I could have jumped for joy when I read in the paper that researchers have finally come up with a full that reduces fat in a person's body without special exercise or diet. It's about time, don't you agree! Itaving 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!

... 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 arganized caus 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 bour is one

BECAUSE THE dinner bour 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 appeallad and nutrilious but aren't too time-consuming to make. Always a family lavorite, her recipe for veal served with Parmesan potatoes, a tossed salad and blueberry dessert will surely be a hit with your family as well.

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 con-sidered for publication in this col-

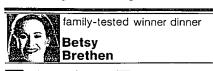
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Adriane De Windt of Bloomfield Hills serves up a Winner Dinner centered around Veal Scaloppini.

umn or elsewhere, to: Winner Din-ner, 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.

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 netbook paper. Anoth-er option is to simply file the clipp-ings in a folder with pockets that with hold then.

Observer & Eccentric

Winner Dinner

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 rehealed. Twelst scaleppine or boneless chicken breasts can be used in place of the exal, if desired.

breasts can be used in place of the veal, if desired.
2 tabbespoons butter
2 tabbespoons olive oil
Italian bread crumbs
thin veal scaloppline (because
they are so small, allow tive
pieces of meat for each
adult, one for each chilld!
1 can chicken broth, 14½ounce size
1 or 2 tomatoes, sliced
1 box of fresh mushrooms. 8ounce size
2 tabbespoons flour
2 tabbespoons 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 yeal with Ital-ian bread crumbs and cook until inn bread crumbs and cook until ightly browned on both sick white the meat is cooking, slice the musbrooms and the tomatoes. Add the can of chicken broth, the termatoes and chicken broth, the termatoes and the musbrooms. Simmer until the musbrooms are tender, about 5 minutes. Sprinkle the flour over the pan and gently mix it into the sauce. Add the chopped parsing to taste. Cook for a few more minutes and then serve with buttered noodles or Parmesan potates.

A tasty variation, these po-tatoes are easy to make.

4-6 Idaho or redskin potatoes 14 cup melted butter or marga-rine

Quarter washed, scrubbed po-tatoes. Roll in melted butter or margarine. Parmesan choese and Lawry's Seasoning Sall. Bake on a baking sheet for 40 minutes at 400 degrees.

TOSSED SALAD

While the yeal 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 expenwinter, berries are still expon-sive. However, this recipe can be cut in half, using fewer berries, and it still makes enough for 6 servings. It is es-pecially good served with va-nilla ice cream or vanilla yo-gurt.

1 quart of fresh blueberries cinnamon, to taste nutmeg, to taste — use less than cinnamon, though 2 cups flour 11/2 cups sugar 1 stick butter

Wash fresh berries and place in a deep over-proof dish. Sprink lew with cannenn and nutries, the with cannenn and nutries. The topping is made as tollows: Mix file floors: John the floor, suppliedly cut in with the floor 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 as 350 degrees until very lightly at 350 degrees until very lightly browned and bubbly, about 30 minutes.

Shopping List

thin yeal scaloppini (2 for each adult, 1 for each child) Italian bread crumbs
1 box fresh mushrooms, 8-ounce size
1-2 fresh tomatoes

1-2 fresh tomatoes
1 quart blueberries
4-6 ldého or rodskin potatoes
salad greens of choice
sraid dressing of choice
fresh parsiey
Italian herb seasoning
Lawry's Seasoning Sell
1 can chicken broth, 14½ounce size
Parmesan cheese
olive oil
butter or margarine
flour
sugar

sugar cinnamon

nutmeg vanilla ice cream or vanilla yo-gurt

Notes

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