

# Mom, here's a meal for the kids to make

Because Sunday, May 13, is Mother's Day, I thought it was only fitting and proper to dedicate this column to the memory of Miss Anna Jarvis.

It is, after all, thanks to her efforts that we celebrate and honor mothers on the second Sunday of May each year.

In 1907, Miss Jarvis had the gumption to stand up at a public meeting in Philadelphia, Pa., and propose that all mothers wear a carnation on the second Sunday of May. On May 10, 1908, Philadelphia, the City of Brotherly Love, became the first city to adopt a plan to honor mothers. Finally, on May 9, 1914, President Woodrow Wilson proclaimed the second Sunday of May a national holiday. May 10, 1914, went down in the record books as the first nationally recognized Mother's Day.

The ways in which mothers are honored certainly varies from family to family. I thought, however, it might be fun to feature a Winner Dinner menu that could be prepared by children 10 and over. With a little bit of adult supervision, this offers the kids a chance to part Mom from the potholders and prepare the meal so that she can sit back, relax and enjoy her special day.

Submitted by Peggy Mosher of Livonia, this week's winning menu features chicken squares, steamed broccoli and carrots, tossed garden salad and heavenly tasting ambrosia. The mother of two young girls and a full-time mom, Mosher joined Weight Watchers in January and has lost 29 pounds to date. She has adjusted the menu, for this popular meal with her family, by using lower-calorie ingredients.

**MOSHER AND HER** husband, who is originally from Buffalo, have lived in the Detroit area for three years. They moved their family here from Baltimore so he could accept a position as professor of medicine in the molecular biology/human genetics department at Wayne State Medical School.

They have enjoyed life in Michigan, especially the milder winters, and have had fun taking their young girls camping around the state. Active members of Ward Presbyterian Church in Livonia, Mosher and her family join the Winner Dinner Winner ranks along with two other church members and friends, Marnie Balog and Sharon Rose.

Thank you, Peggy Mosher, for



family-tested winner dinner

**Betsy Brethen**



GUY WARREN/staff photographer

Peggy Mosher of Livonia has turned this menu featuring chicken squares into a lower-calorie dinner.

sharing her recipes and congratulations on earning your apron. As a little suggestion to all you moms out there, be sure to highlight with a brightly colored marker the part about children preparing the meal and leave this column out in a conspicuous spot.

Although this is one meal that will work for other days as well as for Mother's Day, buy your crescent rolls early. There might be a run on them. Happy Mother's Day!

As the summer months draw near, I would really appreciate it if you would send in some hot-weather menus that work for you and your family. Also, I've had some requests for menus for two people only. Please send them my way. They will

be much appreciated.

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 clipping in a folder with pockets that will hold them.

Observer & Eccentric

## Winner Dinner

### Menu

**CHICKEN SQUARES  
STEAMED CARROTS AND BROCCOLI  
TOSSED GARDEN SALAD  
FIVE-CUP AMBROSIA**

### Recipes

#### CHICKEN SQUARES

This recipe has been adjusted so that it uses lower-calorie ingredients. Tasty and fun to assemble, these squares are filling and easy to make. This recipe serves 6-8 people.

3 ounces "light" cream cheese  
2 cups chicken breast, cooked and cubed  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons skim milk  
1 tablespoon minced onion  
1 tablespoon parsley, finely chopped  
1 can mushrooms, 4-ounce size, drained  
2 cans crescent rolls, 8-ounce-size each  
1 beaten egg, if desired  
Curry to taste, optional

Mix the first seven ingredients together for the filling. Separate dough into squares and squeeze the diagonal seam together to make eight rectangles. Place 1 scoop of filling onto one side of the dough. Place 1 side of the dough on top of the other and pinch the sides together to form little squares. Brush each square with a little bit of beaten egg. Bake at 350 degrees for 20 minutes.

#### STEAMED CARROTS AND BROCCOLI

A healthy and low-cal addition to the dinner. Simply steam some sliced carrots and broccoli pieces together until they are just tender or al dente.

#### TOSSED GARDEN SALAD

Prepare a tossed salad with the ingredients of your choice and top with a small amount of one of the many kinds of commercially prepared "light" salad dressings that are now available.

#### FIVE-CUP AMBROSIA

Refreshing and colorful, this dessert takes minutes to put together.

1 can mandarin oranges (no sugar added), 11-ounce size, drained  
1 can pineapple chunks (no sugar added), 15-ounce size, drained  
1 cup miniature marshmallows  
1 cup shredded coconut  
1 cup non-fat or low-fat plain yogurt, 8-ounce size.

Combine all 5 cups of ingredients and refrigerate until serving.

## Shopping List

1 1/2 pounds chicken breast  
3 ounces "light" cream cheese  
1 can mushrooms, 4-ounce size  
1 onion  
1 egg  
Skim milk  
1 container low-fat or non-fat plain yogurt  
2 cans crescent rolls, 8-ounce size each  
Fresh or frozen carrots  
Fresh or frozen broccoli  
parsley  
1 can mandarin orange segments, 11-ounce size  
1 can pineapple chunks, no sugar added, 15-ounce size  
1 bag mini-marshmallows  
1 bag shredded coconut  
Your choice of greens and vegetables for tossed salad  
"light" salad dressing of your choice  
Curry, optional  
Salt  
Pepper

## Notes

## cooking calendar

● At Jacobson's State-of-the-art kitchen products will be demonstrated 2-4 p.m. Saturday, May 12, at Jacobson's Kitchen Shop, Store for the Home, in Birmingham. The demonstration will provide ideas for spring gift-giving occasions such as weddings and graduations.

A tasting of recipes from the book "Tempting Creole Cookbook" will be held from 11 a.m. to 3 p.m. Saturday, May 12, at Jacobson's in Livonia. Peg Watson will demonstrate how to make a smashing Mother's Day breakfast 1-3 p.m. Saturday, May 12,

at Jacobson's Kitchen Shop in Livonia.

Food demonstrations with Katherine's Catering will be presented from noon to 2 p.m. Saturday, May 12, at Jacobson's Kitchen Shop in Ann Arbor.

## new products

● **Body Friendly**  
Great Scott! Supermarkets has introduced a line of 37 grocery and food products which are designated Environment Friendly or Body Friendly. The GREEN products are part of the President's Choice private label line introduced in Great Scott! stores earlier this year.

The President's Choice Body Friendly product line includes Ultra-Fiber Corn Flakes that have substantially more fiber than the national brands and use no preservatives, artificial colors or artificial flavors. "Just Peanuts" Old-Fashioned Peanut Butter is made from 100 percent peanuts and contains no

added sugar, salt, hydrogenated fats or preservatives.

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Broiled White Fish  
Chargilled or Blackened Yellowfin Tuna  
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