

Cooking Corner Tips To Help You

Discover the Good Taste of Kasha in a Classic Louisiana-Style Dish

(NAPSA)—If you don't know kasha, you're not alone. Many people are simply unfamiliar with these roasted buckwheat groats. They're surprised to find that kasha has been in their supermarkets all along (usually alongside grains such as rice, or with kosher foods), and that it tastes great as a part of everyday dishes.

In Kasha and Shrimp Jambalaya, for instance, nutty-tasting kasha mixes well with the rice that is typical of the dish, creating a heartier version of a well-loved classic. The lively ingredients associated with Louisiana-style cookery—including spicy sausage, celery, onions, peppers and tomatoes—add up to an appetizing one-pot meal that's sure to go in the “keeper” recipe file.

Kasha qualifies as a “super grain” that is not only rich in complex carbohydrates, but contains the highest-quality protein available from plant food. And exciting new research indicates that the protein in kasha is even more effective than soy in lowering blood cholesterol levels.

To request more information on kasha's impressive nutritional benefits, send an e-mail to info@lewis-neale.com or a stamped, self-addressed business-size envelope to: Kasha Nutrition, 49 E. 21st St., New York, N.Y. 10010.

KASHA and SHRIMP JAMBALAYA

- ¾ cup whole kasha**
- ½ cup long-grain rice (not converted)**
- 2 tablespoons vegetable oil**
- 1 package (4 oz.) chorizo, sliced (about ¾ cup)**
- ½ cup sliced celery**



Kasha adds robust flavor to this nutrition-minded jambalaya.

- ½ cup diced onion**
- ½ cup diced sweet green bell pepper**
- 1 can (14.5 oz.) diced tomatoes and chilies**
- 1 pound shelled cooked shrimp or 2 cups cooked chicken chunks**
- 1 teaspoon salt**

In a large skillet (preferably nonstick), over high heat, cook and stir kasha and rice until toasted, about 3 minutes; remove to a bowl. To skillet, add oil; heat until hot; stir in chorizo, celery, onion and bell pepper; cook and stir over medium-high heat until onion is tender, about 5 minutes. Add kasha and rice mixture along with 2¾ cups boiling water. Cover and simmer until kasha and rice are tender, 8 to 10 minutes. Stir in tomatoes, shrimp and salt; cover and cook until hot, about 2 minutes. If desired, garnish with chopped parsley and/or thinly sliced green onion.

YIELD: 4 portions