

Spaghetti, meatballs a hit with youngsters

A song sung to the tune of "On Top of Old Smokey" goes:

"On top of spaghetti, all covered with cheese, I lost my poor meatball when somebody sneezed. It rolled off the table and onto the floor, and then my poor meatball rolled out the front door."

This was a very popular song at the dinner table when I was growing up in Indiana. It was sung with great regularity whenever my mother served spaghetti and meatballs to me and my three brothers.

It does make me wonder as to who actually does make up songs like that.

And furthermore, who keeps teaching them to succeeding generations of children? I am always amazed and delighted when I hear my three boys telling the same jokes that were hilarious hits when I was growing up.

Of course, when I mention to them that I used to tell that same joke when I was young, they make a clamor and want to know what else I did "back in the olden days." Really, children can be so-o-o-o impertinent, sometimes.

AS YOU may have guessed, this week's Winner Dinner is a wonderful recipe for spaghetti and meatballs. Submitted by Marie Leinonen of Westland, these meatballs have a great taste and, because they cook in the sauce, they don't have to be pre-browned.

Served with a tossed green salad, garlic toast and a refreshing dish of sherbet or frozen yogurt is one dinner that your family is bound to enjoy.

LEINONEN and HER husband are the parents of two young sons. Their family of four led a very normal life until Marie was diagnosed as having a rare kidney disease in 1987.

She received a kidney transplant in December 1988. Unfortunately, her body rejected it four months later.

family-tested winner dinner

Betsy Brethen



ART EMANUELE/staff photographer

Marie Leinonen of Westland and son Jesse, 5, look forward to her Winner Dinner of Spaghetti and Meatballs.

er. Now back on the waiting list for another transplant, she has to undergo four dialysis treatments a day at her home.

In addition to being National Nutrition Month, March is also being hailed as National Kidney Month. It is for this reason that Leinonen's menu is being featured today.

She asked me to encourage people to be aware of donating organs, and to check off the little boxes on the labels affixed to the back of all Michigan driver's licenses.

Many lives are lost every year be-

cause there are not enough donors of organs. Successfully transplanted, a donated organ is literally the gift of life.

If you have any questions about organ donation, call toll free 1-800-482-4881.

Thank you, Marie Leinonen, and congratulations on being our Winner Dinner Winner of the week.

I appreciate your taking the time to share your menu with us and I sincerely hope your health will improve. Good luck and take care.

Observer & Eccentric Winner Dinner

Menu

MARIE'S SPAGHETTI AND MEATBALLS
TOSSED GREEN SALAD
GARLIC TOAST
SHERBERT OR FROZEN YOGURT

Recipes

MARIE'S SPAGHETTI AND MEATBALLS

This recipe makes enough sauce and meatballs for at least one other dinner so just freeze what you don't use and you will have a dinner waiting for you. Although I did not test this, I see no reason why ground turkey meat couldn't be used in lieu of the ground beef.

MEATBALLS

3 pounds ground round
3 eggs
2 cups Progresso Italian bread crumbs
1/2 cup Italian (Zesto) Salad Dressing
fresh minced garlic cloves or garlic powder, to taste
salt and pepper, to taste
2-3 tablespoons chopped parsley
1/2 cup grated Parmesan cheese
SAUCE
3 cans tomato sauce, 15-ounce size
1 can tomato paste, 6-ounce size
1 can of water, 6 ounces
1 cup grated Parmesan cheese

Combine the ingredients for the meatballs. Mix with both hands and then form into small balls, about the size of a walnut. Mix up the ingredients for the sauce in a heavy-bottomed pan. Drop in the meatballs and

simmer at a medium-low heat for 1 1/2 hours, stirring frequently so that the sauce and meatballs don't burn. Serve over cooked spaghetti noodles.

TOSSED GREEN SALAD

Mix up washed and dried salad greens and add chopped veggies of your choice. Toss with a light coating of Italian salad dressing.

GARLIC TOAST

If you are a garlic fan, you will love this easy recipe for garlic toast. Mash well or put through a garlic press 3-4 fresh cloves of garlic. Put them in a saucepan along with 1/2 cup of butter or margarine. Heat and stir until the butter or margarine is completely melted. Brush on freshly sliced pieces of Italian bread. Sprinkle with a light dusting of Parmesan cheese or chopped fresh parsley. Broil until bubbly and golden and serve at once.

SHERBERT OR FROZEN YOGURT

There is nothing fancy or complicated about this dessert. Simply offer a refreshing dish of sherbet or frozen yogurt to your family, a light and cooling ending to a tasty dinner.

Shopping List

3 pounds ground round
3 eggs
Progresso Italian bread crumbs
Italian (Zesto) Dressing
3 cans tomato sauce, 15-ounce size
1 can tomato paste, 6-ounce size
grated Parmesan cheese, 2 cups
fresh garlic or garlic powder
fresh parsley
salt
pepper
spaghetti noodles
salad ingredients
salad dressing
1 loaf of fresh Italian or French bread
butter or margarine
sherbet or frozen yogurt

Notes

Student wins scholarship for stuffed chicken recipe

Michael Kmet of Inkster, who attends the William D. Ford Vocational/Technical Center in Westland, has been selected as the state of Michigan winner in the Johnson & Wales University National High School Recipe Contest.

More than 500 recipes were submitted by students representing most states in the nation. Although Kmet's recipe was not chosen as one of the 10 finalists for a cook-off, he earned a \$1,000 annual renewable scholarship as a result of his winning entry.

The scholarships are renewable up to four years of full-time study at Johnson & Wales University in Providence, R.I. Renewability is contingent on achieving an annual grade point average of 2.75.

Here is the recipe submitted by Kmet:

JULIENNE STUFFED CHICKEN
2 ounces carrots; julienne
2 ounces yellow squash, julienne
2 ounces zucchini, julienne
2 ounces mozzarella cheese, julienne
4-6 ounces chicken breasts, boneless
4 basil leaves, fresh
12 tarragon leaves, fresh

4 ounces Veloute Sauce
variable parsley, fresh chopped
Julienne carrots, squash, zucchini and mozzarella cheese.

Take skin off chicken breasts. Place breast between 2 pieces of plastic wrap. Flatten with meat mallet until 1/4-inch thick.

Put 1/2 ounce of carrots, squash, zucchini, cheese and 3 leaves of tarragon inside a fresh basil leaf and roll it up.

Roll step 3 into a chicken breast like an eggroll. Repeat 4 times.

Bread in "traditional" breading (flour, egg, seasoned bread crumbs). Bake at 350 degrees for approximately 20 minutes.

Place on a 1-ounce bed of Veloute Sauce, garnished with chopped fresh parsley.

RICE MEDLEY

3 1/2 cups water
1 tablespoon margarine
1 cup white rice
1/2 cup brown rice
1/4 cup wild rice
1/4 cup pine nuts
1 teaspoon olive oil
1/4 cup green peppers, 1/4-inch dice
1/4 cup red peppers, 1/4-inch dice

Bring water and margarine to a boil.

Add rice and cook until tender. (Follow directions on rice package.)
Saute pine nuts in olive oil. Add peppers and saute for 2 minutes.
Add peppers and nuts to rice. Mix and serve.

VELOUTE SAUCE

1 quart hot water
1 ounce chicken base
1 1/2 ounces cornstarch
Add chicken base to hot water to make a stock.
Dilute cornstarch in a small amount of water. Slowly add to stock, whisking constantly. Continue to cook until thickened.

PINEAPPLE GARNISH

2 slices pineapple, fresh
4 strawberries
Cut 2 1/4-inch slices of fresh pineapple. Broil pineapple for 30 seconds on each side to mark.
Cut pineapple in half and remove core.
Cut strawberries partly through and form a fan.
Place strawberry fan in center of pineapple slice.

Fast-to-fix Saucy Shell Dinner frozen in individual servings

AP — Here's a stuffed-pasta main dish that solves several mealtime problems.

• Need a meal for one or two diners?
This entrée is frozen in individual dishes for serving convenience.

• Want something quick to fix?
It's ready for the freezer in 15 minutes. When it is time for dinner, two servings cook in the microwave in about 12 minutes.

• Want to step beyond commercial frozen entrees? This main dish tastes fresh — and is economical — because it's homemade.

SAUCY SHELL DINNER
12 jumbo shell macaroni
1/2 pound ground beef, pork or turkey
1/2 cup chopped onion
1 clove garlic, minced
1 beaten egg
1/4 cup fine dry bread crumbs
1/4 teaspoon pepper
1/4 teaspoon ground cinnamon

When it is time for dinner, two servings cook in the microwave in about 12 minutes.

1/4 teaspoon ground allspice
one 15 1/4-ounce jar (1 and 2-3rds cups) meatless spaghetti sauce

Cook macaroni according to package directions. Drain; set aside. In a 1 1/2-quart microwave-safe casserole, cook meat, onion and garlic, covered, on 100 percent power (high) 4 to 5 minutes or until no pink remains, stirring once. Drain off fat.

In mixing bowl combine egg, bread crumbs, pepper, cinnamon and allspice. Stir in meat mixture and 1/4 cup of the sauce; mix well. Stuff each shell with about 2 table-

spoons meat mixture. Place 1/4 cup sauce in each of 4 microwave-safe individual dishes. Place 3 stuffed shells in each dish. Pour remaining sauce over shells. Wrap in moisture- and vapor-proof wrap. Seal, label and freeze. Store up to 6 months.

To serve, unwrap. Cover frozen dinner with vented clear plastic wrap. Cook 1 serving on 70 percent power (medium-high) 6 to 8 minutes or until heated through, turning dish once. To heat 2 servings, cook for 12 to 14 minutes or until heated through, turning dishes twice. Makes 4 servings.

Nutrition information per serving: 434 cal., 24 g. pro., 44 g. carb., 17 g. fat, 127 mg. chol., 846 mg. sodium. U.S. RDA: 24 percent thiamine, 17 percent riboflavin, 27 percent niacin, 24 percent iron, 21 percent phosphorus.

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