

# Her cookbooks are for sharing

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enced their own tragedy — the death of their oldest son, John, 10 years ago at age 29. He was struck and killed while riding a bicycle.

Working to raise money for cancer research has helped channel some of the grief, Miller said. And the entire family has rallied to the cause.

"You do open yourself to hurt," said Miller, who has comforted friends whose children have died.

But she has also rejoined with others, such as David and Janie Grandinett, whose son Scott's leukemia is in remission.

## Where book is available

"Sharing Recipes III" is available at several local shops in Redford. It also may be ordered by mail.

The book, which contains some 250 recipes, also has weights and measurement charts, baking tips, calorie counts and other useful information. The softcover book costs \$6.

Copies may be purchased at Delta Delicatessen, 25533 Five Mile Road, east of Beech-Daly Road, and Designs on You hair salon, 25850 Plymouth Road, between Beech-Daly and Inkster roads.

**ANN MILLER'S MOLDED POTATO SALAD**  
(First-prize winning entry in the Observer & Eccentric's potato-salad recipe contest in June 1988)  
2-3 tablespoons white wine vinegar  
1 (7-ounce) envelope Good Seasons mild Italian salad dressing mix  
3 cups cooked potatoes, diced  
2-3 strips bacon, cooked and crumbled  
1/2 cup minced onion  
1 (three ounce) package lemon-Jell-O  
1 cup boiling water  
1/4 cup cold water  
1 1/2 cups mayonnaise

Combine vinegar and dressing mix. Add potatoes, bacon and onion. Chill around 1 hour. Dissolve Jell-O in boiling water, stirring until clear. Add cold water and blend in mayonnaise. Chill until mixture lumps when stirred. Fold Jell-O mixture into potato mixture. Turn into 6-cup mold or metal bowl. Chill until firm, at least 3 hours. Unmold onto plate and garnish as desired. Serves 8-10.

**ALL-AMERICAN CLAM CHOWDER**  
3 slices bacon  
1/2 cup minced onions  
1 (7 1/2 ounce) can minced clams (save clam juice)  
1/2 cup cubed potatoes  
1 can cream of celery soup  
1 1/2 cups milk  
dash of pepper

Cook bacon in frying pan until crisp. Remove and break into 1-inch pieces. Brown onions in bacon fat. Add clam juice and potatoes. Cover and cook over low heat until potatoes are done (about 15 minutes). Blend in bacon pieces, minced clams and other ingredients. Heat but do

## FEATURED favorite

**SUN MON** Chicken & Noodles  
**TUES** Ham & Beans  
**WEDS** Liver & Onions  
**THURS** Stuffed Chicken Breast  
**FRI** Swiss Steak  
**SAT** Boston Scrod  
Country Fried Tenderloin

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# For a healthy grocery bag

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gime and reads all she can about vitamins, natural foods and natural food cookbooks.

Hessen is one of 14 store employees who strictly adheres to a healthy lifestyle, mainly to maintain her health but also to help educate her buying public. As with most of the Betty's employees, she can answer just about any question concerning natural cuisine for her demanding customers.

Hessen claims that Betty's Grocery services a well-diversified customer, ranging in age from eight to 80. "We like to think of Betty's as a full-line grocery specializing in natural foods," says Hessen. "Sure, many of our customers come in looking for exotic herbs, vitamins and supplements, but now that we have expanded to include a deli, bakery and full-line dairy, we can cater to just about everyone looking for a more healthy lifestyle."

Looking for great recipes to begin a healthy lifestyle with? Try these for a sure taste treat.

**MISSING EGG SALAD**  
(no eggs, but tastes just as good)  
1 pound fresh tofu, drained and rinsed  
1/2 cup mayonnaise or salad dressing  
2 tablespoons soy sauce or tamari  
1 tablespoon prepared mustard  
1 teaspoon turmeric (for color)  
3 tablespoons finely chopped onion  
3 tablespoons finely chopped celery

Combine all ingredients in a non-metallic bowl. Mash with a fork, mix well, cover and refrigerate at least for 1 hour before serving.

**CHILLED TABBOULEH SALAD**  
1 1/2 cups dry bulgur wheat

General Nutrition Centers:  
Wendover Mall, Livonia  
522-8370  
Twelve Oaks Mall, Novi  
344-1410  
Livonia Mall  
474-6020  
Westland Mall  
421-8060  
82 N. Adams, Rochester  
375-9875  
Healthways of Plymouth  
942 W. Ann Arbor Trail

SHE ADDS, "We're seeing more men, especially with the popularity of weight gain and body building products that are presently the rage."

The average customer at Betty's Grocery spends between \$30-\$40 at the checkout. If the shopping carts are filled with Amish-raised chickens from Indiana and organically raised fruits and vegetables without a trace of pesticides, not to be outdone is the library and literature section. Here, customers can browse through their favorite natural reading materials and get information on supplements and vegetarian diet regimes.

Clear across town is the venerable Good Food Company in Livonia. "We just celebrated our five-year anniversary," says Joe DeFranco, general manager. At 33251 W. Eight Mile Road in the northern part of Livonia, the Good Food Company is to the west side as Betty's is to the north-east suburb. DeFranco is quick to point out that the Good Food Compa-

ny is unlike most health food stores, and places its emphasis on food more than vitamins.

"Sure, we carry everything the naturalist demands with regards to herbs, vitamins and supplements, but we try to make more of an effort, giving our customers the freshest, organically raised produce, dairy and shell items in the area," DeFranco says.

For moral reasons, the Good Food Company refuses to stock meat items, even those organically raised. After a recent visit, this writer was surprised to see the vast array of dairy items, in addition to organically grown produce. DeFranco says Good Foods' main competition is the larger-chain groceries such as Farmer Jack, which has recently jumped on the natural food bandwagon.

**BOTH DEFRANCO and Stacey Hessen of Betty's believe their stores are far superior to the larger chains, mainly because of the knowledge**

able salespeople that come with the territory. Although you don't have to be a vegetarian to be employed at either location, both stores stress that the employees usually adapt to a healthier lifestyle after their initial indoctrinations.

In general, the average shopper at either of these two unique groceries can expect to pay about 50 percent more for organically raised produce. Canned goods and processed foods are about 40 percent more expensive, mainly due in part to the specialized production methods, natural ingredients and special handling required. Both locations have oodles of literature on all aspects of healthy living, including information on massage, body building, herbology, supplements and all-around alternative healthy lifestyles.

**Betty's Grocery, 877 S. Hunter, Birmingham, phone 644-2323. The Good Food Company, 33251 W. Eight Mile, Livonia, phone 477-7440.**

1 cup hot water  
1 cup fresh chopped parsley  
1 large tomato, diced  
1 bunch green onions, diced  
1 cup garbanzo beans, drained  
salt and pepper to taste  
1/2 cup oil  
1/2 cup fresh lemon juice (or more to taste)

Place dry bulgur wheat in a glass bowl. Add just enough hot water to cover. Let stand for 30 minutes or until all the liquid is absorbed. Flake bulgur with fork. Add remaining ingredients and mix well. Cover and chill for at least 1 hour before serving.

**MIXED GRAIN BALLS**  
(just like meatballs, but with no meat)  
1/2 cup cornmeal

1/2 cup rye flour  
1/2 cup whole wheat flour  
1/2 cup soy flour  
1 small onion, minced fine  
1 clove garlic, minced  
2 teaspoons soy sauce  
1 tablespoon oil  
1/2 to 3/4 cup water or broth

Preheat oven to 375 degrees. Combine cornmeal, all flours, onion, garlic and salt. Stir in soy sauce and 1/2-cup water, mixing well until dough is moist and slightly sticky. If dry, add water or broth by the tablespoon until desired consistency is reached. Form balls using a generous tablespoon of mixture for each. Keep hands moist while working, using cold water to prevent sticking. Place the balls in a generously oiled baking dish. Roll in the oil to coat, then bake

for 20-25 minutes until firm and golden.

**SPAGHETTI ROAST**  
(makes great use of leftover pasta)  
2 cups cooked pasta  
1 medium onion, chopped  
1/2 cup soft bread crumbs  
1 cup chopped nuts or seeds  
1 teaspoon salt  
1 tablespoon minced parsley  
1/2 teaspoon poultry seasoning  
2 eggs, lightly beaten

Preheat oven to 350 degrees. Cut spaghetti into small pieces. Combine with remaining ingredients and mix well. Shape into 4 mounds on an oiled baking sheet. Drizzle a small amount of oil on top. Bake for 35 minutes until firm and browned. Serves 4.

## Natural food stores, restaurants to try

<p>Plymouth 455-1440</p> <p>Zerbo's 34164 Plymouth Road Livonia 427-3144</p> <p>Vital Food Stores Wonderland Mall 421-2300</p> <p>6738 Orchard Lake Road</p>	<p>West Bloomfield 851-4740</p> <p>Health Foods of Rochester</p>	<p>2932 S. Rochester Road Rochester Hills 852-8336</p>
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