

Take your meals on a Greek odyssey

(NC)-Longing for a taste the Greek isles? Just splash PC Memories of Greece Olive Oil, Lemon & Oregano Marinade on grilled seafood, souvlaki and Greek salads. Here's a zesty summer recipe to get you started. Opa!

Greek Salad with Grilled Greek Pita

Prep time: 20 minutes. Makes 8 servings.

- 1 English cucumber, cut in bite-size pieces (peel on)
- 3 tomatoes, cut in bite-size pieces
- 2 stalks celery, sliced
- 1 sweet red pepper, cut in bite-size pieces

- 1 small red onion, thinly sliced
- 1 can (398 ml) PC Super Colossal Pitted Black Olives drained and cut in half

1-1/4 cups (300 ml) PC Memories of Greece Olive Oil, Lemon and Oregano Marinade

- 1 tub (175 g) PC Goat's Milk Feta In Brine, drained and crumbled
- 6 pita breads

1. Preheat barbecue to medium.
2. In large serving bowl, toss together cucumber, tomatoes, celery, red pepper, onion, olives and 1 cup (250 ml) of Memories marinade. Sprinkle with

- feta.
- 3. Brush both sides of pita breads with remaining Memories marinade. Place on greased grill. Cook for 1 to 2 minutes per side or until grill-marked and heated through. Cut into wedges and serve hot with salad. Makes 8 servings.

Per serving: 461 calories; 11 g protein; 25 g fat; 48 g carbohydrates; 891 mg sodium; 2.9 g fibre.

To find many more summer recipes, please visit www.presidentschoice.ca
-News Canada

Emerald Isle Home Decor

Summer Entertaining

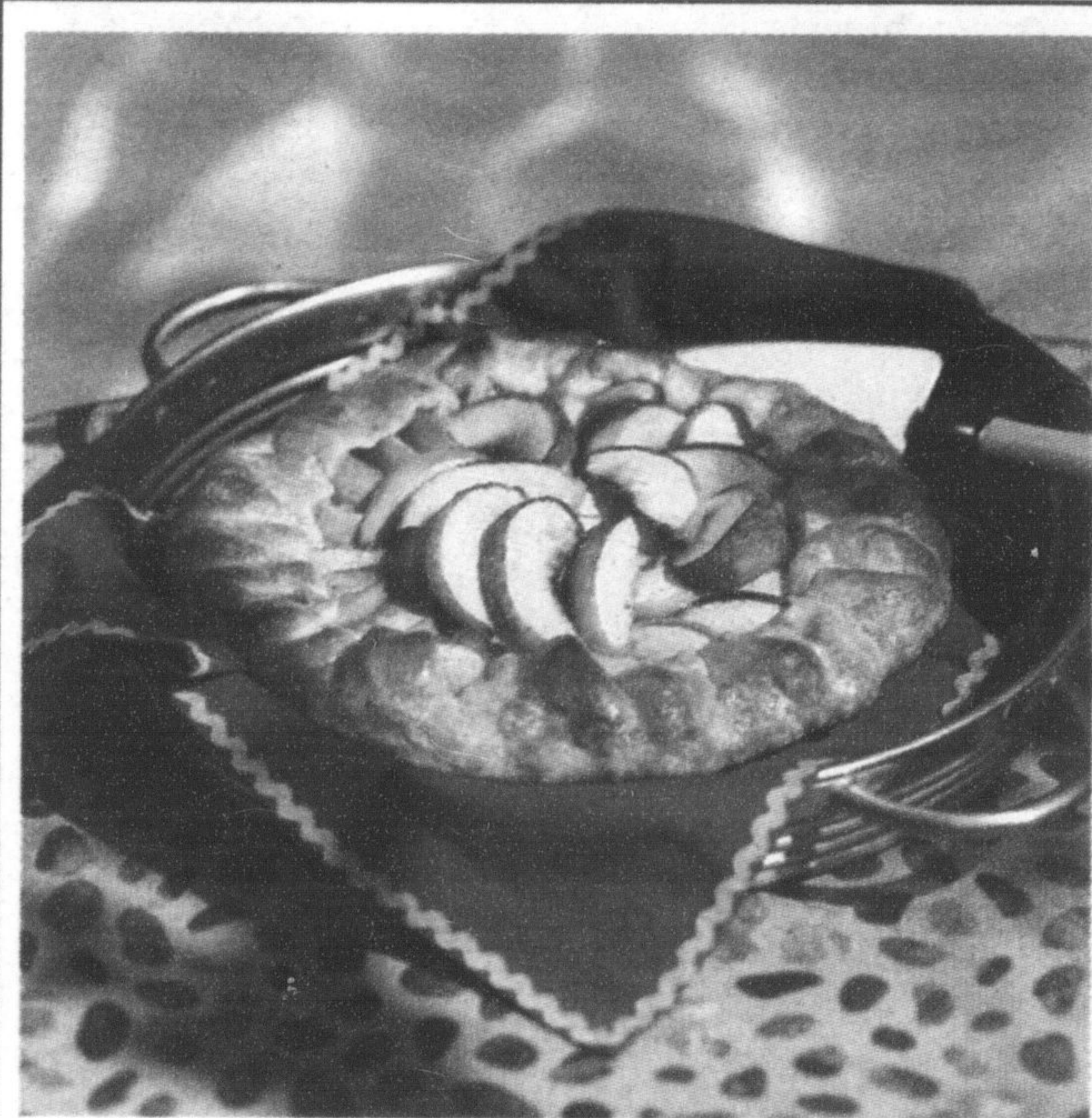


Inside & Out

Be it the backyard BBQ, the cottage or a picnic, we have your summer entertaining covered!



Lots of great teachers' gift ideas too!



Peach fold up tart

(NC)-The perfect showcase for California peaches, this delicious, rustic dessert is a snap to make. Add a scoop of vanilla ice cream if desired to make this sweet treat even sweeter. Makes 8 servings.

Ingredients:

- 3 cups fresh California peaches, sliced (approximately 4 peaches)
- 1/4 cup sugar
- 1 tablespoon all purpose flour
- 2 tablespoons fresh lemon juice
- 1 sheet prepared puff pastry dough, 10 inches by 16 inches and 1/4-inch thick, thawed
- 1 tablespoon unsalted butter, cut into small pieces

Method:

Preheat oven to 375° F. In a bowl, combine the peaches, sugar and flour and toss to mix. Add the lemon juice and stir to combine. On a floured work surface, roll out the puff pastry into a 15-inch round, about 1/4-inch thick. Place the pastry on an ungreased baking sheet and spoon the peaches into the center, leaving about 2 inches uncovered around the perimeter. The fruit will be stacked high but will reduce in volume as it cooks. Fold the uncovered edges of the pastry up to cover as much of the fruit as possible, pinching and tucking the dough as necessary. Dot the top of the fruit with the butter pieces. Bake until the pastry is puffed and golden brown, about 30 minutes. Do not undercook. Cut into wedges and serve hot.

Nutrition information per serving — PROTEIN: 1 gram; FAT: 3 grams; CARBOHYDRATE: 17 grams; FIBER: 2 grams; SODIUM: 17 milligrams; CHOLESTEROL: 4 milligrams; CALORIES: 94 calories.
- News Canada



Emerald ISLE

HOME DECOR

TWO LOCATIONS TO SERVE YOU

MILTON
400 Main St. E.
905-693-9948

GEORGETOWN
265 Guelph St. E.
905-873-2753

OPEN 7 DAYS • SUN 12-4

PITCH IN CANADA

