

# Cook in 1 dish for easy meal

AP — The all-in-one dish is perfect for last-minute parties and unplanned family celebrations.

• Choose recipes that combine the meat, fish or poultry with the vegetables.

• Cook vegetables in the same water as the pasta.

• Slide buttered bread into the oven to heat beside a casserole.

• Serve fresh fruit and ice cream for dessert.

## TERIYAKI STIR-FRY CHICKEN DINNER

12 chicken wingettes  
Salt to taste  
Ground black pepper to taste  
2 tablespoons vegetable oil  
1 bunch broccoli, florets only (1 cup)  
One 8-ounce can sliced water chestnuts, drained  
4 carrots, sliced  
4 scallions, thinly sliced  
¼ cup water  
¼ cup soy sauce  
¼ cup brown sugar  
3 tablespoons dry sherry or white vinegar  
2 garlic cloves, finely chopped  
2 teaspoons grated gingerroot  
2 cups warm, cooked rice  
Additional sliced scallions (optional garnish)

Grease chicken wingettes and pat dry. Sprinkle with salt and pepper.

Heat oil in a large non-stick wok or skillet over medium-high heat. Stir-fry broccoli 1 minute; add water chestnuts and carrots. Stir-fry 1 minute longer and add scallions; stir-fry a few seconds. Remove vegetables and reserve.

Add wingettes to wok and cook until lightly browned on all sides, about 5 minutes. Reduce heat to low; cover and cook 10 minutes, turning occa-

sionally. Remove wingettes to paper towels and pour off drippings. Return wingettes and vegetables to pan; add all remaining ingredients except rice and stir until well mixed. Cook, turning frequently until pieces are glazed and sauce is thickened, about 3 to 5 minutes. Serve hot over rice, sprinkling with more sliced scallions, if desired for color. Makes 4 servings.

## CHICKEN THIGHS AND VEGETABLES LYONNAISE

2 medium-sized baking potatoes, peeled and thinly sliced (about 2 cups)  
6 chicken thighs  
¼ teaspoon ground thyme  
Salt to taste  
Ground pepper to taste  
4 medium-sized carrots, peeled and thinly sliced (about 2 cups)  
1 medium onion, thinly sliced (1 cup)  
4 teaspoons butter or margarine  
1 cup milk or heavy cream  
¼ teaspoon hot pepper sauce  
Paprika

In large bowl, soak sliced potatoes in cold water for at least 10 minutes. Preheat oven to 350 degrees. Sprinkle thighs with thyme, salt and pepper.

Drain potatoes well in a colander and layer with carrots and onion in a buttered 8-by-11-inch baking dish. Season each layer with thyme, salt and pepper. Dot lightly with butter. Arrange chicken, skin side up, on top of vegetables. Combine milk and hot pepper sauce and pour over all; sprinkle generously with paprika. Bake 60 to 70 minutes at 350 degrees until chicken and vegetables are tender. Serve with a tossed green salad and hot, crusty French bread. Makes 4 servings.

# Seafood recipes kids will love

AP — Frozen seafood brings a new twist to children's favorite meals.

Frozen seafood is convenient. It can be stored in your freezer for instant access to a quick meal. It cooks quickly and can be prepared using almost any cooking method.

Frozen fish can be thawed in the refrigerator or cooked straight from the frozen state.

The National Fish and Seafood Promotional Council has created the following recipes.

## FISH BOATS

2 large baking potatoes  
4 frozen breaded (or batter-coated) fish fillets

Sauce:  
1 lime  
Few drops hot red-pepper sauce  
Pepper to taste

1 very ripe avocado  
¼ cup sour cream  
2 green onions, chopped

Preheat oven to 450 degrees. Scrub potatoes and prick in several places with fork. Place on oven rack and bake for 45 minutes.

Put frozen coded fish fillets on baking sheet and place in oven, along with potatoes. Reduce heat to 350 degrees and bake for 25 to 30 minutes, or until flaking is a deep golden brown. Check potatoes for doneness.

While potatoes and fish are baking, prepare sauce. Squeeze juice from the lime (there should be about 2 tablespoons) and pour into a bowl. Add hot sauce and pepper.

Cut avocado in half. Discard seed. Scoop out soft flesh and add it to bowl. Mash avocado into a puree with fork. When mixture is quite

smooth, stir in sour cream and onions. There will be a generous cup of sauce.

Cut baked potatoes in half lengthwise and, with a fork, fluff soft interior by breaking up potato and pulling it up a little with fork. Then push some of potato toward edges, making a shallow cavity in center.

Spoon 1 tablespoon of avocado sauce into center of potato. Place a fish fillet on potato. Spoon over another tablespoon of sauce. Makes 4 servings. Pass extra sauce.

## COD BURRITOS

One 15-ounce can red kidney beans  
4 green onions, chopped  
1 clove garlic, chopped  
1 teaspoon Worcestershire sauce  
Pepper to taste  
8 ounces frozen cod fillets, defrosted  
Four 8-inch flour tortillas  
¼ cup shredded sharp cheddar cheese  
2 cups shredded lettuce

In a 4- to 6-cup saucepan heat together kidney beans and their liquid, green onions, garlic, Worcestershire sauce and pepper. Bring to a simmer and cook, uncovered, for 5 minutes. Meanwhile rinse cod under cold water. Pat dry. Cut fillets into ¼-inch strips. Add cod to pot. Cover and simmer another 2 or 3 minutes.

Meanwhile gently heat tortillas. They can be warmed for 15 seconds on each side in a heavy ungreased skillet, or sealed in aluminum foil and placed in a 350-degree oven for 5 minutes.

To assemble burritos, place a warm tortilla on a plate and spoon ¼ of filling below center of tortilla. Sprinkle on some cheddar cheese

and lettuce. Fold in two sides to partially enclose filling. Fold up bottom side, then roll to form a cylinder. Makes 4 servings.

## SLOPPY NEPTUNES

2 tablespoons vegetable oil  
3 green onions, chopped  
2 ounces mushrooms, chopped (about 1 cup)  
1 teaspoon prepared mustard  
¼ cup ketchup  
¼ cup milk  
¼ to 1 cup clam juice  
Few drops hot red-pepper sauce  
Salt and pepper to taste  
8 ounces frozen pollock fillets, defrosted  
4 hamburger buns, lightly toasted

Pour oil into a 6-to-8-cup heavy saucepot and heat. Add green onions Cook and simmer for 1 minute. Add mushrooms. Cover and cook an additional minute.

Thoroughly stir in mustard, ketchup, milk and ¼ cup clam juice. Season with hot-pepper sauce, salt and pepper.

Simmer over medium heat, uncovered, for 5 minutes to reduce sauce a little and intensify flavorings. Taste and adjust seasoning if necessary.

Meanwhile rinse thawed fillets under cold water. Pat dry. Coarsely chop fillets. Gently stir fish into simmering sauce. Cover and cook for about 3 minutes. Stir.

If you prefer a "sloppier" sandwich, add remaining ¼ cup clam juice and cook an additional 1 minute.

Divide mixture over bottom half of the four buns. Cover with top of bun and serve at once. Makes 4 servings.

# How Peach Melba got unusual name

AP — The luscious combination of peaches and raspberries was named Melba by a turn-of-the-century restaurateur in honor of glamorous opera star Dame Nellie Melba. See what the glamorous combinations does to dress up homey bread pudding.

## PEACH MELBA BREAD PUDDING

One 8-ounce package cream cheese  
½ cup sugar  
4 eggs  
1 cup milk  
3 tablespoons amaretto or ¼ teaspoon almond extract  
1 teaspoon finely shredded lemon peel  
1 teaspoon vanilla  
¾ cups dry bread cubes  
One 29-ounce can peach halves  
¾ tablespoons seedless raspberry jam  
4 teaspoons sugar  
¼ teaspoon ground cinnamon  
¼ cup sliced almonds

In a mixer bowl beat cream cheese and ½ cup sugar with an electric mixer on medium speed until smooth. Add eggs; beat until blended. On low speed, beat in milk, amaretto, lemon peel and vanilla. Place bread cubes in a greased 12-by-7 ½-by-2-inch baking dish; pour egg mixture on top. Place peach halves, cut side up, on top of egg mixture. (Do not allow egg mixture to flow into center of peach halves.) Spoon 1 teaspoon jam into each peach half. Combine remaining sugar and cinnamon; sprinkle over peaches. Top with almonds. Bake in a 325-degree oven 40 to 45 minutes or until set. Cool slightly. Serve warm with Raspberry Sauce. Makes 8 servings.

RASPBERRY SAUCE: Thaw one 10-ounce package frozen red raspberries (in quick-thaw pouch). Sieve to remove seeds; discard. In a small saucepan combine 2 tablespoons sugar and 2 teaspoons cornstarch; add raspberry mixture. Cook and stir un-

til thickened and bubbly. Cook 1 minute more. Remove from heat. Stir in 1 tablespoon seedless raspberry jam and 1 teaspoon lemon juice. Makes 1 cup.

Nutrition information per serving: 430 cal., 10 g pro., 63 g carb., 17 g fat, 172 mg chol., 270 mg sodium.

# This Tex-Mex Chili is middle of the road

AP — Ground meat or cubed meat? Beef or venison? Chili powder or chili peppers? There are many kinds of chili as there are "chill-heads," the fans who have tried them all and perfected their own recipe. Here's a middle-of-the-road version, using slow, convenient crockery cooking. Set the crockpot on high heat if you will be away half a day, set on low heat for all-day cooking.

## TEX-MEX CHILI

1 pound ground beef or bulk pork sausage  
2 cloves garlic, minced  
¾ to 4 teaspoons chili powder  
¼ teaspoon ground cumin  
One 15-ounce can red kidney beans, drained  
1 cup chopped celery  
1 cup chopped onion  
½ cup chopped green pepper  
One 16-ounce can tomatoes, cut up  
One 10-ounce can tomatoes with green chili peppers  
1 cup vegetable juice cocktail or tomato juice  
One 6-ounce can tomato paste

¼ teaspoon salt  
Shredded cheddar cheese (optional)  
Dried sour cream (optional)

In a skillet cook beef or sausage and garlic until brown. Drain off fat. Stir in chili powder and cumin; cook 2 minutes more.

Meanwhile, in a 3 ½-, 4-, 5- or 6-quart crockery cooker, combine beans, celery, onion and green pepper. Add undrained tomatoes, undrained tomatoes with green chili peppers, vegetable juice cocktail or tomato juice, tomato paste and salt. Stir in meat mixture.

Cover; cook on low-heat setting for 10 to 12 hours or on high-heat setting for 4 to 5 hours. Ladle chili into soup bowls. If desired, pass shredded cheese and sour cream with chili. Makes 4 to 6 servings.

Nutrition information per serving: 460 cal., 31 g pro., 46 g carb., 18 g fat, 74 mg chol., 864 mg sodium. U.S. RDA: 44 percent vit. A, 125 percent vit. C, 40 percent thiamine, 35 percent riboflavin, 63 percent niacin, 17 percent calcium, 42 percent iron.

**ORIGINAL BULK FOODS**

West River Centre, 30050 Grand River between Orchard Lake and Middlebelt, Farmington Hills • Mon.-Sat. 10-9, Sun. 11-5  
474-1043

**WHERE BUYING A LITTLE SAVES YOU A LOT!**

**OVER 4,000 ITEMS IN STOCK**

Dried Michigan Cherries, Cranberries, Blueberries  
Large Selection of Fresh Spices at Reduced Prices  
Best Gourmet Coffee & Teas in Town  
Natural Fruit Juice Sweetened Granola (no sugar added)

California Thompson Raisins & Pitted Prunes...99¢ lb.	Select Gourmet Coffee...\$3.99 lb.
Gummi Sale: Bears...99¢ lb.	Dannon Yogurt (Reg. & 100 CAL LITE)...59¢ ea.
Dinosaurs & Worms...\$1.49 lb.	Limit 8 with additional Purchase
Yogurt Raisins or Peanuts...\$1.99 lb.	Natural California Pistachios...\$3.99 lb.
Old Fashioned Oatmeal (2 lb. limit)...59¢ lb.	Black Turtle Beans...99¢ lb.
Oat Bran...99¢ lb.	Fortune Cookies...\$1.99 lb.
Rice Bran...\$1.29 lb.	Voorman Cookies...\$1.29 lb.
Select Pasta...59¢ lb.	Select Trail Mixes...\$1.99 lb.
Jumbo Roasted Cashews...\$4.99 lb.	Chocolate Covered Peanuts...\$2.99 lb.
Cashew Pieces...\$2.99 lb.	Raisins...\$2.49 lb.

Prices & quantities subject to change without notice.

Complimentary Coupon For Your Next Purchase

**\$1 EXTRA SAVINGS**  
ON ANY \$10.00 PURCHASE  
OR MORE EXCEPT SALE ITEMS

1 Coupon Per Customer  
Expires 5-20-90

**ORIGINAL BULK FOODS**

Complimentary Coupon For Your Next Purchase

**\$2 EXTRA SAVINGS**  
ON ANY \$15.00 PURCHASE  
OR MORE EXCEPT SALE ITEMS

1 Coupon Per Customer  
Expires 5-20-90

**ORIGINAL BULK FOODS**

All specials valid at American Bulk Foods Royal Oak (4422 Woodward, S. of 14 Mile) 549-0033

**Flowers for Mother's Day**  
Sunday, May 13th  
from your local florists.

<p><b>Berkley</b> Berkley Flower Shop &amp; Greenhouse 3071 W. 12 Mile Rd. 544-4500</p>	<p><b>Birmingham</b> Moss-Lipinski Florist 151 S. Bates 646-7272 FTD All Major Credit Cards</p>	<p><b>Bloomfield Hills</b> The Bloomfield Hills Florist 1992 Woodward Ave. 335-1920 All Major Credit Cards</p>	<p><b>Livonia</b> Livonia Florist Merri-Five Plaza 422-1313 Major Credit Cards Accepted</p>	<p><b>Redford</b> Floyd's Flowers, Inc. 25096 5 Mile Rd. 535-4934 Twelve</p>
<p><b>Farmington Hills</b> Hearts and Roses, Inc. 33238 W. 12 Mile 553-7699 APS TELEFLOSA FTD</p>	<p><b>Livonia</b> Merri-Craft Florist Harrigan's Inc. 13955 Merriam Rd. FTD 427-1410 Teleflora</p>	<p><b>Livonia</b> Cardwell Florist 32109 Plymouth Rd. ½ Mile W. of Merriam 421-3567 Teleflora</p>	<p><b>Livonia</b> Plaza Florist and Gifts 32707 W. Six Mile 464-7272 Located in the Mini-Mall in Newburgh Plaza</p>	<p><b>Southfield</b> All About Flowers 20602 W. 12 Mile (E. of Northwestern Hwy.) In The Quik-Mart Plaza 464-0120 Daily Delivery, Wire Service, All Major Credit Cards</p>
<p><b>Farmington</b> McFarland's Florist &amp; Greenhouses 29815 Grand River 464-0750 Major Credit Cards</p>	<p><b>Plymouth</b> Bea's Flowers &amp; Gifts Custom Fresh &amp; Silk Floral Design Commercial Accounts Invited 42041 5 Mile Rd. 430-3300 Deliveries To All Metro Areas</p>	<p><b>Livonia</b> Bartel's Flowers 39089 Plymouth Rd. 464-1000 Charge Cards by Phone Teleflora</p>	<p><b>Plymouth</b> Flowers by Friendly Persuasions 606 N. Mille St. 453-5240 FTD</p>	<p><b>Wayne</b> Keller &amp; Stein's Flower Shop &amp; Greenhouse, Inc. 42156 Michigan Avenue 397-0800 Serving Wayne, Westland, Canton and 42 Suburbs Daily</p>
<p><b>Livonia</b> Nick Bos Florist &amp; Greenhouse 33220 W. 5 Mile Rd. 531-1674 Serving Livonia, Farmington, Dearborn and 42 Suburbs Daily</p>	<p><b>Livonia</b> Flowers from Joe's 33152 W. 7 Mile 477-8616 Fresh &amp; Silk Flowers Delivered Tropicana</p>	<p><b>Livonia</b> French's Flowers and Gifts 33885 Five Mile In the New Civic Center Plaza 427-7820 All Major Credit Cards</p>	<p><b>Livonia</b> Irish Rose Florist 33600 7 Mile Just W. of Farmington Rd. 478-5144 * Hwy Service to West &amp; East &amp; South &amp; North</p>	<p><b>Redford</b> Buzzy Bee Florists 27009 Plymouth Rd. 937-3233 Flowers for All Occasions Charge by Phone Teleflora</p>

Most of the florists feature one or more of the nationally known wire services.

*For Mother With Love*