

Cool Foods For Hot Days

(NAPSA)—What's for dinner? It's an age-old question that has added complexity when the temperature outside is soaring.

Those who live in warmer climates understand that the key to cooking in the heat is simplicity. Keep meals quick, easy and prepare them in advance. Many foods, like salads, taste better when prepared ahead and refrigerated. If you want to bake, heat up your oven early in the morning, during the coolest part of the day. Later in the day, utilize your microwave to warm food up while keeping the kitchen cool.

Don't let rainy weather or extreme heat spoil your dinner. A stovetop Grill Pan, like one available from The Pampered Chef, Ltd., is great for vegetables and meats, and keeps you away from the rain or the flames without losing the healthy benefit of grilling.

Take advantage of convenient grocery store items like pre-cooked boneless chicken and bagged spinach for salads. Don't forget all the varieties of produce available during warmer months. Fresh fruits and vegetables can be simple to prepare and served with elegance by using garnishing tools like Julienne Peelers, V-Shaped Cutters and Crinkle Cutters. A variety of fresh vegetables from asparagus to zucchini are also great for grilling indoors or out.

Summer meals don't have to be limited to traditional chef salads and fruit plates. Try this delicious main dish, Asian Summer Salad, from *The Pampered Chef's Casual Cooking* cookbook as a new alternative. This recipe can be prepared up to a day in advance and makes a fresh, cool and tasty meal.

This is also a great dish to take to summer picnics and potlucks—keep it cool in a specially designed Chillzanne® bowl. Chillzanne® products are frozen empty, allowing a unique cooling gel to keep the food placed into the bowl cold for hours without refrigeration.

To learn more about The Pampered Chef, gift certificates or to find a Kitchen Consultant in your area, call (800) 266-5562 or visit www.pamperedchef.com.



This Asian Summer Salad makes a great dinner on a hot day.

Asian Summer Salad

Salad:

- 8 oz. uncooked vermicelli pasta**
- ¾ cup julienne-cut carrots, 2 inches long**
- ¾ cup julienne-cut zucchini, 2 inches long**
- ¾ cup chopped red bell pepper**
- ½ cup sliced green onions with tops**
- ¾ pound deli roast turkey or chicken breast, cut ½ inch thick**

Dressing:

- ¼ cup vegetable oil**
- 3 Tbsp. rice vinegar**
- 3 Tbsp. reduced-sodium soy sauce**
- 2 tsp. sugar**
- ½ tsp. ground red pepper**
- 1 tsp. finely chopped, peeled fresh gingerroot**
- 1 garlic clove, pressed**
- Coarsely chopped peanuts or cashews and fresh cilantro (optional)**

1. For salad, break vermicelli into quarters. Cook

according to package directions in Professional (4 qt.) Casserole; drain and rinse under cold running water using large Colander. Place vermicelli in large Colander Bowl and set aside.

2. Using Julienne Peeler, cut carrots and zucchini into julienne strips; cut strips into 2-inch pieces using Chef's Knife. Chop bell pepper and slice green onions. Cut turkey into thin pieces, 2 inches long. Add vegetables and turkey to pasta.

3. For dressing, combine oil, vinegar, soy sauce, sugar and ground red pepper in Small Batter Bowl. Peel gingerroot; finely chop using Food Chopper. Add gingerroot and garlic pressed with Garlic Press to batter bowl. Mix well using Stainless Steel Whisk. Pour dressing over salad; toss with 3-Way Tongs. Cover and refrigerate at least 1 hour to allow flavors to blend. Spoon salad into serving bowl. Garnish with chopped peanuts and cilantro, if desired.

Yield: 6 servings.