

Vegetable Lasagna skimpy on calories

AP — Here's a casserole that tastes like a million but has a fat content that's strictly skimpy. Ricotta and farmer cheeses are the low-fat ingredients that make the difference. Some farmer cheeses are firm enough to shred, others are soft and crumbly, but either type will work in this recipe. Let lasagna stand for 10 minutes after baking to give the cheese time to cool just enough to cut easily and serve without stringing.

VEGETABLE LASAGNA
 1 cup sliced fresh mushrooms
 1 medium green pepper, finely chopped
 1 medium onion, chopped
 2 cloves garlic, minced
 1 tablespoon cooking oil
 One 16-ounce can tomatoes
 One 8-ounce can tomato sauce
 1 teaspoon dried thyme, crushed
 1 teaspoon dried basil, crushed
 1 teaspoon dried oregano, crushed
 1/4 teaspoon pepper
 1/2 teaspoon celery seed
 2 bay leaves
 8 ounces lasagna noodles

2 cups loose-pack frozen mixed broccoli, cauliflower and carrots
 1 beaten egg
 One 15-ounce carton ricotta cheese
 1 cup shredded or crumbled farmer cheese (4 ounces)

In a large skillet cook mushrooms, green pepper, onion and garlic in hot oil until tender. Stir in undrained tomatoes, tomato sauce, thyme, basil, oregano, pepper, celery seed and bay leaves.

Meanwhile, cook noodles according to package, omitting salt; drain. Cook vegetables according to package, omitting salt; drain. Cut up large pieces. Combine egg, ricotta

and half the farmer cheese.

In a 12-by-7½-by-2-inch baking dish layer ½ each of noodles, cheese mixture, vegetables and tomato mixture. Repeat layers twice. Cover with foil. Bake in a 375-degree oven 40 minutes. Remove foil; sprinkle with remaining farmer cheese. Bake 10 minutes more. Let stand 10 minutes. Makes 6 to 8 servings.

Nutrition information per serving: 415 cal., 22 g pro., 42 g carbo., 18 g fat, 122 mg chol., 469 mg sodium. U.S. RDA: 75 percent vit. A, 193 percent vit. C, 20 percent thiamine, 29 percent riboflavin, 17 percent niacin, 25 percent calcium, 20 percent iron, 31 percent phosphorus.

Different kind of mousse made with maple syrup

MAPLE SYRUP MOUSSE

Serves 6
 1 cup pure maple syrup
 3 eggs, separated
 1 pint whipping cream

Heat maple syrup to a boil. Reduce heat and boil, stirring constantly for 3 minutes. Remove from heat and cool for 5 minutes.

Beat egg yolks into a small bowl until thick and lemon-colored. Stir ¼ cup of the syrup into the yolks very gradually, then add the mixture to the remaining syrup. Cook and stir over low heat until thick, about 15 minutes. Cool 30 minutes.

Beat egg whites until stiff. Fold into cooled syrup mixture. Whip 1 pint of cream and fold into syrup mixture. Cover and freeze at least 3 hours. Spoon into individual dessert dishes.

MAPLE SAUSAGE AND APPLES

Serves 4
 1 lb. pork sausage links
 1 cup pure maple syrup
 1/2 cup white vinegar
 4 apples, cored and cut into rings

Fry sausage in a large skillet until

golden, about 20 minutes. Drain. Meanwhile, heat syrup and vinegar in a medium saucepan to a boil. Reduce heat. Stir in apple rings, simmer uncovered over low heat until apples are tender-crisp, about 5 minutes.

Remove apple rings, arrange on a platter with sausages, pour syrup mixture over the top and serve immediately with pancakes or waffles.

MAPLE SYRUP HAM

Serves 10
 1 smoked ham, about 7 pounds
 1 quart apple juice
 1 cup maple syrup
 1/2 cup flour
 1/4 tsp. dry mustard

1 cup golden raisins
 5 baked sweet potatoes, halved

Heat ham, apple juice and syrup in a large casserole or Dutch oven, cover and simmer for 2 1/2 hours. Trim outer skin from ham. Measure cooking liquid and return 1 cup of the liquid to Dutch oven. Reserve 3 cups of the liquid.

Whisk flour and mustard into 1 cup of the liquid in the Dutch oven. Cook over low heat, stirring constantly until smooth.

Add raisins and 3 cups of the reserved liquid to this mixture. Cook, stirring constantly until thick and bubbly for about 10 minutes. Serve with ham and baked sweet potatoes.



CLASSES

STARTING IN MARCH

- Quilting — Basic & Advanced
- Needlepoint — Beginning & Advanced
- Knitting & Crochet — Beginning & Advanced

Call or Come In for Details

33305 Grand River Farmington
477-3898
 Mon.-Fri. 10-6
 Sat. 10-5

SUPERIOR FISH CO.


SEAFOOD... Nothing Goes To Waste!

Alive, alive hot FRESH, CLEAN CULTURED MUSSELS (2 lb. bag) \$1.98 lb.	Fresh Applewood SMOKED SALMON \$5.25 lb.	Fresh Shucked OYSTERS (Stewers & Fryers Available)
--	--	---

EXPIRES 3/19/88

SUPERIOR FISH CO.
 House of Quality
 Serving Metro Detroit for over 40 years
 FREE Recipes

309 E. Eleven Mile Rd. • Royal Oak • 541-4832 M-W 8-5; TH & FR. 8-4; SAT. 8-1



MOUNTAIN JACK'S Presents Our

PRIME TIME DINING
 Seated By 6:30 p.m. Mon.-Thurs. & 4:00 Sun.
 OUR PRIME TIME MENU FEATURE — \$9.95

- PRIME RIB • STUFFED FILET MIGNON
- GRILLED SWISS STEAK
- GOURMET STUFFED SHRIMP
- TERIYAKI CHICKEN BREAST
- FRESH FISH OF THE DAY

A complete meal:
 All entrees include homemade soup, Mountain Jack's fresh salad bar, loaf of bread and choice of rice, pan-toasted redskins or baked potato.

28855 Greenfield • S. of 11 on Greenfield • Southfield • 557-0370

EASTER

CANDY SPECIALS

- CHOCOLATE FILLED BASKETS
- CHOCOLATE BUNNIES, CHICKS, AND FOIL EGGS
- PANORAMIC EGGS • JELLY BEANS AND MUCH, MUCH MORE!

\$1 OFF ON A CHOCOLATE BASKET

2 LB. SIZE
 (Present Coupon For Discount) Expires 4-2-88
 Limit 1 Coupon per customer

Since 1914 **Cecil's Sweet Shoppe**

ALLEN PARK 7231 ALLEN ROAD at EGORSE 382-1880
 LIVONIA IN CONCORD PLAZA 18180 Middelbelt Rd. 425-3730

ASPIRIN

WARNING: Children and teenagers should not use this medicine for chicken pox or flu symptoms unless a doctor is consulted about Reye Syndrome a rare but serious illness.

Ackroyd's

SCOTTISH BAKEHOUSE
 REDFORD BIRMINGHAM
 25535 Five Mile Road 532-1181
 300 Hamilton 540-3575

This Week's Specials Expire 3-19-88

IRISH SODA BREAD

\$1.55 LOAF

(1 Lb. Loaf)

Tuesday & Wednesday SPECIAL

Pasties!

4 for \$3.49

Reg. 99¢ ea.

CORNER BEEF PASTIES

4 for \$3.75

CHICKEN POT PIES

4 for \$3.50

SINGER APPROVED DEALER

Super Sewing

SALE

Machines from \$169
 Cabinets from \$99

The Magic Needle
 28125 Grand River at Spring Hill • Farmington
 477-1077
 M-F 10-6; Sat. 10-5
 Sewing by Appointment

FIGHT HEART DISEASE, KIDNEY DISEASE AND BLINDNESS.

Support the American Diabetes Association.

Celebrate St. Patrick's Day



with **Alban's**

Restaurant

- Fresh Lamb Stew OR Corned Beef and Cabbage
- Soup: Oxtail Soup
- Vegetable: Brussel Sprouts
- Dessert: Irish Whiskey Cake
- Served with Fresh Blaly Loaf, Salad and Potato

Join the party!
Thursday, March 17
 4:00 p.m. - 1:00 a.m.

Featuring:

CAROLAN'S IRISH CREAM LIQUOR
 also
GREEN DRAFT BEER

PICK UP ALL YOUR PARTY NEEDS AT OUR WINE SHOP

Del.

All for only **\$8.99**

- 1 Pound of Vienna's Finest Corned Beef
- 1 Pint of our famous Cole Slaw or Potato Salad
- 1 Loaf of Vienna Bread or Rye Bread
- 1 Kosher Dill

Vienna Beef

With this coupon thru March 1988

