slice in half to form 2 semicircles.
4. Strain the steeped tea into a large pitcher and chill until cold.
5. Stir the juices into the cold tea and serve over ice in 8 tall glasses garnished with fresh mint and the orange and lemon slices.

Each serving: about 33 calories, 0.6 g. protein, 9 g. carbohydrate, 0.1 g. total fat (0 g. saturated), 1 g. fiber, 0 mg. cholesterol, 15 mg. sodium. (Note: 57 calories and 15 g. carbohydrate when sugar is added.)



Lunch

CURRIED CHICKEN PAILLARD

- 8 medium chicken-breast cutlets
- 3 Tbsp. vegetable oil
- 4 green onions, thinly sliced
- 2 garlic cloves, minced
- 1 tsp. minced, peeled fresh ginger
- 3 Tbsp. water
- 1 Tbsp. curry powder
- 1 Tbsp. cumin
- 1 tsp. coriander
- 1/8 tsp. cinnamon
- 1 Tbsp. honey
- 1 tsp. sesame oil
- 1/2 tsp. salt
- 1/4 tsp. freshly ground pepper
- 1 1/2 cups finely diced fresh fennel or celery
- 1 cup golden raisins
- 1/2 cup light mayonnaise

- 1/4 cup nonfat yogurt
- 3 Tbsp. minced fresh chives, plus additional for garnish
- Freshly squeezed juice and finely grated peel of 1/2 orange
- 2 bunches watercress, rinsed and dried

1. Between sheets of wax paper, pound cutlets to 1/4-inch thickness.
2. In a nonstick 12-inch skillet, heat 1 Tbsp. of vegetable oil over medium heat. Add the green onions and cook, stirring, about 2 minutes or until softened. Add the garlic and ginger, and cook 1 minute. Add the water, curry powder, cumin, coriander, cinnamon and honey, and cook, stirring, 3 minutes. Remove from heat and stir in the sesame oil. Transfer the spice mixture to a medium bowl to cool. Wipe the skillet clean.
3. Season the chicken with 1/4 tsp. of salt and 1/8 tsp. of pepper. Heat the remaining 2 Tbsp. vegetable oil in the same skillet over medium-high heat. In batches, add chicken and brown, 2 to 3 minutes per side. When cooked, remove with tongs and place on a platter to cool.
4. When the spice mixture is cool, stir in the fennel, raisins, mayonnaise, yogurt, 3 Tbsp. of chives, orange juice and peel, and remaining 1/4 tsp. salt and 1/8 tsp. pepper. Set dressing aside.
5. When chicken is cool enough to handle, cut diagonally into 1/2-inch-wide strips and place in medium bowl. Add 1 1/2 cups dressing and stir to coat the chicken. Arrange the watercress on a platter; top with the chicken mixture and spoon the remaining dressing over the top. Serve at room temperature or cover and refrigerate.
6. Serve with an assortment of garnishes, such as chopped chives, fresh papaya, apple, peppers, avocado, tomato, toasted peanuts, fresh cilantro or parsley leaves, and grated coconut. Makes 8 main-dish servings.

Each serving: about 329 calories, 29 g. protein, 22 g. carbohydrate, 14 g. total fat (2 g. saturated), 2 g. fiber, 77 mg. cholesterol, 354 mg. sodium.



SLICED ISLAND SALAD

- 1 large red onion, peeled and thinly sliced
- 2 large avocados, peeled, pitted and sliced into 1/2-inch wedges
- 2 large mangoes, peeled and sliced into 1/4-inch slices
- 2 large tomatoes, cut crosswise into 1/2-inch slices
- 1 Tbsp. freshly squeezed lime juice
- 1 tsp. finely grated lime zest
- 1/2 tsp. fresh ginger juice (press about 1 1/2 tsp. grated fresh gingerroot in a garlic press)
- 3 Tbsp. extra-virgin olive oil
- Sea salt to taste
- Freshly ground black pepper, to taste
- 1/4 cup finely chopped fresh parsley or cilantro (or a mixture of both) for garnish

1. Arrange the red onion, avocado, mango and tomato slices on a platter.
2. Whisk together the lime juice, zest, ginger juice and olive oil. Drizzle the dressing over the salad, sprinkle with salt and pepper to taste, and garnish with the chopped herbs. Makes 8 servings.

Each serving: about 184 calories, 2 g. protein, 20 g. carbohydrate, 12 g. total fat (2 g. saturated), 6 g. fiber, 0 mg. cholesterol, 83 mg. sodium.

RICE SALAD

(not shown)

- 1 1/2 cups long-grain white rice
- 2 Tbsp. olive oil
- 1/2 cup finely diced red onion
- 3 garlic cloves, minced
- 2 1/2 cups water
- 1 1/2 tsp. salt ▶

1 package (10 ounces) frozen peas, thawed
 1/3 cup thinly sliced green onions
 1/3 cup minced fresh cilantro leaves
 1 Tbsp. white wine vinegar
 Hot pepper sauce, to taste

1. Rinse the rice in cold water until the water is clear. Drain and set rice aside.
2. In a heavy 3-quart saucepan, heat the oil over medium heat. Add the onion and garlic and cook, stirring occasionally, until the onion is translucent, about 5 minutes.
3. Add the water and salt and bring to a boil over medium-high heat. Stir in the rice and cook, uncovered, without stirring, about 10 minutes or until water is almost completely absorbed. Reduce heat to the lowest setting; cover and cook 10 minutes longer or until water is completely absorbed.
4. Transfer the rice to a large bowl to cool slightly. When rice is cool, stir in peas, green onions, cilantro, vinegar and hot pepper sauce. Serve at room temperature. Makes about 8 servings.

Each serving: about 193 calories, 5 g. protein, 34 g. carbohydrate, 4 g. total fat (0.5 g. saturated), 2.5 g. fiber, 0 mg. cholesterol, 487 mg. sodium.



CARAMELIZED PINEAPPLE

1 ripe pineapple
 1/4 cup butter
 1 vanilla bean, split and seeded with a knife (retain bean and seeds)
 2 Tbsp. fresh lime juice
 1/4 cup packed dark brown sugar
 2 Tbsp. dark rum
 2 pints vanilla ice cream

1. Trim, peel and core pineapple. Cut

lengthwise into eighths and cut each piece crosswise into 1/2-inch-thick slices.

2. In a nonstick 10-inch skillet, melt the butter over medium heat. Add the vanilla bean and seeds, and cook for 1 minute. Add the pineapple and lime juice, and cook, stirring, for 2 minutes. Add the brown sugar and cook, stirring, about 3 minutes or until syrup is very thick.
3. In a small saucepan, heat rum over low heat. Ignite the rum with a match. Remove the pan from the heat and pour the flaming rum over the pineapple, stirring and shaking the skillet until the flames have gone out. Remove the vanilla bean.
4. Spoon warm pineapple and sauce into 8 bowls and add ice cream. Makes 8 servings.

Each serving: about 319 calories, 3 g. protein, 38 g. carbohydrate, 19 g. total fat (11 g. saturated), 1 g. fiber, 62 mg. cholesterol, 107 mg. sodium.

More Sweet Treats

MERINGUE KISSES

(not pictured)

2 large egg whites, room temperature
 1/8 tsp. salt
 1/8 tsp. cream of tartar
 1/2 cup sugar
 1/2 tsp. vanilla extract

1. Preheat the oven to 200°. Lightly grease a large baking sheet.
2. In a medium bowl, with a mixer at low speed, beat the egg whites and salt until foamy. Add the cream of tartar; then, beating at high speed, add the sugar 1 Tbsp. at a time just until stiff peaks form when beaters are lifted. Beat in the vanilla.
3. With a rubber spatula, transfer the meringue to a large pastry bag fitted with a 3/8- to 3/4-inch star tip.
4. Pipe the meringue into kisses, 1 inch apart on the prepared baking sheet.
5. Bake for about 2 hours, or until meringues are dry and crisp and lift easily off the baking sheet; do not let the meringues brown. When done, turn off heat and leave kisses in oven for 3 hours

to dry completely. Store in an airtight container. Makes about 2 dozen kisses.

Each meringue: about 17 calories, 0 g. protein, 4 g. carbohydrate, 0 g. total fat (0 g. saturated), 0 g. fiber, 0 mg. cholesterol, 17 mg. sodium.

CHOCOLATE-ORANGE BISCOTTI

(not pictured)

6 Tbsp. butter, softened
 1 cup sugar
 2 large eggs
 2 tsp. finely grated orange peel
 1/4 tsp. vanilla extract
 1 1/2 cups all-purpose flour
 3 Tbsp. unsweetened cocoa
 1/2 tsp. baking powder
 1/4 tsp. salt
 1/2 cup semisweet chocolate chips
 1/3 cup toasted chopped hazelnuts

1. Preheat the oven to 350°. Grease 2 large baking sheets.
2. In a medium bowl, cream the butter and sugar until light and fluffy, about 5 minutes. Add the eggs, orange peel and vanilla and beat 5 minutes longer, occasionally scraping down the sides of the bowl with a rubber spatula.
3. In a medium bowl, stir together the flour, cocoa, baking powder and salt. In 3 batches, add the dry ingredients to the wet mixture, beating at low speed just until combined. With a spoon, stir in the chocolate chips and hazelnuts. (If the mixture is too sticky to handle, add more flour.)
4. Divide the dough into 4 pieces. On a floured surface, roll each piece into a 1 1/2-inch-diameter log. Arrange 2 logs on each baking sheet and bake about 20 minutes.
5. Remove from the oven and let logs cool for 10 minutes. Cut each log into 1/2-inch-thick slices. Place slices flat on the baking sheets and bake about 8 minutes on each side. Transfer to wire racks to cool. Store in airtight containers. Makes about 5 dozen biscotti.

Each biscotti: about 49 calories, 1 g. protein, 7 g. carbohydrate, 2 g. total fat (1 g. saturated), 0 g. fiber, 10 mg. cholesterol, 28 mg. sodium. ●