

## 2 cheeses join with macaroni

AP — Two extra cheeses make this version of all-American macaroni and cheese extra flavorful and extra creamy. For fun, make it with tricolor macaroni.

**MACARONI AND LOTS OF CHEESE**  
3 cups tricolor elbow macaroni (8 ounces)  
1 cup regular cheddar cheese (8 ounces)  
1/4 cup thinly sliced green onion  
2 tablespoons margarine or butter  
2 tablespoons all-purpose flour  
1/2 teaspoon pepper  
2 cups milk  
1 1/2 cups shredded sharp Cheddar cheese (6 ounces)  
one 3-ounce package cream cheese, cubed and softened  
1/2 cup grated Parmesan cheese

In a large kettle or Dutch oven, cook macaroni according to package

directions drain.

Meanwhile, in a large saucepan, cook onion in margarine until tender. Stir in flour and pepper until blended. Add milk all at once. Cook and stir over medium heat until thickened and bubbly.

Stir in Cheddar and cream cheese until melted. Stir macaroni into cheese mixture. Turn into a greased 1 1/2-quart casserole. Sprinkle with Parmesan cheese.

Bake in a 350-degree oven for 20-25 minutes or until heated through. Serve with tomato wedges and green onion. Makes 4 servings.

Nutrition information per serving: 626 cal., 27 g. pro., 53 g. carb., 33 g. fat, 84 mg. chol., 617 mg. sodium, U.S. RDA: 32 percent vit. A, 40 percent thiamine, 39 percent riboflavin, 19 percent niacin, 61 percent calcium, 15 percent iron.

## Yogurt takes place of usual sour cream

AP — Yogurt has an image as a healthful choice for breakfast and snacks, but it's deliciously tangy in hot foods as well. Use yogurt in sauces in place of sour cream to add rich, full flavor without fat.

In a stir-and-heat sauce such as this one, just stir in yogurt and heat but do not boil. If the sauce is flour-thickened, stir 2 tablespoons of the flour into 1 cup of yogurt before adding to the mixture. This keeps the sauce from separating.

**SAVORY YOGURT CHICKEN**  
1 cup fine dry bread crumbs  
1/4 cup grated Parmesan cheese  
1-2 tablespoons dried minced onion  
1 teaspoon garlic powder  
1 teaspoon seasoned salt  
1/2 teaspoon dried oregano, crushed  
1/4 teaspoon dried thyme, crushed  
dash pepper  
4 whole medium chicken breasts, skinned and halved lengthwise  
one 8-ounce carton plain yogurt  
1/4 cup margarine or butter, melted  
2 teaspoons sesame seed  
Creamy Yogurt Sauce (recipe follows)

In a pie plate stir together bread crumbs, Parmesan cheese, onion, garlic powder, seasoned salt, oregano, thyme and pepper. Rinse chicken, pat dry. Coat chicken with yogurt, roll in crumb mixture. Place chicken, meaty side up, in a lightly greased 15-by-10-by-1-inch baking pan. Drizzle margarine on top. Sprinkle with sesame seed. Bake, uncovered, in a 375-degree oven for 45-55 minutes or until tender. Serve with Creamy Yogurt Sauce. Makes 8 servings.

## Onions, beef pair in soup

There's nothing tastier than French onion soup, unless it's that same soup with beef added. The meat makes it satisfying enough to be a main dish. In just 10 minutes preparation and cooking time you will have a delicious dinner for 2.

**FRENCH ONION BEEF SOUP**  
Two 1-inch thick slices French bread  
1 1/2 cups shredded Swiss cheese (1 ounce)  
1 small onion, thinly sliced and separated into rings  
2 tablespoons margarine or butter  
one 10 1/2-ounce can condensed French onion soup  
1 soup can (11 1/2 cups) hot water  
4 ounces cubed cooked beef

Place the bread slices on the unheated rack of a broiler pan. Broil 4 inches from the heat about 1 minute or until toasted. Top bread with Swiss cheese and broil about 1 minute more or until cheese melts.

Meanwhile, in a medium skillet cook onion rings in margarine about 5 minutes or until very tender. Stir in condensed soup, hot water and beef. Bring to boiling, stirring occasionally.

### NOTICE OF SALE

Your Attic of Farmington Hills, located at 34155 Grand River, Farmington Hills, MI 48334, will hold a public sale on December 12, 1989 at 1:00 p.m. to satisfy the liens against the following items: the items are listed below the sale date.  
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The contents of these units will be available for inspection the day prior to the sale and will be sold to the highest bidder. Sale will be held at Your Attic of Farmington Hills, Telephone No. 474-9111  
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Public November 6 and 13, 1989

## Cookbook emphasizes fast, easy

AP — The 19th edition of familiar red-plaid Better Homes and Gardens Books "New Cook Book" is completely revised, to include more "fast" and "easy" recipes and new nutritional analysis charts.

Each of the recipes included in the new edition was revised, tested and retested "to reflect the way consumers cook today and will be cooking in the 1990s," said Linda Henry, a senior food writer and food editor for Better Homes and Gardens Books.

The recipes were tested by home economists in Better Homes and Gardens' test kitchens in Des Moines. The recipes were judged for practicality and reliability, as well as taste appeal.

Home products and hand mixers were used in developing the recipes to make sure the recipes and ingredi-

ents would not be "too exotic" for consumers.

**THE NEW COOKBOOK** (\$19.95) includes 1,400 recipes, including 200 microwave recipes, and 400 full-color photographs, including 194 "how-to" photos that show how to do important recipe steps.

Many of the recipes require only a handful of ingredients, either basics found in most pantries, or fresh from the market.

Since the first edition, "My Better Homes and Gardens Cook Book," was published in 1930, more than 26 million copies of the cookbook have been sold.

The latest edition reflects consumer interest in lighter and healthier foods and preparing home-cooked food in take-out time.

Many of today's consumers are interested in preparing healthy, deli-

cious recipes but lack the basic skills and time to do so. The "New Cook Book" no longer assumes that the cook knows how to fold, blend, chop, dice or sauté. Nor is it taken for granted that cooks will recognize when a sauce is thickening and not curdling, or when a fish fillet is done but not overcooked.

**NEW LOGOS** identify "fast" and "easy" recipes. The "fast" recipes take 30 minutes or less to prepare a main dish or dessert; 20 minutes or less for a snack, beverage or side dish. The "easy" recipes feature simplified preparation techniques.

The cookbook also features Better Homes and Gardens' new one-bowl method of preparation for many cakes and cookies. Levels of sugar and fat have been reduced in many of the recipes, and the salt has been

taken out from almost every cookie recipe.

Among the other changes: many of the recipes are designed to serve two to four persons, instead of six to eight; more flavor variations have been added to basic recipes, and many ethnic dishes are included.

The new nutritional analysis charts include cholesterol content.

The cookbook has increased the number of recipes for fish, poultry and main-dish salads to reflect the lighter, healthier eating Americans are seeking today.

A "Special Helps" section includes calorie counts, a seasoning guide, food safety information, garnishing and microwave techniques.

There is no barbecue section in the new cookbook. However, grilling instructions are included for many of the recipes.

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