

Chef Larry tells ways with onions

GLAZED ONIONS

Serves 6
1 lb. small white onions
3 tbsp. butter or margarine
1/4 cup sugar
1 tsp. water
paprika

Peel onions. Cook in boiling water 12 minutes or until almost tender. Blend together butter or margarine, sugar and water in a skillet over low heat. Stir in the onions and cook, turning occasionally until glazed and lightly browned. Sprinkle with paprika.

CHEF LARRY'S BAKED ONIONS

4 large sweet onions, peeled
4 tbsp. butter or margarine
2 tbsp. parsley, chopped
2 tsp. fresh grated parmesan cheese

Make a fairly large hole in the top of the onion. Place 1 tablespoon of butter or margarine in each onion, then top with remaining ingredients. Wrap securely in foil and bake in a 350-degree oven for 45 minutes or until tender. Can be placed directly in the hot coals of barbecue. If wrapped securely in heavy-duty foil.

CREAMED ONIONS

1 1/2 lbs. small white onions, peeled
1 cup heavy cream
1/4 cup butter or margarine
dash salt and pepper

Cook onions in boiling salted water for 20 minutes or until tender. Drain, add cream, butter, salt and pepper. Heat over low heat until hot.

ONION BREAD

Makes 2 round loaves
1 cup warm water
1 pkg. dry yeast
2 tsp. sugar
1 1/2 tsp. salt
2 1/4 cups flour
1/4 cup (1/2 stick) butter or margarine, melted
1 cup finely chopped onions
2 tsp. paprika

Place warm water in mixing bowl and sprinkle with the yeast; stir until dissolved. Add sugar, 1 teaspoon salt and 2 cups flour; beat until well blended. Add enough additional flour to make a stiff dough. Turn onto a lightly floured board and knead until smooth and elastic, for about 5 minutes. Place in a greased bowl, turning to grease the top. Cover and allow to rise until doubled in bulk, about 1 hour. Punch dough down; divide in half. Cover and let rest 5 minutes. Pat dough into 2 round and greased cake pans, brush with remaining melted margarine, sprinkle with onion. Press onions into dough with fingertips, let rise, uncovered in a warm place until doubled in bulk, about 1 hour. Sprinkle tops with remaining salt and paprika. Bake at 450 degrees for 20 minutes or until golden. Best when served warm.

PICKLED ONIONS

Makes 8 pint

4 quarts small pickling onions
1 cup canning/pickling salt
8 cups white vinegar
2 cups sugar
1/4 cup pickling spices

Peel onions. Place in a 1 gallon crock. Add salt and mix well. Let stand 18 hours at room temperature. Place onions in a colander. Rinse thoroughly with cold water, drain well. Combine vinegar and sugar in a saucepan. Add pickling spices (tied in a cheesecloth bag). Bring to a boil; boil 10 minutes. Pack onions into 8 sterilized pint jars. Remove spice bag. Pour boiling syrup over onions, filling within 1/2 inch of jar top. Wipe rim; adjust lids. Process in boiling water bath for 5 minutes. Remove jars and complete seals unless jars are self-sealing type.

• Pickling onions means cured onions. Onions are cured by drying. Onions pulled fresh from the garden do not pickle well.

cooking calendar

The spring-summer lineup of cooking classes at the Fairmont Community Center includes, along with the return of Chinese cooking aficionado Ian Tchen, Korean cooking by Moon Ja Yoon and a series hosted by Judy Antislun.

Moon Ja Yoon, author of "Korean Cooking for You," will give simple instructions to make man-doo, which resemble egg rolls. A registered dietitian, Yoon also will give a nutritional breakdown of the foods. Her classes will be presented Wednesday, May 11 and 25.

Judy Antislun's classes continue with chicken and fish on Wednesday, April 6 and 13, salads and salad dressings on Thursday, May 5, and barbecue on Thursday, May 19.

Ian Tchen prepares her Peking duck dinner in two sessions beginning Monday, April 25. Her next class, "Spring Roll vs. Egg Roll," will run Monday, May 16.

For more information, call the community center at 477-8404.

Mexican cheese recipe is good for gatherings

AP — Here's a hearty appetizer for gatherings. Put it into the oven just as the first guest arrives. Or, use a microwave-safe casserole and cook it, uncovered, on 100 percent power (high) for 3 to 3 1/4 minutes, giving it a half-turn once. If it cools during the party and becomes too thick to dip easily, reheat it in the microwave for 1 minute.

MEXICAN STUFFED CHEESE

One 2-pound round or brick of cheddar or Monterey Jack cheese, cut about 3 inches thick
One-half of a 15-ounce can refried beans
One 4-ounce can green chili peppers, rinsed, seeded and chopped
1 medium tomato, seeded and chopped
1 clove garlic, minced
1/4 teaspoon dried oregano, crushed
1/4 teaspoon ground coriander
1/4 teaspoon bottled hot pepper sauce
Warm flour tortillas, cut into wedges

If cheese has a wax coating or rind, remove with vegetable peeler.

If cheese is rounded, cut a thin slice from bottom of cheese. Using a grapefruit knife and spoon, hollow out the cheese, leaving a shell about 1/4-inch thick. Reserve scooped-out cheese.

In saucepan combine refried beans, chili peppers, tomato, garlic, oregano, coriander and hot pepper sauce; cook until mixture is heated through. Place the cheese in 1- or 1 1/4-quart casserole; spoon bean mixture into cheese. (Spoon any remaining mixture over cheese.) Shred some of the reserved cheese; sprinkle over filling. (Cover and refrigerate the leftover cheese for another use.) Bake, uncovered, in a 350-degree oven about 10 minutes or until sides of cheese just begin to melt. Remove cheese from oven. Serve immediately with tortilla wedges. Makes 12 to 16 servings.

Nutrition information per serving: 395 cal., 21 g. pro., 15 g. carb., 28 g. fat, 79 mg. chol., 635 mg. sodium, U.S. RDA: 35 percent vit. A, 18 percent riboflavin, 60 percent calcium, 44 percent phosphorus.

Kids deserve healthy snacks

By Carolyn DeMarco
Staff writer

Start toddlers off right and they may stay on the right track, nutritionally speaking, dietitian Betty Maurer says.

The Farmington Hills woman, mother of a 19-month-old toddler, worked as a clinical dietitian for Henry Ford Hospital for nine years. She now fills in at the facility two weekdays of every six.

"Food preferences are learned," Maurer said. "If they don't like something the first time, keep offering it. They'll take a poke or two at it and somewhere down the road they'll try it."

Maurer lectures for community education centers and clubs. Among her topics: "Nutritious Snacks and Fun Foods for Children."

IN GENERAL, just follow the four basic food groups, she tells parents, grandparents and caregivers who attend her classes.

Toddlers don't eat much. If they're growing, don't worry. Growth is much slower — four to six pounds per year after the first year when weight triples.

Keep portions small, she advises — one tablespoon for each year of life. And make the calories count. Don't serve calorie-high, nutritionally empty foods.

The idea is to avoid obesity, but under age 2 fats should not be restricted, Maurer said. "Use whole milk. They need that fat."

MAURER HIGHLIGHTED three concerns when feeding young mouths — obesity, cavities and iron.

"It's hard to get iron as a nutrient in the 12-24 months period. Those that are high in iron are milk, cheese, meat, fortified cereals like Cheerios and Kix, and legumes. Give it to them with a vitamin C source and they'll absorb even more."

Look for snacks that provide nutrients, not just calories, such as fresh fruit, crackers, raw vegetables and dips.

Make a healthy dip by mixing cottage cheese with milk and a little lemon juice and whipping in the blender, Maurer said. Add seasonings or dry soup mixes for flavor. Or dip fruit in a cottage cheese dip flavored with lemon juice and brown sugar.

There isn't anything you should completely stay away from, but limit potato chips, candies and these types of snacks," Maurer said.

And if you've time on your hands during nap time, you may want to try these recipes provided by Maurer:

MEDA'S TEDDY BEAR BREAD

Thaw one loaf of frozen whole wheat or white bread dough. Cut in half. One half is for the body. Cut the

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— Betty Maurer
dietitian

other half in equal parts. One of those parts is for the head. The other part should be cut into seven equal pieces for the nose, ears, arms and legs.

Roll each piece into a ball. Assemble into shape of a bear. Let rise. Push in raisins for eyes. Brush bear with beaten egg. Bake per directions on package, but check sooner. Tie a ribbon piece around the cooled teddy bear's neck.

Maurer also offers her classes a "From scratch" teddy bear recipe.

GOOD-FOR-YOU VEGETABLE MUFFINS

3 eggs
1/4 cup oil
1 tablespoon vanilla
2 cups shredded zucchini
1/4 shredded carrot
1 1/4 cups sugar
2 cups flour
1 1/4 teaspoons baking soda
1 tablespoon cinnamon
1 teaspoon salt
1/4 teaspoon baking powder
raisins or ground nuts if desired

In medium mixing bowl combine eggs, oil, vanilla, zucchini and carrot. Mix well. Add remaining ingredients. Stir until moistened. Fill muffin pan lined baking papers 3/4 full. Bake 15-18 minutes at 400 degrees. Makes three dozen standard size muffins.

PEANUT BUTTER HONEY BEES

1/2 cup peanut butter
1 tablespoon honey
1/4 cup nonfat milk powder
2 tablespoons toasted sesame seeds
2 tablespoons toasted wheat germ unsweetened cocoa
flat almond slices

Mix together peanut butter and honey. Stir in milk powder, sesame seeds and wheat germ. Lay waxed paper on baking sheet. Using a teaspoon at a time, shape the mixture into ovals to look like a bee's body. Set on baking sheet. Dip toothpick in cocoa powder, press across to make stripes. Insert almonds for wings. Chill. Makes 28.

Other Maurer suggestions:
• Ants on a Log is a coldy stick spread with peanut butter and studd-



DAN DEAN/staff photographer

Nineteen-month-old Michael Maurer is taste tester for his mother's recipes. Here he holds a basket of Teddy Bear Bread.

ed with raisins. Use Rice Krispies to make it A Crowd in a Canoe.

• Raw apple slices can make Apple Smiles. Spread peanut butter between and add mini-marshmallows for teeth.

• Involve your toddler by allowing him/her to select neat treats from a bulk food warehouse.

• Got a problem with non-sharing siblings? Let one child divide the treat and the other one choose first.

• Let your child make a bird feeder and a kid feeder. For the birds, spread a pine cone with peanut butter and roll in bird seed. For the kid, spread a cracker with peanut butter and add sesame seeds.

• Put food coloring in milk. Let the toddler 'paint' on bread, and

taste the finished portrait for an interesting effect.

• Let your child make individual-size instant pudding portions by shaking milk and mix in a baby food jar.

• Make fruit kabobs by threading food chunks on a coffee stirrer or straw. Freeze.

• Make finger Jell-O with some substance by using unflavored gelatin and fruit juice.

Maurer will teach her next class on toddler snacks 7-8:30 p.m. Thursday, April 28, through the West Bloomfield Community Education Department. Fee is \$5 plus \$2.50 for materials. For more information call 851-7600.

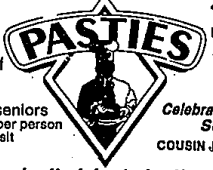
new products

Uncle Ben's Rice in an Instant is a new ready-in-five-minutes rice. Each two-thirds cup of cooked rice contains only 10 milligrams of sodium, less than 1 gram of fat and 120 calories. Rice in an Instant is available in 14-ounce and 28-ounce boxes. The 14-ounce size contains 12 servings and the 28-ounce size, 24 servings. Suggested retail price is \$1.49 for the 14-ounce box and \$2.59 for the 28-ounce box.

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THIS WEEK'S CHEESE SPECIALS

Aged Cheddar	\$2.00 lb.
Monterey Jack	\$1.70 lb.
Mozzarella	\$1.84 lb.
Muenster	\$1.84 lb.
Danish Havarti	\$3.00 lb.
Austrian Swiss	\$2.44 lb.

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