



## QUICK & EASY

or small bits of food facts for those on the go ...



AP photo

### Chicken orzo with Mediterranean tomatoes, feta

By The Associated Press

A piquant tomato-caper mixture complements basil-flavored chicken breasts in a worthwhile recipe that can be put on the table in about half an hour.

The recipe is among some 200 in the American Heart Association's "One-Dish Meals" (Potter, 2003, \$23.95), which rightly suggests there's a healthful angle to it, too. The AHA explains the recipes are designed to be nutritionally balanced and to have only moderate levels of fat and sodium, besides being simple to make.

#### Chicken Orzo with Mediterranean Tomatoes and Feta

- 10 ounces grape tomatoes or cherry tomatoes, quartered (about 2 cups)
- 12 kalamata olives, coarsely chopped
- 1/4 cup snipped fresh parsley
- 2 tablespoons capers, rinsed and drained
- 2 tablespoons red wine vinegar
- 2 teaspoons olive oil (extra-virgin preferred)
- 1 teaspoon dried basil, crumbled
- Vegetable oil spray
- 1 pound boneless, skinless chicken breasts, all visible fat discarded
- 1 1/2-ounce can fat-free, low-sodium chicken broth
- 1 cup dried orzo
- 1/2 teaspoon dried basil, crumbled
- 2 ounces feta cheese with sun-dried tomatoes and basil, crumbled

For the tomato mixture: In a medium bowl, gently toss tomatoes, olives, parsley, capers, vinegar, olive oil and basil. Set aside.

Heat a 12-inch nonstick skillet over medium-high heat. Remove from the heat and lightly spray with vegetable-oil spray (being careful not to spray near a gas flame). Cook the chicken with smooth side down for 2 minutes. Remove the chicken.

Put the broth and orzo in the same skillet. Increase the heat to high. Bring to a boil, scraping the browned bits from the bottom of the skillet. Place the chicken with the browned side up on the orzo. Sprinkle with 1/2 teaspoon basil. Reduce the heat and simmer, covered, for 12 minutes, or until the chicken is no longer pink in the center and the orzo mixture is thickened slightly, stirring occasionally.

To serve, spoon the orzo mixture onto each plate. Top with the chicken, tomato mixture and feta.

Makes 4 servings (each of 3 ounces chicken, 3/4 cup orzo mixture, and 1/2 cup tomato mixture per serving).

**Nutrition information per serving:** 399 cal., 10.5 g total fat (3 g saturated), 76 mg chol., 523 mg sodium, 38 g carbo., 2 g fiber, 36 g pro.



Eliza Wiley IR Staff Photographer

The Mediterranean Grill's assortment of freshly grilled vegetables, Sicilian Caponata (rich tomato reish with eggplant and anchovies), artichoke hearts, fresh mozzarella and fresh basil.

# there's a new Grill in town

## New downtown restaurant touting well traveled menu

By LAURA TODE  
 IR Staff Writer

Helena's newest restaurant combines familiar flavors with an adventurous trip abroad. With everything from pizzas to fried mus-sels sandwiches, the Mediterranean Grill offers something for everyone's tastes.

"There's quite a bit of food people are familiar with, and there's quite a bit of food too that they won't be familiar with," restaurant owner Ersun Ozer said.

The Mediterranean Grill features French, Italian, Spanish, Greek, Moroccan, Turkish and Northern African food, all in a menu that caters to the well-traveled equally as well as it caters to Helena's soup and sandwich crowd.

"When I designed the menu I wanted to select an item or two from each of the regions, but at the same time I wanted to select comfort foods as well that people would recognize," Ozer said.

The Mediterranean Grill has been Ozer's dream, 22 years in the making. As a young man, Ozer moved from Turkey to Colorado for college, and found himself working in the on-campus cafeteria. What started out as just a part-time job developed into a passion as Ozer cooked, baked, sautéed and sauced. Soon, he moved into food service management.

Eventually Ozer was transferred to Montana and managed Sodexo food service at Carroll College for a number of years before deciding to risk it all and open his own place.

Naturally, he turned to the international flavors he learned to love while growing up.

With a focus on freshness, Ozer has developed a menu that centers around the countries that coast the Mediterranean Sea. From Turkish spinach and lentil soup to Greek spanikopita,



Eliza Wiley IR Staff Photographer

Ersun Ozer the owner and head chef of Helena's newest restaurant, The Mediterranean Grill, pulls freshly baked focaccia bread from the woodstone oven.



Eliza Wiley IR Staff Photographer

**Falafel sandwich** is tasty vegetarian patties, originally from Egypt where they are known as ta'miyah. Fried patties of garbanzo beans and spices garnished with tomatoes, fresh herbs, greens and tahini sauce on flatbread is a Lebanese/Syrian way of serving this sandwich. Pictured above is the sandwich before it's folded over and cut, left, and as it's served at the Mediterranean Grill.

Ozer said his focus is fresh ingredients and authentic preparation. At the Mediterranean Grill, all the breads are baked in house, the fish and calamari is cut to order and even the philo dough is rolled out by hand in the traditional method. Only fresh herbs are used in sauces and entrees, and all of the salads and pizzas are prepared at an island in the center of the restaurant.

"What makes us differ-



**Noah Schultz** serves an appetizer plate of spanikopita to lunch customers Teri Garrison, left and Angela Joki.

Eliza Wiley IR Staff Photographer



AP photo

**Soft Pretzels** are a time-honored culinary staple of many American sporting events, offered with hot dogs, peanuts and cold beer - and these are homemade.

# Big game food

By The Culinary Institute of America  
 For AP Weekly Features

HYDE PARK, N.Y. — Offered with hot dogs, peanuts and cold beer, soft pretzels are a time-honored culinary staple of American sporting events.

As the Super Bowl approaches, create a festive party meal with a unique "twist." Kick off the festivities with traditional game fare that includes homemade pretzels.

As the game celebrates its 38th year, the soft pretzel observes its 14th century in existence. According to legend, the first pretzel was created in southern France or northern Italy during the seventh century. It wasn't until the late 1800s that pretzels made their way to America from Germany and Austria.

While millions are produced in factories every year, hand-shaped pretzels are still available in bakeries and vendor carts on city streets.

Shaping pretzels can be a fun and creative exercise for the whole family. In recognition of the Super Bowl, create the letters of your favorite team or try making traditional game shapes, such as footballs or goal posts.

Don't feel obligated to sprinkle your pretzels with salt. Experiment with variations such as cinnamon-sugar, garlic-Parmesan, or cheddar-bacon. Brush plain, hot pretzels with melted butter and sprinkle with cinnamon and sugar; brush with garlic-flavored olive oil and top with grated Parmesan cheese, or sprinkle with shredded Cheddar cheese and bacon bits.

Consider the following when making soft pretzels at home:

■ The more intricate the shape, the more difficult it is to dip in the solution prior to baking.

■ If it is your first time making homemade pretzels, start with simple shapes.

■ Thinly rolled dough yields crispy pretzels and requires less baking time. Similarly, pretzels rolled thicker take longer to bake and are chewier. Experiment to determine whether you prefer crispy or chewy pretzels.

"Pretzels will have more flavor and body if you let them rise uncovered in the refrigerator," says chef Eric Kastel, lecturing instructor in baking and pastry arts at The Culinary Institute of America. "When you allow the dough to rise slowly the pretzel develops a thicker crust."

Soft Pretzels, along with many others desserts, are explained and illustrated in

More **PRETZELS**, page 2C

More **GRILL**, page 2C