



family-tested winner dinner

**Betsy Brethen**

# Tofu adds special touch to Spaghetti Pie recipe

Most kids and, I dare say, some adults, might think that tofu is a type of martial art similar to Kung Fu, or perhaps a distant relative of Fu Manchu.

It is with great pleasure that I shed some light on this most nutritious and increasingly popular food item, used in this week's Winner Dinner.

Tofu, also called bean curd or soy cheese, is a custard-like and creamy substance made from soy beans. Tofu works like a sponge, soaking up the flavors of any food in which it is cooked. An eight-ounce serving of tofu has all the usable protein of a 5 1/2 ounce hamburger and almost no fat or cholesterol. An excellent source of calcium, iron, phosphorus and B-complex vitamins, it is no wonder that more and more health-conscious people are passing up fast food burgers and turning to tofu.

This week's Winner Dinner, New York Spaghetti Pie, was submitted by Mary Fry of Bloomfield Township. Fry has gradually evolved into a complete vegetarian, and although her husband and three children sometimes eat meat, they too, generally follow a mostly vegetarian diet. This dish has been a long-time Fry family favorite, as it combines traditional taste with high nutritional value.

Although regular spaghetti can be substituted, it is worth the extra effort to buy soba noodles at your local health food store. These noodles add a delicious taste and texture to the meal. Fry's low-sugar Apple Crisp recipe offers a high-fiber ending to a healthy meal.

FRY HAS HAD an opportunity over the last five years to preach what she practices, giving vegetarian cooking classes at the Stone Soup Co-Op in Hoyal Oak, before it closed, and the Cass Corridor Food Co-Op in Detroit. She currently gives weekly vegetarian and whole-grain cooking lessons out of her home.

Thank you, Mary Fry, for sharing your recipes with us, and congratu-



Mary Fry of Bloomfield Township likes to serve Spaghetti Pie with Tossed Salad, Quick French Dressing, Steamed Broccoli and Apple Crisp.

ions on being our Winner Dinner Winner of the week. You have earned your apron.

As we continue our march forward in the quest for those elusive meals our families will like and will eat, I encourage you to keep on cooking and to send in your family's Winner Dinner. After all, with the holiday season fast approaching, we will need culinary inspiration more than ever.

Submit your recipes, to be considered for publication in this col-

umn or elsewhere, to: Winner Dinner, P.O. Box 3502, Birmingham 46112. All submissions become the property of the publisher.

Each week's recipes are printed of the same size, so that you can 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 file the clippings in a folder with pockets that will hold them.

## Observer & Eccentric Winner Dinner

### Recipes

#### NEW YORK SPAGHETTI PIE

This dish takes about 25 minutes to assemble, can be made in advance and amply serves 6 people. Soba noodles are made of wheat flour and whole grain buckwheat flour. They have a nice flavor and texture and are sold in health food stores. Fresh tofu can be found in the produce section of most large supermarkets.

1 egg and 2 egg whites, beaten  
1/4 cup grated Parmesan cheese  
1/2 cup green pepper, chopped  
1/2 cup onion, chopped  
1 teaspoon olive oil  
1 cup mock sour cream (1/2 cup nonfat and 1/2 cup low-fat cottage cheese, blended in food processor or blender)  
1 pound tofu, drained  
2 1/2 cups spaghetti sauce (bottled or home-made)  
4 ounces mozzarella or mozzarella soy cheese, grated

Break the soba noodles in half and cook until al dente, which means "to the bite" — or slightly resistant and elastic instead of soggy. Drain. Combine eggs and Parmesan cheese and toss with warm noodles. Turn the noodles into an oiled 2-quart baking dish and spread them on the bottom. Sauté the green pepper and onion in the oil until the onions are translucent, about 5 minutes. Mix with the mock sour cream and spread over the noodle mixture. Crumble the drained tofu into a skillet and mix with the spaghetti sauce. Simmer for 10 minutes. Spoon over the mock sour cream layer. Sprinkle the grated mozzarella over the top. Bake at 350 degrees for 30 minutes.

#### TOSSED SALAD

Use romaine or red or green leaf lettuce, as they have many more vitamins and minerals than iceberg lettuce does. Add any other vegetables of your choice and toss with some of the dressing below, which is quick and easy to make.

**FRENCH QUICK DRESSING**  
1/2 cup mild olive oil or canola oil (also known as "rapeseed oil"), which has a composition very similar to that of olive oil  
1/2 cup lemon juice  
3 tablespoons of red wine vinegar  
2 1/2 tablespoons honey  
1 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon paprika  
1 tablespoon of poppy seeds or sesame seeds (optional)

Mix ingredients together and serve over salad greens.

#### BROCCOLI

Wash the broccoli and remove the large leaves and the tough part of the stalks. Cut broccoli into spears. Steam until barely tender and garnish with a little lemon juice and salt.

#### APPLE CRISP

This dessert is one of the Fry family's favorite desserts. It is low in fat and quite nutritious.

8-10 medium apples, sliced  
juice of 1 lemon  
2 cups rolled oats  
1/2 cup whole wheat pastry flour (or regular white flour)  
1/2 cup maple syrup, honey or 1/2 cup barley malt (a sweet syrup made from malted barley and available in health food stores)  
1/2 cup canola oil or vegetable oil  
1/2 cup sunflower seeds  
1 teaspoon cinnamon  
1/2 teaspoon allspice  
1/2 cup orange juice

Slice the apples and grate them with the lemon juice. Spread half of them in a 9-by-13-inch pan. Mix the maple syrup and oil and stir together with the combined oats, flour, seeds and spices. Spread half of this mixture on top of the apples. Cover with the remaining apples and the rest of the topping. Pour orange juice over the top. Bake for 40 minutes at 375 degrees. Cover if it browns too quickly. Raisins can be added to the apples if so desired. Blueberries, peaches or pears can also be substituted for the apples.

## Shopping List

- 8 ounces of soba noodles or spaghetti
- 3 eggs
- grated Parmesan cheese
- 4 ounces of grated mozzarella cheese or grated mozzarella soy cheese
- plain yogurt
- low-fat cottage cheese
- romaine or red or green leaf lettuce
- vegetables for salad — carrots, cucumbers, green onions, tomatoes
- 1 green pepper
- 1 onion
- broccoli
- 8-10 medium apples
- 3 lemons
- 1 pound of tofu
- 1 jar (1 1/2 ounces) spaghetti sauce
- white or whole wheat flour
- maple syrup
- olive oil
- canola oil
- rapeseed oil
- rolled oats
- sunflower seeds
- orange juice
- red wine vinegar
- honey
- salt
- pepper
- paprika
- poppy seeds or sesame seeds
- cinnamon
- allspice

## Notes

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