

Nutritious meals help active family stay trim

I could have jumped for joy when I read in the paper that researchers have finally come up with a pill that reduces fat in a person's body without special exercise or diet.

It's about time, don't you agree? Having played "Lost and Found" with my weight the last few weeks, I'm hoping that the FDA will step on it and get that pill into production . . . fast! After all, summer and swimsuit weather is only four months away!

Until this appetite-reducing pill becomes commercially available, we need to continue to eat sensibly and exercise regularly in order to keep our bodies fit and trim. This week's Winner Dinner, submitted by Adriane De Windt of Bloomfield Hills, will help us to work toward that end, in that it is a tasty and well-balanced meal.

De Windt's life revolves around her two active children and husband. Nary a couch potato among them, her husband, Del, has qualified three times for the National Amateur Golf Tournament, and they ski, golf and play tennis together as a family. Her children are involved in organized team sports as well. She jokingly admits that her eyes are in great shape, thanks to watching her children participate in soccer, hockey, volleyball, baseball, tennis and golf.

BECAUSE THE dinner hour is one time of the day when they are together as a family, De Windt makes a special effort to put together meals that are visually appealing and nutritious but aren't too time-consuming to make. Always a family favorite, her recipe for veal served with Parmesan potatoes, a tossed salad and blueberry dessert will surely be a hit with your family as well.

Thank you, Adriane De Windt, for sending in your recipes and congratulations on being our Winner Dinner Winner of the week. As March is National Nutrition Month, your menu will launch us off to a tasty and healthy start. And, until that wonder pill hits the stores, back to sit-ups we go.

SUBMIT YOUR recipes, to be considered for publication in this col-



family-tested winner dinner

Betsy Brethen



Black & Schwarz/staff photographer

Adriane De Windt of Bloomfield Hills serves up a Winner Dinner centered around Veal Scaloppini.

uma or elsewhere, to: Winner Dinner, P.O. Box 3503, Birmingham 48012. All submissions become the property of the publisher. Each week's winner receives an apron with the words "Winner Dinner Winner" on it. Recipes are printed 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 file the clippings in a folder with pockets that will hold them.

Observer & Eccentric Winner Dinner

VEAL WITH TOMATOES AND MUSHROOMS

This quick and easy dish takes only 20 minutes to prepare. It can be made just before serving or it can easily be made in the morning, covered and refrigerated, and then reheated. Turkey scaloppine or boneless chicken breasts can be used in place of the veal, if desired.

2 tablespoons butter
2 tablespoons olive oil
Italian bread crumbs
thin veal scaloppine (because they are so small, allow two pieces of meat for each adult, one for each child)
1 can chicken broth, 14½-ounce size
1 or 2 tomatoes, sliced
1 box of fresh mushrooms, 8-ounce size
2 tablespoons flour
2 tablespoons chopped parsley
Italian herb seasoning, to taste

Melt butter in large frying pan. Add the olive oil and stir to mix the two. Coat the veal with Italian bread crumbs and cook until lightly browned on both sides. While the meat is cooking, slice the mushrooms and the tomatoes. Add the can of chicken broth, the tomatoes and the mushrooms. Simmer until the mushrooms are tender, about 5 minutes. Sprinkle the flour over the pan and gently mix it into the sauce. Add the chopped parsley and the Italian herb seasoning to taste. Cook for a few more minutes and then serve with buttered noodles or Parmesan potatoes.

POTATOES PARMESAN

A tasty variation, these potatoes are easy to make.

4-6 Idaho or redskin potatoes
½ cup melted butter or margarine

½ cup Parmesan cheese
Lawry's Seasoning Salt, to taste

Quarter washed, scrubbed potatoes. Roll in melted butter or margarine. Parmesan cheese and Lawry's Seasoning Salt. Bake on a baking sheet for 40 minutes at 400 degrees.

TOSSED SALAD

While the veal is simmering, put a simple salad together and toss with your choice of dressing.

BLUEBERRY DESSERT

Although especially good with blueberries, this recipe works with fresh peaches and apples as well. Because it is winter, berries are still expensive. However, this recipe can be cut in half, using fewer berries, and it still makes enough for 6 servings. It is especially good served with vanilla ice cream or vanilla yogurt.

1 quart of fresh blueberries
cinnamon, to taste
nutmeg, to taste — use less than cinnamon, though

2 cups flour
1½ cups sugar
1 stick butter

Wash fresh berries and place in a deep over-proof dish. Sprinkle with cinnamon and nutmeg.

The topping is made as follows: Mix the flour, sugar and butter until the butter is completely cut in with the flour and sugar. Place on top of the berries. (Because this recipe makes a lot of topping, you may not want to use all of it.) Sprinkle more cinnamon on top and bake at 350 degrees until very lightly browned and bubbly, about 30 minutes.

Shopping List

thin veal scaloppini (2 for each adult, 1 for each child)
Italian bread crumbs
1 box fresh mushrooms, 8-ounce size
1-2 fresh tomatoes
1 quart blueberries
4-6 Idaho or redskin potatoes
salad greens of choice
salad dressing of choice
fresh parsley
Italian herb seasoning
Lawry's Seasoning Salt
1 can chicken broth, 14½-ounce size
Parmesan cheese
olive oil
butter or margarine
flour
sugar
cinnamon
nutmeg
vanilla ice cream or vanilla yogurt

Notes

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