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food news
 by Allison Baker

MOM star

market share

Talk about an offer you can't (or at least shouldn't!) resist—**free groceries!** Go to momster.com/fc/marketmakeover and tell us your top 10 supermarket staples. Registered dietician Robyn Flipse will pick three readers' lists and recommend healthy alternatives, which we'll send on the house.

WINE NOT?

Once and for all it's time to give up the notion that premium vinos can't come in boxes—these options give their fancy bottled counterparts a run for their money but cost much less. A 3-liter box contains the equivalent of four bottles of wine and will stay fresh for up to six weeks after opening. Our current faves:



Big House Red 2008 California Red Wine, \$22: Dark, spicy; best served with hearty dishes like steak or lamb chops.



Target Wine Cube Chardonnay, \$18: Fruity; a good match for barbecue beef, spicy chicken and aged cheeses.



Duca del Frassino Garganega Pinot Grigio, \$20: Crisp, dry; pairs well with seafood and salads.

Old Dog, New Tricks

With grill season heating up, hot dogs are a no-brainer. Purists can argue in favor of a simple stripe of ketchup or mustard and some sauerkraut, but we say, up the ante with these inspired (and easy!) toppers.



◀ **New York (with a twist):** Cook 1 pound sliced onions in 2 tablespoons vegetable oil over low heat, covered, for 10 minutes. Stir in 1 cup prepared salsa, 1 teaspoon sugar and 2 tablespoons chopped pickled jalapeños. Simmer, covered, for 10 minutes. Top with shredded cheddar cheese.

◀ **Chicago:** Chop and mix together 2 medium dill pickles, ½ peeled cucumber and 1 large tomato. Season with 1 teaspoon celery salt.

◀ **Italian:** Sauté 1 sliced green pepper and 1 sliced onion in 2 tablespoons olive oil until softened, about 8 minutes. Reserve. Cook 3 cups frozen hash brown potatoes following package directions. Stir in peppers and onions. Season with salt and red pepper flakes to taste.

3 NEW IDEAS FOR PASTA SAUCE



- 1 Simmer 1 pound trimmed green beans and 2 sliced, seeded Italian frying peppers in 2 cups marinara sauce for 10 minutes, until tender.
- 2 Add 1 teaspoon red pepper flakes to 2 cups garden-style pasta sauce. Stir in 1 can whole clams and ½ pound shrimp. Simmer 3 minutes. Stir in 1 can crabmeat; serve over cooked linguine.
- 3 Beat 3 eggs and 2 tablespoons each four-cheese pasta sauce and shredded mozzarella. Pour into a nonstick pan; scramble.

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 TO SEE OUR FAVORITE JARRED VARIETIES.

Photo (hot dogs): Kate Mathis. Food styling: Megan Schlow. Prop styling: Megan Hedgforth. Illustration: John S. Dykes.

