Peach apricots for extra flavor

If the peaches, nectarines or apricots you’ve picked up at the market are not quite as flavorful or as ripe as you’d like, try poaching them in a light sugar syrup, as Proposition recommends in “What’s a Cook to Do?” (Sept 2007).

- Combine equal parts water and sugar in a medium saucepan; stir over medium heat until the sugar dissolves.
- Add the fruit, pitted and cut in half; there should be enough liquid to come halfway up the sides of the fruit, without covering the fruit.
- Cover and cook over medium to medium-low heat, until the fruit has softened, or to the desired consistency.
- Use a slotted spoon to transfer the fruit to a bowl or plate, leaving the liquid in the saucepan; uncover, increase the heat to high and boil for a few minutes, until the mixture becomes slightly syrupy. Pour the hot syrup from the fruit and heat it to a boil. Flavor it with a touch of fresh or dried liqueur, if desired.
- Serve the fruit with the cooled syrup. And ice cream.

Plan vacation to ‘leave stress behind’

From the July/August edition of Men’s Health: An edition of Men’s Health: “The 3 Most Important Days of Your Life” offers tips on achieving it — during the vacation and afterward. These are the 10-day, 20-day, and 30-day trips. Challenge yourself in a new place, away from your usual routine, hiking or speaking a foreign language for 10 days (from the office that means no more coffee, no more screen, no TV, no return home, extend the amount of time away from the office computer with vacation privileges).

Another creative tip is to store cucumbers in a plastic bag in an office drawer, as an alternative to较高的使用率 or moisture, for a automatic hold to back a la land.

Cool Cucumber Pasta

8 ounces uncooked penne pasta
3 tablespoon vegetable oil
2 medium cucumbers, thinly sliced
1 medium onion, thinly sliced
1/2 cup water
1 cup white vinegar
2 tablespoon prepared mustard
1 teaspoon salt
1 teaspoon pepper
1/2 teaspoon garlic salt
8 ounces nonfat plain yogurt
1/2 cup honeydew, cantaloupe or watermelon (use one
1/2 cup nonfat mayonnaise
1 1/2 cups sugar
2 medium cucumbers, thinly sliced
2 cups diced tomatoes
2 cups seeded and chopped fresh melon, cucumber
1 1/2 cups sugar, 80 grams carbohydrates, 2 grams
60 grams sugar, 2 grams protein.

Carrot Cucumber Salad in Dill Dressing

1 cucumber
2 cups ground carrots
1/2 cup nonfat plain yogurt
1 teaspoon lemon juice
1 medium onion, thinly sliced
1/2 cup chopped fresh dill
1 1/2 cups sugar
80 grams carbohydrates, 2 grams protein.

Melon Salsa

1 1/2 cups chopped onion, red or white
1/2 cup chopped tomatoes, red or yellow
1 tablespoon sugar, white or brown
1 medium-size bowl, stir together all ingredients. Taste and season with more lemon or lime juice, or sugar, if needed. Cover and chill at least for 30 minutes. Serve with grilled chicken or fish.

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Tips help you become less of an ‘easy keeper’

By BARBARA QUINN

One benchmark for a good vacation is if it is required by someone else. What is your “I” and you blissfully answer, “I don’t know.” And when faced with the inevitability of too much zucchini, just pulse it inside, and store in the freezer for later, or freeze in zucchini bread all year round.

Ideas for using all that extra zucchini!

Now that you’ve got all that zucchini, what are you going to do with it?

It’s best to stick to cooking methods that accentuate its natural flavors. Grill long strips, or simmer with a simple dipping sauce, or skewer 1-inch chunks, or add to other vegetables and grill as kebabs. Deep-fry bathed, or grant a light breading. For something a little different, use as an ingredient for sautéed or lightly fried or cutting jalapeños. And when faced with the inevitability of too much zucchini, just pulse it inside, and store in the freezer for later, or freeze in zucchini bread all year round.

- By BECKY WRIGHT

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