Chef Larry Janes offers

some recipes for good

In a skillet, cook onion, garlic in olive oil until onion is soft. Add to-matocs, chiles, oregano and corian-der with salt. Cook, over medium

der with salt. Cook, over medium heat, for 20 minutes.

Mash avocadoes with red onion, lime juice and olive oil. Spread some of the avocado mixture onto each tortilla. Place a poached egg on this and cover with tomato sauce. A light sprinkling of Monterey Jack cheese is OK. Now pop this under the broiler till heated throughout.

A GREAT SAUCE FOR PLAIN POACHED OR BOILED EGGS

In a small heavy saucepan, whisk together egg yolks with mus-tard and lemon Julice over very lon-heat. Add bits of butter, slowly raising the temperature to Jow and continue whisking till thickened, about 5 minutes. Makes ¾ cup.

Reg. 99* ea.

3 egg yolks 3 thsp. Dijon-style mustard 3 tsp. lemon julce 1 % sticks (% cup) butter, cut into

6 corn tortillas 6 poached eggs

Poached eggs sit in a nest of noodles

Try these great egg recipes and let me know what you think. Bon Appetit!

POACHED EGGS IN A NOODLE

POACHED EGGS IN A
NEST
's ib. musbrooms, sliced
3 tbsp. butter
8 oz. tbla noodles
6 tbsp. butter
22 cup heavy eream
6 poached eggs

In a saucepan, cook mushrooms in 3 tablespoons butter over low heat for 8 minutes. Meanwhile cook the noodles in 2 quarts of boiling water for 3 minutes or until al date. Drain in a colader. In a large skillet, heat 6 tablespoons obtuter and stir in heavy cream. Add the noodles and the mushrooms and toss to coat and heat throughout. Sit over nigh heat until liquid is reduced by half. Arrange nests of noodles on individual serving plates and top with a poached egg. Can be topped with another sauce, possible hollandaise. Makes a great brunch dish.

MEXICAN POACHED EGGS

one.Art.Art POACHED EGGS
1 medium onion, chopped
2 cloves garike, minced
3 thsp. olive oil
3 large tomatoes, peeled, seeded
and chopped
4 green chiles, chopped and seeded
2 tsp. oregano
2 tsp. torriander
1 hr tsp. sait

1 1/2 tsp, salt
2 large avocadoes
1/2 cup minced red onlon
3 tbsp, lime juice
3 tbsp, olive oil

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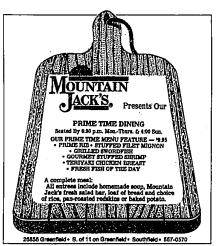
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Cookbook gives 'Menu for Life'



Joan Klune Kaye holds Fancy Steamed Vegetables and L.E. Smith shows off Raspberry Delight.

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Continued from Page 1

"I never put people on diets," she says. "Diets are a temporary fix. Once the problem's solved or the weight's lost people feel they can go off the diet."

The book literally is a menu for life, a sensible plan for healthy eating — long term. To make menu planning easier and to aid those following weight loss or medical diets, the book breaks down every recipino its nutritional components and gives individual serving sizes as well as the exchanges compatible with Weight Watchers and the American inbabet. Association. "Menu for Life" offers a four week menu plan at four different calorie levels. It's a flexible, meticularly planned cookbook for healthy eating.
Changing eating habits is crucial.

lousy planned cookook for neating, cating. Changing eating habits is crucial for diabetics and heart patients, as well as for those lighting to be recorded present of the color of the col

THE TWO WOMEN met when Kaye came in to the institute several years ago for a physical and a meeting with the nutritionist. After the consultation, Kaye went home and put her considerable skills in the kitchen to work inventing healthy recipes.

kitchen to work inventing healthy recipes.
Just for fun she brought them back for Smith to taste. That's when the two women knew they had a partnership — Kaye the creative cook and Smith the registered dieltian. The cookbook grew out of their mutual respect for good health and good food. Kaye created new dishes and Smith analyzed the recipes and made recommendations on how to make them healthler.

Kaye relied on her family as firststring taste-testers.

"My own two children were very
candid," she says with a raised eyebrow that confirms multiple recipes
didn't pass their tast test. "Some recipes took 10 to 15 tries working
with flawors. The dog took to hanging around waiting to feast on tofu
rejects."

After her family approved a recipe, she tried it on a cross section of
friends and neighbors, people with
big and little kids, people who love
salt.

"Sometimes they'd say, "Well, I
don't think I'd make that." So back
to the kitchen she'd go to cook for
three days, then spend two days at
the computer meticulously recording her experiments.
"The challenge was to find the flavor in other ways than by using salt
and too much fat," says Smith.

KAYE'S IIUSBAND, Terry, tested

KAYE'S IUSBAND. Terry, tested the recipes to insure that someone who knows little about cooking wouldn't have trouble following them. "Experienced cooks just II by the seat of their pants." Kaye says. "Terry's comments were invaluable." Thanks to him, they added recommended pan sizes and other specific details to help the novice cook.

The book features 133 recipes, luscious color photographs, resistant paper that can be wiped off when it gets splattered, and a binding that folds back on itself "so you don't have to set potatoes on it to prop it open," says Kaye. "I cook a lot and I wanted a book that functions in the kitchen."

They chose to self-publish so they could do the book exactly the way they though it should be done.

"Menu for Life" is available at the Oakiand University Bookeneter, auther Lytle Pharmacy in downtown Hochester or by mail from: Health Focus, Inc., P.O. Box 8113, Rochester 48308, phone (313)-375-2130.

Price is \$14.85 plus tax. Add \$2 for shipping and handling for mail orders. KAYE'S HUSBAND, Terry, tested



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