

Home News Sports Opinion Entertainment Topics Marketplace Homes Jobs Cars

BUY STUFF SELL STUFF PETS PHOTO STORE EVENTS & NOTICES COUPONS ADVERTISE WITH US SPECIAL SECTIONS PRINT ADS

Home - Lifestyles - Food - Columns - Laura Groch: Bites & Pieces

GROCH: Local folks on the food scene

Story Discussion

Font Size: [-] [+]

By LAURA GROCH - lgroch@nctimes.com | Posted: Thursday, August 19, 2010 12:00 am | No Comments Posted | Print

3 releases [+] Recommend Be the first of your friends to recommend this.

Some odds and ends from the pantry:

First, a clarification on the recipe for Carrot Pie sent in recently by Vicky Johnson of Oceanside. The recipe, which she got from a friend, instructed cooks to "sprinkle a little cinnamon on" the pie, but Vicky explained that the cinnamon and other spices are to be stirred into the pie filling. If you sprinkle the spices on top, they'll still make their presence known, but they'll be even better mixed in.

Second, we're still looking for recipes to use up the seasonal crop of tomatoes — or zucchini or green peppers or any other great garden vegetable. Please send your recipe ideas to the address at the end of this column.

Tea's ready: Also a few columns ago, I mentioned that Salada Tea was holding a contest for a consumer spokesperson. Several area folks were among the 10 finalists, who were voted on by the public through Aug. 1. The winner is Tara Coleman, 32, of San Diego, a clinical nutritionist who owns a nutrition consulting company. She will help spread Salada's "Unbottle Your Tea" message, blogging, tweeting and attending health and environmentally focused events, and will be part of Salada promotions. For her efforts, she also gets \$10,000. Check out Tara's video at www.unbottleyourtea.com/tara.

Summer sightings: Other area residents have been busy, too. Rachel Hart of Wildomar had her recipe for Honey Lemon Muffins printed in the June-July issue of Healthy Cooking magazine. The magazine comments, "Honey's subtle sweetness comes through in every bite of these moist little muffins, providing the perfect counterpoint to the bright taste of lemon." Here's the recipe:

HONEY LEMON MUFFINS

1 cup all-purpose flour
 1/2 cup whole-wheat flour
 1 teaspoon baking powder
 1/4 teaspoon baking soda
 1/4 teaspoon salt
 1 egg
 1/2 cup honey
 1/4 cup lemon juice
 1/4 cup butter, melted
 1/2 teaspoon grated lemon peel

DRIZZLE:

1/4 cup confectioners' sugar
 1 teaspoon lemon juice
 Additional grated lemon peel

In large bowl, combine flours, baking powder, baking soda and salt. In another bowl, combine egg, honey, lemon juice, butter and lemon peel. Stir into dry ingredients just until moistened.

Coat muffin cups with cooking spray or use paper liners; fill one-half full with batter.

Bake at 375 degrees for 15 to 18 minutes or until a toothpick inserted near center comes out clean. Cool for 5 minutes before removing from pan to wire rack.

In small bowl, combine confectioners' sugar and lemon juice; drizzle over warm muffins. Sprinkle with additional lemon peel. Makes 10 muffins.

Per muffin: 178 calories, 5 g fat (3 g saturated), 33 mg cholesterol, 171 mg sodium, 31 g carbohydrate, 1 g fiber, 3 g protein.

This recipe from Maggie Owen of Oceanside was printed in the June-July issue of Taste of Home magazine with others from readers under the heading "Frugal Fiesta." The cost per serving of Maggie's Chiles Rellenos Casserole comes to \$1.55. Maggie added, "A friend gave me this easy take on a traditional Mexican favorite about 35 years ago. I'm often asked to bring it to potlucks." Note: To trim the calories, you might consider using reduced-fat cheese for all or part of the cheese.

CHILES RELLENOS CASSEROLE

7 cans (4 ounces each) whole green chiles, drained
 3/4 pound Monterey Jack cheese, cut into strips
 1 cup (4 ounces) shredded cheddar cheese
 5 eggs
 1 1/4 cups milk
 1/4 cup all-purpose flour
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1/8 teaspoon hot pepper sauce

Split chiles lengthwise; rinse and remove seeds. Drain on paper towels; pat dry. Stuff chiles with cheese strips. Place half of chiles in a greased 11-inch-by-7-inch baking dish; sprinkle with 1/2 cup cheddar cheese. Repeat layers.

In a small bowl, beat the eggs, milk, flour, salt, pepper and pepper sauce until smooth; pour over chiles. Bake, uncovered, at 350 degrees for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before serving. Makes 8 servings.

Got a food question? Missing a recipe? Write to North County Times staff writer Laura Groch at Bites and Pieces, North County Times, 207 E. Pennsylvania Ave., Escondido, CA 92025 or e-mail to blates@nctimes.com.

Copyright 2010 North County Times - Californian. All rights reserved. This material may not be published, broadcast, rewritten or redistributed.

Posted in Groch on Thursday, August 19, 2010 12:00 am Updated: 5:00 pm | Tags: Columns, Food, Laura Groch, Life, Nct

Most Popular

Most Read Most Commented Facebook NEW

Marketplace

Jobs Cars Homes

- VETERINARY TECHNICIAN EXPERIENCED...
- SOCIAL SERVICES MENTAL HEALTH SYS...
- DELIVERY DRIVER AUTO PARTS WAREHO...
- GENERAL- DEWEY PEST CONTROL WE AR...
- SERVICE/ INSTALLATION FULL TIME MON...
- AUTOMOTIVE - ATTN: FORD HEAVY LINE...

Videos

Food Drinks

- Steamed Dumplings and... WatchMajj.com presents Part 2 of a 2 part series. Personal
- How to Bake - The Dolly... You may think baking seems difficult, but it's actually a fun
- Modern French Cooking ...