

Tasty meat loaf prepared quickly

AP — Who would believe a meat loaf this good could be ready in just 30 minutes? Buy pizza sauce for easy seasoning and preshredded cheese for a fast filling. But the biggest time-saver is your microwave. It cooks the meat loaf in 21 minutes.

MOZZARELLA-STUFFED MEAT LOAF
 1 beaten egg
 8-ounce can pizza sauce
 1/4 cup fine dry bread crumbs
 1/4 cup toasted wheat germ
 1/4 pounds ground beef
 1/2 cup shredded mozzarella cheese (2 ounces)
 1/4 cup grated Parmesan cheese
 2 tablespoons dried parsley flakes
 1/4 cup shredded mozzarella cheese (1 ounce)

In a large bowl combine egg, 1/4 cup of the pizza sauce, bread crumbs and wheat germ. Mix in beef. On foil, pat beef mixture into a 9-by-8-inch rectangle.
 In a small bowl combine the 1/4 cup mozzarella cheese, Parmesan and parsley. Spoon cheese mixture down center third of beef mixture parallel to 8-inch side and to within 1/4-inch of edges. Use foil to bring

short ends of beef together; seal edges and ends of roll. Roll from foil seam-side down onto a microwave-safe baking dish. Bake at 12-by-7 1/2-by-2-inch microwave-safe baking dish. Cook immediately, or cover and chill overnight.

To cook, cover loaf with waxed paper. Cook in the microwave on 100 percent power (high) 5 minutes. Give dish a half-turn. Cook, uncovered, on 70 percent power (medium-high) 12 to 16 minutes or until no pink remains, shielding ends with foil as necessary to prevent overcooking and giving dish a half-turn every 5 minutes. Tent with foil. Let stand 10 minutes.

Meanwhile, cook remaining pizza sauce on 100 percent power (high) 1 minute or until heated through. Spoon over meat loaf. Sprinkle top with 1/4 cup mozzarella. Return to microwave. Cook, uncovered, on high 1 minute or until cheese melts. Makes 6 servings.
 Nutrition information per serving: 358 cal, 28 g prot, 3 g carb, 22 g fat, 133 mg chol, 454 mg sodium, U.S. RDA: 10 percent vit. A, 13 percent thiamine, 19 percent riboflavin, 26 percent niacin, 19 percent calcium, 21 percent iron.

Winter's time for garden-in-a-jar

Gardening in the winter with no dirt, no mess, no green thumb and no special equipment sounds almost too good to be true.

A garden-in-a-jar in your kitchen is called sprouting. Almost any bean, pea, grain or seed can be easily sprouted in four to five days. Sprouts have become very popular and have major dietary advantages. They are rich in essential nutrients, low in calories and inexpensive (if you grow your own).

Don't purchase garden seeds for sprouting. Never sprout seeds that have been treated chemically or dyed. Make sure the seeds you use are certified as edible. Use dried beans, lentils or peas purchased from the grocery store or a natural food store for sprouting. If none can be found, there are mail order houses that supply beans and seeds for sprouting gardens.

No need to purchase special equipment for sprouting. Use a wide-mouth fruit or mayonnaise jar, a square of cheesecloth or a piece of nylon stocking, a rubber band and, of course, the beans or seeds to sprout. Generally start with about 1/4 cup of dry beans or seeds since a small amount will expand greatly.
 Wash the beans or seeds in a strainer, picking out all the shriveled, broken or discolored ones. Put into a clean jar, and add two cups lukewarm water. Fasten the cheesecloth or nylon over the top of jar with the rubber band and let stand overnight or at least eight hours.



Lois Thieleke
 home economist, Cooperative Extension Service

THE NEXT DAY turn jar upside down until all the water is drained out of the jar. Hold the jar on its side and shake to distribute seeds along the one side of the jar. Lay the jar on its side in a dark place — a cupboard or closet will do nicely.

Each morning let lukewarm water run through the jar, rinsing the infant sprouts. Drain well again, spread seeds or beans on the side of jar and return to hiding place. Repeat this process in four to five days or until the sprouts are the size you desire.

Every day your little jar garden will look different. Sprouts are gener-

ally grown in the dark, resulting in a white sprout that lacks chlorophyll. To green them, on the last day, put the sprouting jar in the daylight. Usually let the sprouts grow to about 1/4 to two inches in length.
 Sprouts are best eaten in two or three days but will keep in the refrigerator longer. Make sure there is no moisture in them or they will rot or become sour in the refrigerator.
 Sprouts are good for you. The protein level generally remains high during the sprouting time. The vitamin C content is good. Also, many of the B vitamins and E remain. Sprouts also have dietary fiber and are easy to digest without the gas.

They are not a miracle food but are a wholesome addition to salads, soups, dips, dips, dips, dips and cereals, and can even be chopped and added to bread dough or muffin batter.

MUNG BEAN and soybean sprouts are mild flavored and crunchy. Alfalfa sprouts are mild and tender. Wheat berry sprouts are sweet, but cress, radish and mustard sprouts have a peppery flavor. The sprouts of soybeans, chickpeas and garden peas are probably the most nourishing, as they are rich in vitamin A, B complex, C and E with calcium, phosphorus and iron. If cooking them they need only a few minutes.

Most sprouts are well worth the small investment and the little time it takes to produce them. Many books in the library are helpful and contain recipes for the use of sprouts. It's fun for you, and maybe "your little sprouts" will have fun watching the garden-in-a-jar grow.

Eggs cook easily in microwave oven

Incredible edible eggs and the microwave oven are a great team. They're a user-friendly combination for folks of all kinds, including breakfast skippers, working mothers, house husbands and latchkey youngsters.

You can scramble your morning eggs right in the serving dish almost as quickly as you can make the toast to go along. For a delicious dinner entree to serve minutes after you get home from a busy day at work, scramble chopped sauteed veggies with your eggs.

Or, roll a tender microwave omelet around leftovers for a lazy weekend brunch. One dish after another, eggs and the microwave add up to quick and easy meals with a minimum of clean up.

Despite all its attributes, though, the microwave oven doesn't do justice to airy souffles or puffy omelets — they need the dry heat of a conventional oven to puff beautifully.

FOR SUCCESSFUL eggs a la microwave keep these few points in mind:

• Egg yolks, because it contains fat, tends to cook more quickly than egg white. When you're microwaving unbeaten eggs, use 50 percent or 30 percent power.

• Omelets, scrambled eggs and poached eggs microwave well on full power (high).

• Even out of the shell, eggs may explode in the microwave because rapid heating causes a buildup of steam. Always use a wooden pick or tip of a knife to break the yolk membrane of an unbeaten egg before microwaving to allow the steam to escape.

• Covering eggs with a lid, plastic wrap or waxed paper while they microwave encourages more even cooking and — if you forgot to prick the yolks — helps to confine the explosion.

• Eggs microwaved in their shells will explode.

However, if you need chopped hard-cooked eggs for salads, sandwich fillings, casseroles or garnishes, the microwave is a great time-saver. Simply separate yolks and whites into 2 lightly greased 1-cup measures or small bowls. Stir the yolks with a fork.

Cover each container with plastic wrap. Cook separately on 50 percent or 30 percent power, stirring once or twice, allowing about 20-30 seconds per yolk and about 30 seconds to 1 minute per white. Remove them when they're slightly underdone and let them stand, covered, 2 minutes. Cool them long enough to handle comfortably, then chop or chill until ready to chop.

For a quick and easy dinner, try this strata which requires only about seven minutes "micro" time and very little pre-oven time.

RAPID-FIRE STRATA ITALIANO
 2 servings
 1 tablespoon butter
 1/4 cup minced green onions with tops
 2 cloves garlic, minced
 1/4 teaspoon Italian seasoning, crushed
 1/4 teaspoon salt
 1/2 cup milk
 4 eggs
 1 1/2 cups unseasoned stuffing cubes
 1/2 cup (2 ounces) shredded mozzarella cheese
 celery leaves, optional
 In 1 1/2-quart baking dish, stir together butter, onions, garlic and seasonings. Cook on high until butter is melted, about 1 minute. Add milk and eggs. Stir until thoroughly blended. Stir in stuffing cubes and cheese. Cook on high 3 minutes. Stir. Continue cooking on high until just set, about 1 minute. Let stand 2-3 minutes to complete cooking. Garnish with celery leaves if desired.
 Cooking times are based on a

full power output of about 650 watts. Consult your manufacturer's literature for a user-friendly combination for folks of all kinds, including breakfast skippers, working mothers, house husbands and latchkey youngsters.

GET OUT OF THE DARK.
 The Consumer Information Catalog was the first user-friendly combination for folks of all kinds, including breakfast skippers, working mothers, house husbands and latchkey youngsters.

TWEENY'S DELI & WINE SHOPPE
 34707 GRAND RIVER • FARMINGTON
 In the World Wide Shopping Center
474-2111

TWEENY'S PIZZA & LIQUOR STORE
 19191 MERRIMAN • LIVONIA
 Village Fashion Center
478-5312

BEER • WINE • KEG BEER • PARTY TRAYS • 5 FOOT SUBS

COUPON KRUNCHERS 7 OZ. BAG Assorted Varieties Wild Thing Special 99¢ A Bag Limit 5 With Coupon • Expires 3-5-89	COUPON HAM & CHEESE SUB With Fixings Wild Thing Special 99¢ + Tax Limit 5 With Coupon • Expires 3-5-89	COUPON PEPSI or COKE 2 Liter Assorted Flavors Wild Thing Special 99¢ + Deposit Limit 5 With Coupon • Expires 3-5-89
---	--	--

ORCHARD-10 IGA
24065 ORCHARD LAKE RD.
 Mon. thru Sat. 8-9; Sun. 9-5

We Feature Western Beef
 QUANTITY RIGHTS LIMITED • NOT RESPONSIBLE FOR ERRORS IN PRINTING

DOUBLE! DOUBLE! DOUBLE!
COUPON! COUPON! COUPON!

ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¢ face value. All coupons 50¢ or lower will be doubled. Coupons above 50¢ will be cashed at face value. Limit one coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. Other retailer and free coupons excluded. All cigarette coupons at face value. This offer in effect now through Sunday, March 5, 1989.

FREEZER FEEDER SALE

IGA Tablerite
Sirloin Tip Roast
1.99 lb.
 Save 1.00 lb.

Holly Farms
Pick of Chick
.99 lb.
 Save 70 lb.

IGA Tablerite
Boneless Beef
Sirloin Tip or Cube Steaks
2.49 lb.
 Save 40 lb.

IGA Tablerite
Fresh Turkey Breast
1.69 lb.
 Save 30 lb.

Mr. Turkey
 Fresh **Ground Turkey**
.99 lb.

IGA Tablerite
Fresh Chicken Drumsticks
.89 lb.

IGA Tablerite
Chicken Thighs
.79 lb.
 Save .20 lb.

IGA Tablerite
Fresh Sliced Beef Liver
.69 lb.
 Save 20 lb.

Storemade
Sausage
1.59 lb.
 Save .40 lb.

Deli Fresh
Sliced Bacon
1.49 1 lb. Pkg.
 Save 40 lb.

Frozen
Banquet Pot Pies
3/1.00

Banquet
Fruit Pies
1.19

Bakery
Bread
.79

Dairy
Margarine
.49

Shredded Cheese
1.99

Pepsi, Regular & Diet, Vernora, Mountain Dew, Caffeine Free Pepsi
2.09 plus deposit

Produce
Tomatoes
.69 lb.

Nectarines, Peaches or Plums
.99 lb.

Grocery
Tide Detergent
1.99

Bounty Towels
.79

Friskies Buffet Cat Food
4/1.00

Freshlike Vegetables
2/1.00

IGA BONUS COUPON
Mac & Cheese
.29

IGA BONUS COUPON
Folger's
2.99

IGA COUPON
Quaker Oat Squares
1.00 off

IGA COUPON
Kraft Pourable Dressings
.20

IGA COUPON
Freeze Sweetenings
1.00 off

IGA COUPON
Matt's Apple Sauce
.88