

Labor Day

Continued from 1C

Zesty BBQ Shrimp

A few dashes of hot pepper sauce can really shake up this grilled shrimp recipe.

1 cup cider vinegar
2 tablespoons brown sugar
1 tablespoon red pepper flakes
1 teaspoon hot pepper sauce
1/2 cup catsup
1 teaspoon onion powder
salt and pepper to taste
24 to 36 medium shrimp

Combine all ingredients except shrimp in a one-pint glass jar. Shake well; refrigerate sauce for at least 24 hours. Thread shrimp onto metal or wood skewers. Grill for 2 to 3 minutes on each side, brushing generously with sauce. Serves 4 to 6.

Oriental Slaw with Almonds

Pleasantly crunchy, this was a hit and would be a good side dish with fish.

16-ounce package coleslaw mix
3 3-ounce packages ramen noodles, broken

4 green onions, sliced
1 cup sliced almonds
1/2 cup sunflower kernels
1/2 cup oil
6 tablespoons white vinegar
1/4 cup sugar
1 teaspoon salt
1 teaspoon pepper

Toss together coleslaw mix, broken noodles, onions, almonds and sunflower kernels in a large bowl. Set aside. To make dressing, blend together remaining ingredients in a small bowl. Add dressing to salad bowl just before serving; toss well. Makes 8 to 10 servings.

Island Fruit Salsa

Fresh fruits and veggies mingle for a colorful dip, but this recipe did not appeal to all of my crowd - only those with good taste!

1 cup pineapple, peeled and diced
1 cup mango, peeled and diced
2/3 cup kiwi fruit, peeled and diced
1/2 cup yellow pepper, diced
1/2 cup red pepper, diced
1/2 cup red onion, finely chopped

1/4 cup fresh cilantro, chopped
1 teaspoon lime juice
salt and pepper to taste
Combine all ingredients in a medium bowl. Chill for one hour to allow flavors to blend. Makes about 4-1/2 cups.

Manhattan Clam Chowder

More broth than its New England cousin, this chowder is full of chunky veggies.

2 (6-1/2 ounce) cans chopped clams
16-ounce can diced tomatoes
2 potatoes, peeled and diced
1 cup onion, chopped
1/2 cup carrots, finely chopped
1 teaspoon salt
pepper to taste
1/2 teaspoon dried thyme

Drain liquid from clams into a large measuring cup; set aside clams. Add enough water to clam liquid to equal 3 cups. Pour into a large saucepan; add remaining ingredients except clams. Cover and simmer for 30 to 35 minutes. Remove from heat; mash vegetables slightly to thicken broth. Add clams; heat through. Serves 6.

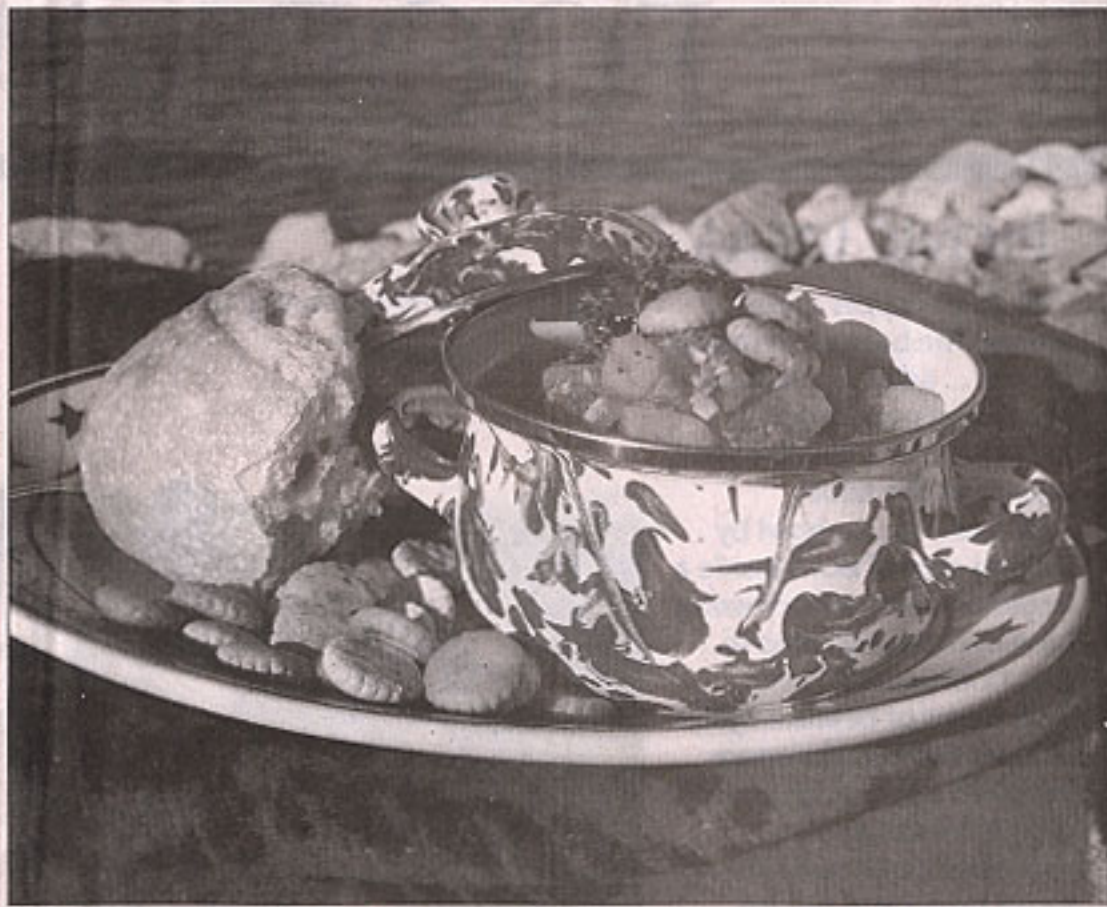


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The "tomato-ey" richness of Manhattan clam chowder makes a perfect addition to the picnic table and is ideal for any Labor Day celebration.