

Easy frittata: Easter treat

Easter is traditionally a time of new beginnings — the first signs of spring begin to appear, new clothes are purchased and festive holiday foods are prepared for family celebrations. Start a new tradition in your home this year by preparing an Easter brunch featuring Canadian Bacon Frittata.

A brunch is a convenient and relaxing way for family members and guests to enjoy each other's company as well as participate in all of the busy holiday festivities. And Canadian-style bacon, with its marvelous flavor and aroma, is an excellent mid-morning meal choice.

Canadian-style bacon has a similar flavor and appearance to ham. This lean, meaty bacon actually comes from the prestigious pork loin muscle. The loin is processed to remove most of the fat, then shaped into a compact roll, cured, smoked and cooked. Since this boneless, full-flavored bacon offers little waste, one pound of meat provides four to five three-ounce servings.

Canadian Bacon Frittata takes only about half an hour to prepare and cook. Arrange the bacon slices around the edge of an ovenproof frying pan. Then pour a seasoned egg mixture in the pan over the slices and cook until the mixture is almost set. Just before serving, put the entire briefly under the broiler to give the eggs a golden brown color.

CANADIAN BACON FRITTATA
Preparation time: 15 minutes
Cooking time: 17 to 20 minutes

- 16 slices Canadian-style bacon, cut 1/4-inch thick (about 8 oz.)
- 5 eggs, slightly beaten
- 5 Tbsp. water
- 8 Tbsp. grated Parmesan cheese
- 1 Tbsp. chopped fresh dill (or 1/2 tsp. dried dill weed)
- 1/2 tsp. each salt and dried oregano leaves
- 1/4 tsp. pepper
- 1 1/2 cups thinly sliced fresh vegetables (zucchini, mushrooms, red pepper, green onion)
- 1 Tbsp. butter

Combine eggs, water, cheese, dill, salt, oregano and pepper; reserve. Cook and stir vegetables in butter in ovenproof frying pan 2 minutes or until vegetables are almost tender. Stir vegetables into egg mixture. Arrange overlapping slices of Canadian-style bacon around edge only (do not go over rim) of same frying pan. Carefully pour egg mixture into frying pan. Cover and cook over medium-low to medium heat 15 minutes or until eggs are almost set. Place under broiler to lightly brown egg mixture. Garnish with fresh dill, if desired. 4 servings.



Canadian Bacon Frittata makes an elegant, quick-to-prepare Easter brunch entree.

Ham slice has 'saucy' appeal

Not all Easter dinners are elaborate, large-scale affairs. Many of today's smaller families like to prepare a simple, yet traditional meal. And they don't like to be bothered with a lot of unnecessary leftovers. The answer — an entree like Ham Slice with Saucy Apple Wedges.

A smoked-ham slice is the perfect choice when serving two to four for Easter dinner. Select a slice cut about 1/2- to 1-inch thick. The amount of ham you choose will depend on the number of people you plan to serve. Figure on about 3/4 three-ounce cooked servings per pound from a ham slice.

Another advantage to cooking a smaller ham portion is its quick cooking. It takes 20 minutes to broil a ham slice or 15 minutes to cook it in the microwave oven. And as it cooks, a spicy sauce with apples and raisins can be made on top of a range. This fruit sauce provides an interesting flavor contrast to the tasty ham slice.

Cooks with a microwave oven have the option of using this appliance to heat the ham slice and make the fruit sauce. It's a very convenient cooking method. Cook the ham on a medium power setting, which is equal to 325 watts on a 650 watt oven. In order to heat the ham slice evenly, invert it and rotate the cooking dish a quarter turn midway through the cooking period.

Whether the ham is cooked conventionally or in the microwave oven, serve with fresh asparagus. Ham and asparagus make a great dinner combination for festive spring celebrations.

HAM SLICE WITH SAUCY APPLE WEDGES
Preparation time: 15 minutes
Cooking time: 16 to 20 minutes

SUPERIOR FISH CO.

GET READY FOR A SLIMMER SUMMER!

New Zealand ORANGE ROUGHY \$3.99 lb.	Fresh Canadian Lake WHITE FISH FILLETS \$2.99 lb.
COOKED SALAD SHRIMP (One lb. package) \$4.99	Shrimp of all sizes featuring Boat Run \$3.99 lb.

Offer good thru 3/29/86 No coupon necessary

SUPERIOR FISH CO.
Serving Oakland County for Over 40 Years
327 E. 4th Street • Royal Oak • 541-4632 Monday-Friday 8-5 • Saturday 8-1

Hop to it Bunny-face pancakes are fun to make, eat

Help your child's special Easter Sunday start off right with a fun and nutritious breakfast with the Easter Bunny.

The fun begins with Cinnamon Pancakes and an Easter Bunny stencil. First make your pancakes. Then, using construction paper, cut a bunny face to decorate the top of the pancake. Place the stencil over each pancake and sprinkle with confectioners' sugar. Juice becomes a special treat when you blend any flavor frozen concentrate with yogurt and ice cubes. Blend until smooth for five cool, delicious servings of wholesome Yogurt Fruit Shake.

This breakfast is sure to please any youngster and is an enjoyable, easy-to-prepare meal.

design to decorate top of pancakes. Set aside.

In medium bowl, mix together all ingredients except confectioners' sugar until smooth. Heat skillet or griddle over medium-high heat until drop of water sizzles. Brush lightly with oil. For each pancake, pour 1/2 cup batter onto hot skillet or griddle making 6-inch circle. Turn pancakes when tops are covered with bubbles and edges look cooked. Turn only once. Remove pancakes to heated platter; keep warm. To decorate, place stencil on each pancake and sprinkle with confectioners' sugar; remove stencil. Serve with butter and syrup. Makes 6 pancakes.

CINNAMON PANCAKES

- 1 cup packaged pancake mix
- 1 cup milk
- 1 egg, slightly beaten
- 1 Tbsp. salad oil
- 1/2 tsp. ground cinnamon
- Confectioners' sugar

To make a stencil: Using construction paper, cut a bunny face or other

YOGURT FRUIT SHAKE

1 can (12 oz.) any flavor fruit juice frozen concentrate, thawed
1 1/2 cups plain yogurt
4 cups ice cubes

In covered blender container at high speed, blend concentrate and yogurt until smooth. Slowly pour in ice cubes until well blended. Makes 5 1/2 cups or 5 servings.

SAVE UP TO 40% OVER EQUIVALENT PACKAGED FOODS

PRICES EFFECTIVE MARCH 24 THRU MARCH 30, 1986

Bulk Food Warehouse

COUPON GOOD THRU 3-30-86 SAVE 2.00

GIANT CASHEWS 3.99 LB.

COUPON GOOD AT ORCHARD 12 CENTER STORE ONLY

SAVE 60% GUMMY BEARS 1.39 LB.

SAVE 70% TEENEE BEENEE GOURMET JELLY BEANS 1.99 LB.

SAVE 60% FRUIT FLAVOR JELLY BEANS 69¢ LB.

FOIL WRAPPED SOLID CHOCOLATE EGGS 1.99 LB.

CANDY FILLED BUNNY BANK 1.39 EA. SAVE 40%

ORCHARD LAKE AT 12 MILE (IN ORCHARD/12 CENTER) 553-2165
Hours: Mon. Tues., Wed., Sat. 9:00 to 6:00 Thurs., Fri., 9:00 to 8:00
Sunday 12:00 to 5:00

Learn CPR.

American Red Cross

Together, we can change things.

USDA CHOICE OR PRIME

BEEF SIDES.....\$1.29 lb.
HIND QUARTERS.....\$1.39 lb.
AGED - CUT - FREEZER WRAPPED
100% Satisfaction Guaranteed
Free Home Delivery
Complete Freezer Plans Available
ALLEN LOCKER MEATS
Home Freezer Specialists SINCE 1966
287-6340

Häagen-Dazs Cream Liqueur

For those too sophisticated for marshmallow eggs.

Häagen-Dazs Cream Liqueur
A dream so real you can taste it.

34 proof. Häagen-Dazs Incorporated, Farmington Hills, MI 48336

TIMESAVER SPECIALS THRU'

SHEPHERD PIES 4 for \$1.99	PLACE YOUR EASTER ORDERS NOW!
-----------------------------------	--------------------------------------

Pasties! Ties & Weds.
Beef or Chicken
Delicious meat to satisfy a hearty appetite
Only \$2.35 for 3 Reg. \$2.65

Ackroyd's

SCOTTISH BAKE HOUSE
Birmingham 303 Hamilton Rd. 555-1181
Redford 2558 Five Mile Rd. 532-1181
IN BUSINESS FOR OVER 20 YEARS!

Häagen-Dazs Cream Liqueur

For those too sophisticated for marshmallow eggs.

Häagen-Dazs Cream Liqueur
A dream so real you can taste it.

34 proof. Häagen-Dazs Incorporated, Farmington Hills, MI 48336