

To: LHMEDIA. LEARNER.NE1

Only four days left to vote in our TV poll! Click on the main window of the home page at LHJ Online to participate. Having friends over this weekend? Serve up something new and delicious: Inside the LHJ Kitchen, you'll find recipes with South of the Border, Dining Al Fresco and Caribbean Nights flair. We've created the menus for you; all you have to do is print them. If you're serving hamburgers, you won't want to miss our instructions and secret ingredient for making the perfect burger that everyone will rave about. And check out our food-safety and entertaining tips to keep your party fun for your guests and stress-free for you. Enjoy!

GIANT BEEF TOSTADAS FROM LHJ ONLINE <http://www.lhj.com>

Why not use the microwave to crisp these Texas-size tortillas? It's a fast way to give them crunch.

Prep time: 30 minutes plus marinating
Cooking time: 12 minutes
Degree of difficulty: Easy
Microwave

MARINADE

3 tablespoons red wine vinegar
1 tablespoon olive oil
1 tablespoon minced jalapeño chili
2 teaspoons minced garlic
2 teaspoons cumin
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

1 pound top round steak, 1-inch thick
2 ripe avocados, cubed (*mashed*)
1/4 cup chopped fresh cilantro
2 tablespoons fresh lemon juice
1/4 teaspoon salt
Pinch freshly ground pepper
Pinch ground red pepper
6 large (10 1/2-inch Burrito-size) flour tortillas
1/2 head iceberg lettuce, shredded (about 4 cups)
2 plum tomatoes, diced
1 cup jicama, cut into thin strips
2 green onions, cut into thin strips
Prepared salsa

1. Make marinade: Combine all ingredients in medium bowl and whisk until smooth.

2. Place beef in shallow nonaluminum dish. Add marinade; toss to coat. Cover and refrigerate 2 hours or overnight. Thirty minutes before serving, prepare grill or heat broiler. Remove beef from refrigerator.

3. Combine avocado, cilantro, lemon juice, salt and peppers in bowl. Mash with spoon or potato masher until chunky. Cover tightly and refrigerate until serving.

4. Grill beef 4 inches from heat source 5 to 6 minutes per side for medium-rare. Cover and let stand 10 minutes. Meanwhile, place 1 tortilla between 2 double layers of paper towels. Microwave on High 1 to 1 1/2 minutes, until crisp. Place on large serving platter. Repeat with remaining tortillas.

5. Slice beef thin diagonally. Spread each tortilla with about 1/3 cup avocado mixture. Top each with sliced beef, then sprinkle evenly with lettuce, tomato, jicama and green onion. Serve with prepared salsa. Makes 6 servings.

PER SERVING

Calories 390
Total Fat 20.5 g
Saturated Fat 4.5 g
Cholesterol 46 mg
Sodium 413 mg
Carbohydrates 31 g
Protein 22 g
Calcium 99 mg
Fiber 4 g

DAILY GOAL

Calories 2,000 (F), 2,500 (M)
Total Fat 60 g or less (F), 70 g or less (M)
Saturated Fat 20 g or less (F), 23 g or less (M)
Cholesterol 300 mg or less
Sodium 2,400 mg or less
Carbohydrates 250 g or more
Protein 55 g to 90 g
Calcium 1,000 mg (F), 1,000 mg (M)
Fiber 20 g to 35 g

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When you registered on the Ladies' Home Journal Web site at <http://www.lhj.com>, you asked to receive our RecipE-mail each weekday. If you prefer not to receive these recipes in the future, you may unsubscribe at <http://www.lhj.com/unsubscribe.htm>. Simply type in your email address and send. There is also a link to this page Inside the LHJ Kitchen at <http://www.lhj.com/kitchen/>

You should know that it takes a couple of days for the server to update the list. Therefore, you might still receive the recipes for a few days. If, after four days, you are still receiving recipes, please send an email to owner-lhj@mdp.com.

If you ever need to contact our staff (if you have trouble unsubscribing, or have questions about the list itself) send an email to owner-lhj@mdp.com.