Memo No. 2285 October 1, 2012

Chief and Rays Supermarkets

FROM THE COOKBOOK SHELF

Who would have thought when the Thaman family had plain grilled cheese sandwiches and tomato soup before heading to the Friday night basketball game years ago that in 2012 there would be 150 Best Grilled Cheese Sandwiches by Alison Lewis (Robert Rose, \$24.95). But the classic grilled cheese sandwich, like macaroni and cheese, is now one of the biggest trends in cooking and is enjoying an incredible resurgence in popularity. Top bloggers, NPR and television networks report that grilled cheese sandwiches are one of the top food trends to watch out for. Many have even said the "grilled cheese is the new burger." Specialty restaurants are popping up all over the country, and many established chefs are tweaking their menus to include their take on this beloved comfort food.

These fabulous recipes all begin with the theme of a grilled cheese with a few creative twists to show how incredibly versatile this sandwich can be. Sandwiches are not limited to lunch and dinner but for snacks, appetizers and even desserts. Best of all, grilled cheese sandwiches are easy to make, so they're ideal for college students, beginner cooks and even kids who want to help out in the kitchen. Whether you like to enjoy your sandwich with soup this fall or with seasonal produce, these classic and new recipes fit the bill!

Author Allison Stewart, nationally known recipe developer, TV and social media spokesperson, likes to serve this grilled cheese with a creamy tomato soup.

CLASSIC GRILLED TWO CHEESE

- 8 slices white or whole grain bread (1/2-inch thick)
- 2 tablespoons butter or margarine, softened
- 4-ounces Muenster cheese, thinly sliced
- 4 ounces Cheddar cheese, thinly sliced

Brush one side of each bread slice with butter. Place on a work surface, buttered side down. Top 4 bread slices equally with Muenster and Cheddar cheeses. Cover with remaining bread slices buttered side up and press gently.

Place sandwiches on preheated panini grill or in a large skillet over medium heat and cook, turning once if using skillet, for 3 to 4 minutes or until golden brown and cheese is melted. Serve immediately. Recipe serves 4.

YOU ASKED

Working weekends at the Bryan Chief gives shoppers an opportunity to ask questions. Recently a lady without a computer asked if I had a recipe for Hungarian Cabbage with Noodles. I promised to look one up for her (the internet is a wonderful thing). Reviews were so impressive for this Taste of Home recipe, contributed by Marjorie Werner, East Greenville, PA, that it deserves printing.

HUNGARIAN CABBAGE WITH NOODLES

- 5 slices bacon
- 2 teaspoons sugar
- 1 teaspoon salt
- 6 cups chopped cabbage (1-inch squares)
- 3 cups cooked noodles (4-ounces uncooked)
- 1 cup (8-ounces) sour cream
- Paprika

Sauté bacon until crisp in large frying pan. Remove bacon; set aside. Stir sugar and salt into bacon drippings. Add cabbage, stirring until cabbage is coated with bacon drippings. Cover and cook 7 to 10 minutes. Add cooked noodles and bacon, stirring to blend. Adjust seasonings to taste. Spoon into 2-quart baking dish; cover tightly and bake in preheated 325°F oven for 45 minutes. Spread sour cream over top of the casserole; sprinkle with paprika and return to oven for 5 minutes more. Yield: 10 servings. NOTE: One reviewer said it was good without the sour cream topping. SOURCE: Taste of Home, 2012.

SALAD OIL CHOICE AFFECTS NUTRIENTS

The type of oil you use in your salad dressing might make a difference in how well your body utilizes the nutrients in those leafy greens and other salad fixings. Monounsaturated fats like those found in high amounts in olive and canola oil, are most effective at liberating the fat-soluble nutrients in salad veggies, according to new Purdue University research published in *Molecular Nutrition & Food Research*. The study compared dressings made with higher percentages of saturated fat (butter), polyunsaturated fat (corn oil) and monounsaturated fat (canola) at three different levels of fats. The findings also raise a caution about low-fat salad dressings, scientists noted, suggesting that you may lose out on nutrients as well as cutting fat. *SOURCE: Tufts Health & Nutrition Letter*, September 2012.

NEW AT CHIEF AND RAYS

V-8® juice fan that I am and a fondness for fresh limes, I give an A+ to new V-8® Juice with a Hint of Lime, available in the juice aisle.

Jif®, my peanut-butter-of-choice, now has two kinds of flavored hazelnut spreads. Look for them with the jams and jellies.