

Panic Pita Pizza handy in a hurry

Just as my family was getting adjusted to being back in school, soccer season started. We adjusted to that, and now we have had another wrench thrown into our family's routine with the advent of hockey season.

Judging by the number of familiar faces I see at the soccer field and the ice arena, I know that I'm not the only mother shuttling children from one activity to another. I keep telling myself that these are the "Wonder Years," but the only thing I find myself "wondering" about is how I can get through rush-hour traffic in what on earth are we going to have for dinner?

Of course, there is always the easy choice of going to a fast-food restaurant, but for nutritional and economical reasons I prefer to feed my boys at home. On hectic nights such as this, I resort to things like "Panic Pita Pizza," which is an innovative and nutritious alternative to commercial pizza.

This is a quick and easy dinner the boys like because they help make their own pizza, selecting from a variety of toppings that I have on hand. It is a great way to use up all those "must goes" in your refrigerator. What is a "must go?" You know, this must go and that must go, like that last chunk of onion, the few remaining mushrooms in the box, or the last few slices of ham.

THE BEAUTY of this dish is that the cheese is placed on top, and once melted can cover up a variety of vegetables that will be scarfed down before the kids even know what they are eating.

I usually serve this dinner with

watermelon wedges — a colorful and tasty dinner.

I hope that this week's Winner Dinner will provide you with a solution on those trying days we all have. I guarantee that this is one dinner your children will enjoy more than your garbage disposal would.

Beginning next week, this column will feature a Winner Dinner sent in by a reader, who will receive an approach printed with "Winner Dinner Winner" for her efforts. One last note: if any of you have any ideas for fun and easy dinners for Halloween, like an orange-and-black dinner or a special pumpkin bread recipe, please send it in, as well as your favorite dinner menu. Sometimes the simplest things can make an ordinary dinner more special and memorable. I'm looking forward to hearing from you and hope that you and your family have a great week.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 3583, Birmingham 48012. Please include a complete dinner, with recipes as needed. All submissions become the property of the publisher.

Each week's recipes are printed in the same size, so that you may clip and save them in a three-ring binder — use a paper punch to make holes in the clipping, or paste the clipping on a blank sheet of three-ring notebook paper. Another option is to simply fit the clippings in a folder with pockets that will hold them.

It is a great way to use up all those 'must goes' in your refrigerator.

Observer & Eccentric Winner Dinner

Menu
PANIC PITA PIZZA
WATERMELON WEDGES

Recipes

PANIC PITA PIZZA

These individual pizzas take about 15 minutes to prepare, can be made in advance and frozen for use at a later time.

pita bread — you can adjust the size and number of pitas you use according to your own needs

pizza sauce
mozzarella cheese
Parmesan cheese
pepperoni slices, sausage (I love the turkey breakfast sausages, browned and cut up), ham, onions, mushrooms, green peppers, sliced olives fresh herbs

Preheat the oven to 450 degrees. Spray a baking sheet with a non-stick spray. Place whole pita bread on tray. Do not split the bread. Spread a generous

amount of pizza sauce on top of the bread, sprinkle on sliced mozzarella cheese and share what the Parmesan cheese and if desired, some fresh seasoning (I prefer the McCormick's blend). Bake at the oven until the cheese is melted and bubbly about 5 to 10 minutes.

WATERMELON WEDGES

There is nothing fancy or difficult about this. Simply slice off a piece of watermelon and cut it into wedges. This works great as seen with commercial ice cream cones.

For a added effect, watermelon can be available in a juice up and get and apples and let us see what combinations a reader can come up with. A reader can also make a fruit salad.

Shopping List

- pita bread
- pizza sauce
- mozzarella cheese
- Parmesan cheese
- pepperoni
- turkey breakfast sausages
- ham
- onions
- mushrooms
- green peppers
- sliced olives
- fresh herbs (parsley, basil or oregano)
- Italian seasoning (McCormick's)
- watermelon

Dishes follow the fast

Those fasting for Yom Kippur (Monday, Oct. 9) may want to serve Ambrosia as a side dish accompanying a dairy meal following the fast.

AMBROSIA

- one 1-pound can fruit cocktail, drained
- 1 can cut-up pineapple, drained
- 1 can mandarin oranges, drained
- 1 cup miniature marshmallows
- 1 pint sour cream
- 1 cup coconut
- 1 jar maraschino cherries with some of the juice for color

Blend ingredients well in a large mixing bowl. Cover and chill overnight before serving.

Sweet Noodle Pudding is an appropriate-type dish to go with a dairy meal when breaking the fast.

SWEET NOODLE PUDDING

- 1/2 pound cream cheese (at room temperature)
- 1 pound medium-width noodles
- 4 cups milk
- 6 large eggs
- 1 pint sour cream
- 1 1/4 cups sugar
- 2 teaspoons vanilla
- 1/2 teaspoon salt
- 1/4 pound sweet butter

Cook noodles for 5 minutes and run under hot water, mix cream cheese until smooth and add noodles, beaten eggs and remaining ingredients and mix. Pour into a well-greased 9x13-inch dish and dot top with butter. Bake at 350 degrees for 1 1/2 hours (sides should be brown). If desired top with cherry pie filling and serve warm.

These recipes are from the cookbook "The Galilee Gourmet Book II" published by the Galilee Chapter B'nai B'rith Women.

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Harvest time reaps backyard garden vegetable soup

AP — It's harvest time for millions of Americans who tend backyard gardens. What do you do with all that zucchini, cauliflower, peppers and corn? One of the best ways to feature jewels from your backyard garden is in a warming soup.

This recipe for Backyard Garden Vegetable Soup blends the flavors of zucchini, cauliflower, red or green pepper and corn in a base of tomato chicken broth and sliced onion.

If you don't have a garden, you can use produce from the local mar-

ket. Make extra batches of this warming soup to share with friends and neighbors.

BACKYARD GARDEN VEGETABLE SOUP
2 medium onions, thinly sliced (2 cups)
2 tablespoons butter or margarine
2 teaspoons all-purpose flour
one 10 1/2-ounce can condensed chicken broth
1 soup can of water
1 cup sliced cauliflower broken into flowerets
1/2 cup whole kernel corn

1/2 cup chopped sweet red or green pepper
1/2 cup zucchini, cut in thin strips
dash ground red pepper

In a 2-quart saucepan over medium heat cook onion in hot butter until golden and tender, about 15 minutes, stirring occasionally. Stir in flour. Cook 1 minute, stirring constantly. Gradually stir in chicken broth and water. Add remaining ingredients. Heat to boiling. Reduce heat to low. Simmer 10 minutes. Makes about 4 cups or 3 servings.

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