

Counselor makes meal her grandchildren love

The other day, my 8-year-old son asked me in all seriousness if I would come to all his hockey games when he was grown up and playing for a professional hockey team. It was a sweet, touching moment and a real insight into what kind of career this young boy thought, at this stage of his life, would bring him happiness and fulfillment.

Whether he ends up playing professional hockey remains to be seen, but for many people finding out what they want to do with their lives is not an easy thing. It has been almost a year-and-a-half since I took a series of aptitude tests at the Johnson O'Connor Research Foundation, and the results of those tests have had a profound effect on my life.

No one was more surprised than I to discover that two of my strongest aptitudes were creative problem solving and journalism. Learning more about who I was and what my aptitudes were helped give me the confidence to develop the Winner Dinner concept and discover a career that I had never before considered.

This week's Winner Dinner Winner, Lillian Ramer, is a certified social worker and counselor who specializes in helping people with addictions. She works very hard at helping her clients get to know, understand and accept their true selves so that they can set goals for their lives and work toward achieving them.

HAVING PRACTICED what she preaches, Ramer earned her bachelor's degree and master's of arts degrees by going to Oakland University for 12 years straight. She has worked professionally as a counselor since 1975. Before that, she did a lot of volunteer work for the Youth Probation Committee of South Oakland County and served as a volunteer probation officer in Ferndale.

The mother of two grown children and now the proud grandmother of four, Ramer submitted a menu for Baked Stuffed Potatoes, Waldorf Salad and Peanut Butter Pudding Delight. The dinner is always a hit with her grandchildren. Ramer particularly likes the menu because it can be prepared in advance, enabling her to focus on hugs and fun when her grandchildren come to visit.

With her husband recently retired, Ramer is looking forward to another



family-tested winner dinner

Betsy Brethen



STEPHEN CANTRELL/Staff photographer

Lillian Ramer's four grandchildren enjoy this meal she prepares ahead so she can spend more time with them when they visit.

new and exciting chapter in her life. Although they are planning to spend more time at their cottage on Lake Charlevoix, Ramer plans to continue counseling others, as she finds it rewarding and fulfilling.

Thank you, Lillian Ramer, for sharing your grandchildren-tested menu with us and congratulations on being our Winner Dinner Winner of the week.

Here's hoping that this week's Winner Dinner will be food for thought, inspiring you to get to know and accept yourself and do the best possible with what you have been given.

Submit your recipes, to be considered for publication in this column 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

Menu

STUFFED BAKED POTATOES
STEAMED VEGETABLES OF CHOICE
MOLDED WALDORF SALAD
PEANUT BUTTER PUDDING DELIGHT

Recipes

STUFFED BAKED POTATOES
This dish takes little time to assemble, can be made in advance and can be frozen. Although this recipe is for four people, simply increase or decrease the ingredients proportionately for the number of people you need to feed.

4 large baking potatoes, baked
1 1/2 teaspoon instant minced onion

or
1/4 cup finely chopped onion
1/4 cup milk

2 tablespoons butter or margarine

1/2 teaspoon salt

1 tablespoon freshly chopped parsley or parsley flakes

1/4 to 1 pound lean ground beef
1 cup grated cheese (Ramer suggests combining Muenster and mild cheddar)

tomato slices (optional)
paprika

Preheat the oven to 400 degrees. Combine all the ingredients, except for the butter and meat and set them aside. Cut the potatoes in half and scoop out the pulp. Save the shells.

Brown the beef in the butter. Combine the potato pulp and meat with the other ingredients. Spoon the mixture into the potato shells. Bake them for 10 minutes. Top with grated cheese and a sprinkling of paprika the last 5 minutes.

For added color and garnishment, place a thin slice of tomato on top of the potato and then add the grated cheese and paprika.

These potatoes can be frozen. If so, they must be thawed and baked for 30 minutes at 400 degrees.

MOLDED WALDORF SALAD
This variation of an always popular salad serves 6.

1 package lemon-flavored gelatin (3-ounce size)

1 cup boiling water

1 cup cold water

1/4 teaspoon salt

1/4 cup mayonnaise

1 cup celery, diced

1 1/2 cup red apples, diced

1/4 cup walnuts, chopped

1/4 cup cream, whipped

washed and dried salad greens

Prepare gelatin according to the directions on the package. Chill until it is slightly thickened.

Next, add the salt and blend in the mayonnaise. Fold in the remaining ingredients, except for the greens. Turn into a 1-quart mold and chill until set. Unmold on the salad greens and serve.

PEANUT BUTTER PUDDING DELIGHT

Serving four, this dessert takes minutes to whip up.

1 package instant butterscotch or chocolate pudding, sugar-free or regular (1-ounce size)

1/4 cup peanut butter, crunchy style

2 cups milk

Using a wire whisk, blend the peanut butter with a small portion of the milk, then add the remaining milk gradually.

Add the pudding mix and beat about 1 minute. Put the pudding in individual serving cups and top with a dab of whipped cream.

Shopping List

4 large baking potatoes
1/4 to 1 pound lean ground beef
1 onion or instant minced onions
milk
butter or margarine
salt
paprika
parsley or parsley flakes
grated cheese (munster and mild cheddar)
1 package lemon-flavored gelatin (3-ounce size)
mayonnaise
celery
2-3 apples
1 tomato (optional)
walnuts
half pint of whipping cream
salad greens
your choice of vegetables for steaming
1 package instant butterscotch or chocolate pudding, sugar-free or regular (1-ounce size)
peanut butter, crunchy style

Notes

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MEAT DEPARTMENT

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