

# Unusual recipes can make tailgating an adventure

BY CAROL J.G. WARD  
Knight Ridder News Service

College football is serious business – not only on the gridiron but in the kitchen.

Food, naturally, is the focal point of any tailgate party. Because you can eat only so many buckets of fried chicken, here are a few recipes that offer something a little different.

Avocado Pate with Salsa was included in a tailgating story in 1990 by Mary Jennings Terry, long-time food writer at The (Columbia, S.C.) State who passed away this summer. A reader requested the recipe a few weeks ago, and as I read over it, I thought more of you might enjoy it.

Adventurous tailgaters may want to try Grape Tapenade. Grapes mingle with kalamata olives and pine nuts in this out-of-the-ordinary yet easy-to-prepare mixture.

Tailgating is the perfect time to enjoy spicy salads with a Mediterranean flair. Grilled Ratatouille Salad is a refreshing medley of garden vegetables with a little heat.

Don't forget dessert. Peach of a Peach Cake starts with a cake mix that is dressing up with pie filling, nuts and lemon extract. This single-layer cake travels well in the pan it was cooked in.

## AVOCADO PATE WITH SALSA

**1-2 tablespoons vegetable oil**  
**4 ripe avocados, peeled and pitted**

**2 (8-ounce) packages cream cheese, at room temperature**  
**2 tablespoons minced shallots or green onions**

**1 tablespoon fresh lemon juice**  
**2 teaspoons minced garlic**  
**1 teaspoon chili powder**  
**1/2 teaspoon salt**  
**1/4 cup chopped fresh parsley**  
**16 ounces salsa**

Line a 6-cup rectangular glass loaf pan with 3 layers of waxed paper, extending over long sides only. Brush top sheet of paper generously with oil.

Puree avocados and cream cheese in food processor. Add shallots, lemon juice, garlic, chili powder and salt. Blend for 30 seconds.

Transfer mixture to prepared pan; smooth top. Press plastic wrap onto surface of pate and refrigerate at least 6 hours or overnight. Remove plastic from pate.

Unmold onto rectangular platter. Remove waxed paper. When ready to serve pour salsa over pate. Makes 20-25 servings.

Garnish with parsley. Surround with crisp tortilla chips.

Nutritional information per serving: Calories, 128.3; protein, 6.4 grams; carbohydrates, 1.1 grams; total fat, 13.4 grams; cholesterol, 21.6 milligrams; saturated fat, 4.4 grams; dietary fiber, 5.7 grams; sodium, 700.3 milligrams; sugar, 3.3 grams; vitamin A, 99.5 retinol equivalents; vitamin C, 10.6 milligrams; calcium, 24.5 milligrams; iron, 2.3 milligrams; alcohol, 0 grams.

## GRILLED RATATOUILLE SALAD

**1/3 cup olive oil**  
**1 1/2 tablespoons pepper**

# Dress up ice cream for Halloween

Ice cream can take on a seasonal look for Halloween with the exercise of a little ingenuity. Here are some suggestions:

■ To make a "witch" dessert, place rounded scoops of ice cream onto a sheet of wax paper. Place a chocolate-dipped sugar cone on top of each scoop to look like a witch's hat; use little colored candies to make eyes, mouth and nose for the faces.

■ To make a spooky spider, scoop chocolate fudge ice cream onto wax paper and decorate each rounded scoop with chocolate chips or raisins to make spider eyes. Then cut licorice into strips to make legs, eight for each spider.

■ To make ice-cream jack-o'-lanterns, hollow out navel oranges by first cutting a slice off the top of each (reserve the tops), then scooping out the pulp. With a sharp, pointed knife, cut a jack-o'-lantern face into each orange shell "pumpkin." Pack the shells with scoops of dark chocolate ice cream – but don't pack so tightly that the ice cream oozes out through the eye or mouth cutouts. Cut a center hole in each of the orange tops, put the tops back on the filled oranges, and poke a cinnamon-stick "stem" through each hole, anchoring it in the ice cream.

## sauce

**1 (12- to 14-ounce) eggplant, cut into 1/2-inch rounds**

**1 zucchini, quartered lengthwise**

**1 yellow pepper, seeded and quartered**

**1 red pepper, seeded and quartered**

**1 medium onion, cut into 1/2-inch thick rounds**

**Salt and pepper, to taste**  
**2 tablespoons balsamic vinegar**

**1/2 cup feta cheese**  
**4 tablespoons slivered fresh basil**

Preheat grill to medium-high heat. Combine olive oil and pepper sauce in a small bowl.

Place eggplant, zucchini, red and yellow peppers and onion on a baking sheet. Brush with olive oil mixture. Sprinkle with salt and pepper. Toss to coat.

Grill vegetables until tender and tinged with brown, turning frequently (about 6 minutes for eggplant and zucchini and about 10 minutes for peppers and onion).

Transfer vegetables to a serving dish. Drizzle with vinegar. Sprinkle with cheese and basil. Makes 4 servings. Recipe from McIlhenny Co.

Nutritional information per serving: Calories, 301.4; protein, 7.3 grams; carbohydrates, 15.1 grams; total fat, 25 grams; cholesterol, 28.3 milligrams; saturated fat, 7.2 grams; dietary fiber, 5.1 grams; sodium, 362.9 milligrams; sugar, 4.1 grams; vitamin A, 133.9 retinol equivalents; vitamin C, 74.9 milligrams; calcium, 187.8 milligrams; iron, 1.2 milligrams; alcohol, 0 grams.

## GRAPE TAPENADE

**1 1/2 cups chopped seedless grapes**

**1/2 cup chopped, pitted kalamata olives**

**1 tablespoon chopped toasted pine nuts**

**1 clove garlic, minced**  
**1 teaspoon chopped fresh thyme**

**1/2 teaspoon salt**  
**1/2 teaspoon chopped fresh sage**

**1/8 teaspoon freshly ground pepper**

**1 French baguette, sliced 1/2-inch thick and toasted**

Combine all ingredients except bread; mix well. Refrigerate 30

minutes to allow flavors to blend; drain excess liquid before serving. Serve with sliced bread. Makes 24 appetizer servings. Recipe from From California Table Grape Commission

Nutritional information per serving: Calories, 53.4; protein, 1.3 grams; carbohydrates, 8.7 grams; total fat, 1.7 grams; cholesterol, 0 milligrams; saturated fat, 0.2 grams; dietary fiber, 0.5 grams; sodium, 217.2 milligrams; sugar, 1.8 grams; vitamin A, 0.9 retinol equivalents; vitamin C, 1.1 milligrams; calcium, 14 milligrams; iron, 0.5 milligrams; alcohol, 0 grams.

## PEACH OF A PEACH CAKE

**1 package white cake mix**  
**1/4 cup all-purpose flour**  
**1 teaspoon baking powder**  
**3 eggs**

**1 (19-ounce) can peach pie filling**

**1/2 teaspoon lemon extract**  
**1/2 cup chopped walnuts**

**Topping:**  
**1/2 cup granulated sugar**  
**1/2 cup all-purpose flour**  
**1/4 teaspoon ground cinnamon**

**1/4 cup butter, softened**

Preheat oven to 350 degrees. Grease a 13x9x2-inch pan.

In a large mixing bowl, combine cake mix, flour, baking powder, eggs, pie filling, lemon extract and nuts. Beat on medium speed for 2 minutes or until well blended. Spread batter evenly in prepared pan.

To prepare the topping, in a small bowl, combine sugar, flour and cinnamon. With a pastry blender or fork, cut in butter until crumbly. Sprinkle evenly over batter.

Bake 40-45 minutes or until a toothpick inserted in center comes out clean. Cool at least 30 minutes in pan on wire rack before cutting. Makes 16 servings.

Nutritional information per serving: Calories, 285.8; protein, 4.1 grams; carbohydrates, 46.5 grams; total fat, 9.4 grams; cholesterol, 47.9 milligrams; saturated fat, 3.3 grams; dietary fiber, 0.9 grams; sodium, 277.3 milligrams; sugar, 20.6 grams; vitamin A, 54.5 retinol equivalents; vitamin C, 1.4 milligrams; calcium, 23.7 milligrams; iron, 1.3 milligrams; alcohol, 0.1 grams.



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# Hail Damage Advisory

ANDERSON-Hail storms that recently passed through the Anderson area have left many residents unaware of vehicle damage. Tim Riley, owner of Riley & Sons Collision Repair and Hail Damage Specialists, says many vehicles brought into the facility for collision repair recently have shown signs of hail damage due to the recent storm in this area.

"Many vehicle owners are not aware that most insurance companies have a defined claim window for hail coverage. After that period of time has lapsed vehicle owners may not be covered for that specific hail incident, in some

cases says Riley. "We urge vehicle owners in the Anderson area to take a close look at their vehicles for signs of hail dings. Some damage could be so slight as to go un-noticed. If hail damage does exist, and goes un-noticed, the vehicle owner will surely experience de-valuation when he or she sells or trades that vehicle at a later time."

Riley & Sons, in operation since 1957, repaired hundreds of vehicles damaged from the hail storm that struck the area last summer. The company offers traditional collision repair, as well as a paint-less hail repair process

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## ADVERTISEMENT

"Stopped Hunger 100%!"

# "Amazing High-Speed Diet Pill Produces Extremely Fast Weight Loss!"

You can now purchase an all-natural (and extremely potent) weight loss pill designed to literally destroy fat...even if...you refuse to diet! News of this "fascinating" fat-fighting pill is creating a virtual flood of letters to the small company that developed it. One doctor says this pill has the potential to change the way we look at weight loss forever.

## Forces Fat To Leave Your Body!

Even though this product is extremely bio-active, it contains no drugs whatsoever. There are three highly unusual (and extremely hard-to-pronounce) ingredients combined in such a certain, scientific way...that...scientists call it "synergistic"! This means that some of the ingredients are much more powerful because of the thermogenic (fat destroying) influences they have on each other. These ingredients were clinically studied, allowing the researchers who created this formula to produce a weight loss compound so effective...that...it helps to immediately metabolize ugly fat. As studies demonstrated, this formula can also have an anti-obesity effect on the body. Sophisticated scientific testing was necessary to discover exactly why these ingredients produce such amazing weight loss results.

## The Way It Works Is Extraordinary!

Three of the ingredients are combined to maximize your body's metabolic process, which provides "insurance" that your metabolism remains at a continuously high level. They also promote the utilization of body fat and can help prevent it from being stored. One ingredient can work as an insulin mimic and may have a normalizing effect on blood sugar levels. Another is a potent antioxidant that can enhance your immune system. Some of the other ingredients have been shown to influence the thyroid gland, assist in mineral absorption and can reduce cravings for sugar.

## This Formula Is So Effective At Producing Weight Loss...It Is Protected By A Trademark And A Patent Is Now Pending

Obviously, the company believes this is NOT just an ordinary diet pill. Simply take this pill with water three times per day for five days a week...and...you can begin to see and feel your body changing!

Proper use of this pill, according to the simple instructions, may reverse years of overeating. Testimonials from people who have tested this pill say they rejoice almost every day...as...they look in the mirror and see the visible results of unwanted fat, flab and cellulite begin to fade away.

## An Important Word Of Caution!

There is a tendency in this country (especially among young women) to want to be *dangerously thin*. This is very unhealthy and can have serious side effects. Therefore, even though you may experience a decrease in appetite, you must still remember to eat properly so you do not lose weight *too* rapidly. Before starting on this or any weight loss program, you should check with your physician to make sure you are in normal health...and...you should take his advice on what should be your personal perfect weight.

## Do Not Go Below The Weight Goal Recommended By Your Physician!

Weight Loss Labs was the original company in the United States authorized to sell this product, which is marketed under the name "Trim Spa™". They have worked many lab hours and spent what amounts to a small fortune to make sure this product can help you achieve the body of your dreams.

## A Lifetime 110% Money-Back Guarantee!

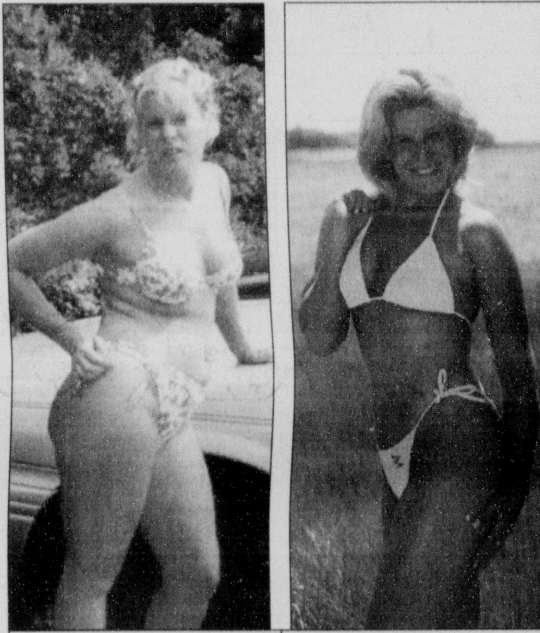
Because this pill is so truly amazing, it is offered with an equally amazing guarantee. This is a guarantee that is only possible to make if...you are *100% certain*...your product *works*. Now, here is the way the *guarantee* works: Place your order now, take the pills as directed...and...follow the

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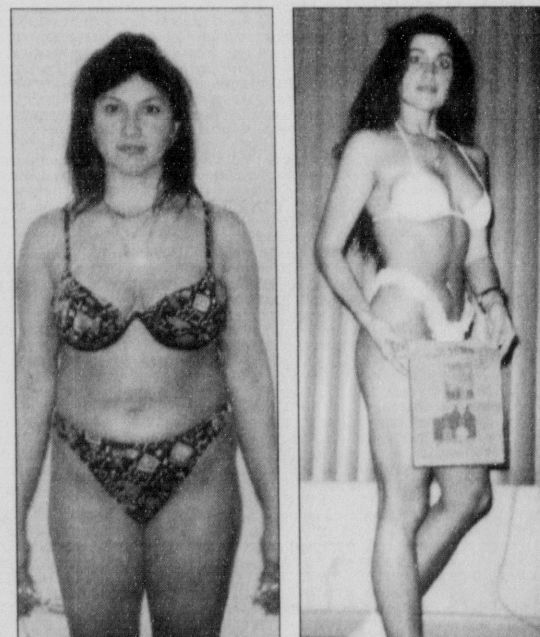
simple instructions and be totally thrilled as you watch what may be your most rapid and dramatic weight loss ever. If not, simply return the empty product container with a short note about how you took the pills and followed the simple instructions...and...Weight Loss Labs will send you...all your money back...*plus 10%!*



**BEFORE** using Trim Spa, I wore a size 14.  
**AFTER** using Trim Spa, I went down to a size 4.  
*"I was not happy with the way I looked and felt. I had no energy and longed to wear the cute clothes that many of my friends were wearing (and that I too, had once worn). Thanks to Trim Spa I immediately noticed results! I had a huge amount of energy and my appetite dropped significantly! My clothes became looser and I was feeling great. I had lost a total of 45 pounds and have kept it off. I look and feel better than I did 10 years ago. Thanks for changing my life!"*  
Sincerely,  
—Traci Callegos, Illinois  
Full time mother of two



**BEFORE** using Trim Spa, I wore a size 16.  
**AFTER** using Trim Spa for just 42 days, I went down to a size 6.  
*"This truly is an amazing high-speed diet pill that produced my extremely fast weight loss. It was as if my hunger stopped 100%. Taking this weight off made me look and feel younger than I have in years! It was so simple to follow this quick and easy plan. The pounds are still melting away! The only thing I'm sorry about is 'Trim Spa' wasn't developed sooner! Thanks Weight Loss Labs!"*  
—Melissa Gordon, New York  
Beautician



**BEFORE** using Trim Spa, I wore a size 14-16.  
**AFTER** using Trim Spa for just 42 days, I went down to a size 9-10.  
*"Trim Spa gave me energy and the strength NOT to eat in between meals. It was safe and to my surprise, easy and effective. I lost 26 lbs. in 6 weeks and still counting!"*  
—Claudette Vega, New Jersey  
Caterer

It's just that simple and it's easy to order. Simply call toll-free at 1-800-688-7277 ext. 3259 and order with your credit card. Or you may send a check or money order to: Weight Loss Labs, 8 Ridgedale Ave., Dept. 3259, Cedar Knolls, NJ 07927. If you prefer, check by phone is available, or visit their website at [www.trimspa.com](http://www.trimspa.com).

Supply options: \$39.95 for a full 30-day supply, \$69.75 for a full 60-day supply (you save over \$10.00) or, a full 90-day supply for only \$87.55 (you save over \$30.00!). Whatever quantity you order, you must also pay an additional \$5.95 per order for shipping and handling. Orders will be shipped within 24-hours on a "first come, first served basis." Thank You.

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