

Fabulous Food Ideas

Splash More Flavor On Your Next Outdoor Meal

(NAPSA)—The next time you plan the menu for a picnic or barbecue, treat your guests to more than the average outdoor fare with lighter and more flavorful recipes.

A typical outdoor meal may feature healthy eats slathered with not-so-healthy fixings. Marinades, butter, sour cream and dressings are a few traditional ways by which people try to add flavor to food, but in the process can add a surprising amount of calories and fat.

“The secret to being the star of every barbecue is easy, especially when your food explodes with flavor,” said Holly Clegg, author of “Trim & Terrific Home Entertaining the Easy Way.” “I like to use cooking wine and seasoned rice vinegar as alternatives for marinades, salad dressings and other condiments, to name a few. They ensure every outdoor meal is trim and terrific—my everyday food mantra.”

There are endless ways to put an extra kick in your fare, both on and off the grill. For example, seasoned rice vinegar splashed on salads and vegetables adds instant flavor and contains few calories and no fat. Infusing a meat marinade with cooking wine can also instantly liven up the taste while keeping it light.

To get you started, try Tandoori-Style Grilled Chicken Kebobs, which can add flair to your plates straight from the grill. This carefully balanced combination of spices, along with mild seasoned rice vinegar, makes tender, deliciously aromatic chicken kebobs similar to those cooked in tandoor ovens in India. The marinade also tastes great when used with seafood.



Tandoori-Style Grilled Chicken Kebobs

- 1 cup low-fat, plain yogurt
- ½ cup Nakano® Seasoned Rice Vinegar—Red Pepper or Roasted Garlic
- ½ small yellow onion, coarsely chopped
- ½ cup gingerroot, coarsely chopped
- 2 large cloves garlic
- 2 teaspoons paprika
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ¼ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cardamom
- ¼ teaspoon cayenne pepper
- 2 pounds chicken tenders
- 8 (10-inch) skewers

1. In a blender, combine yogurt, seasoned rice vinegar and remaining ingredients except chicken. Cover and run on high until smooth.

2. Place chicken in a non-metallic bowl or sealable plastic bag. Add marinade and stir to coat chicken. Cover and refrigerate

at least 8 hours or overnight, stirring chicken one or more times while marinating.

3. If using wood skewers, soak skewers in water 30 minutes. Drain chicken well and discard marinade. Thread chicken onto skewers.

4. Preheat grill to medium-high heat. Grill kebobs about 8 minutes over direct heat with cover closed. Use a metal spatula to turn kebobs. Grill with cover closed 6-8 minutes more or until chicken is no longer pink inside. Serves 6 to 8.

Marinating time 8-24 hours; cook time 14-16 minutes.

Notes:

• Kebobs may be cooked in the broiler.

• Marinate firm fish such as halibut and salmon no more than 8 hours; thinner fish fillets 2-3 hours. Grill whole pieces of fish, not skewered fish.

Nutrition Information, about ½ of recipe: Calories 180, Calories from Fat 36, Total Fat 4g, Saturated Fat 1g, Cholesterol 90mg, Sodium 290mg, Total Carbohydrates 4g, Fiber 0g.

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