

Upside-Down Pizza is lower in fat, calories

Recently I was talking with a friend whose children have grown up and left home. She was telling me how much she is enjoying this stage of her life and how organized her house is now.

We laughed together when she related to me that just the other day she actually felt bored. "Bored!" I cried out. "Yes, bored," she replied, as she was all caught up on her housework and couldn't quite decide what she wanted to do next. She seemed to be delighted to experience this new sensation. She had certainly logged her time in raising her own children.

At this point, having everything done, and, furthermore, having it stay that way, still seems very far off, to me. But perhaps that is one of the "sweet" parts of the bitter-sweet reality of raising children, then having them leave and go off on their own path of life.

For now, this week's Winner Dinner Winner, Carol Witte of Rochester Hills, has no room in her vocabulary for the word "bored." With two young children to care for, her life is a busy one. She volunteers her time at her church as well as for the Crisis Pregnancy Center of Rochester. A Pro-Life organization that provides help and support to single moms and teens.

WITTE AND HER husband opened their home and housed two different young women throughout their pregnancies, and found each experience to be very rewarding. Because her children are still young, Witte works for the Crisis Pregnancy Center at home, washing and storing the baby clothes which are donated to the Center and then given to mothers who need them.

Originally from Pennsylvania, Witte met her husband at the General Motors Institute in Flint, where she earned a degree in industrial engineering. Before her children were born, she worked as a computer simulation engineer but now is enjoying being a full-time homemaker. Her recipe for Upside-Down Pizza is a tasty variation of almost every child's favorite meal but is much lower in fat and calories than the

focus on wine
Eleanor and Ray Heald



Carol Beatty Witte is a full-time homemaker who never has time to be bored. Upside-Down Pizza (foreground) is served with 6-Cup Ambrosia and Oatmeal Brownies.

original.
Served with Six-Cup Ambrosia Salad, carrots and celery sticks and delicious oatmeal brownies, this is one dinner that will satisfy your family's hungry appetites.

Thank you, Carol Witte, for sharing your recipes with us and congratulations on being this week's Winner Dinner Winner. As a last note, please keep those recipes coming in. I'm especially looking for hearty stew recipes made with either chicken, veal or seafood.

Submit your recipes to be considered for publication 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.

Observer & Eccentric Winner Dinner

Menu

UPSIDE-DOWN PIZZA
SIX-CUP AMBROSIA
CARROTS AND CELERY STICKS
OATMEAL BROWNIES

Recipes

UPSIDE-DOWN PIZZA

This recipe offers a low-fat version of pizza that is quick and easy to make. It can be prepared in advance up to the point where it has to be baked, which should be done just prior to serving.
2 teaspoons vegetable oil, divided
10 ounces ground turkey
1/2 cup chopped onion
1/2 cup plus 1 tablespoon flour, divided
1 cup tomato sauce
1/2 teaspoon basil leaves
1/2 teaspoon fennel seed
1/2 teaspoon oregano
1 egg
3 ounces mozzarella cheese, shredded
1/2 cup skim milk
1/2 teaspoon salt
1 tablespoon Parmesan cheese

Heat 1/2 teaspoon oil in skillet; add turkey and onion. Using back of wooden spoon, crumble meat and cook, stirring occasionally, until onion is tender and turkey is no longer pink. Sprinkle mixture with 1 tablespoon flour and stir quickly to combine. Cook, stirring constantly, for 1 minute. Gradually stir in tomato sauce. Add basil, fennel and oregano and bring to a boil. Reduce heat and cook, stirring frequently, for 1 minute.

Preheat oven to 425 degrees. Spray a 3-quart casserole pan with non-stick cooking spray and put the turkey mixture in the pan. Sprinkle with the mozzarella cheese.

In a small mixing bowl, using an electric mixer, beat the egg. Add 1/2 cup flour and 1/2 tea-

spoon oil along with milk and salt. Continue beating until mixture is smooth. Pour the batter into the casserole pan, over the turkey mixture and cheese. Sprinkle with Parmesan cheese. Bake until it is puffed and golden, 25-30 minutes.

SIX-CUP AMBROSIA

Although this salad is best when it has had a few hours to absorb the flavors, it can be assembled and served right away.

Using "no-sugar added" cans of fruit, combine all ingredients and refrigerate until serving.
1 can mandarin oranges, 11-ounce size, drained
1 can pineapple chunks, 15-ounce size, drained
1 cup miniature marshmallows
1 cup shredded coconut
1 container plain yogurt, 8-ounce size
1 cup seedless grapes

CARROTS AND CELERY STICKS

Parse carrots and cut into sticks. Clean celery stalks and cut into sticks. Serve with seasoned salt, if desired.

OATMEAL BROWNIES

Crust:
2 1/2 cup rolled oats
1 cup flaked coconut
1/2 cup packed light brown sugar
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup melted margarine

Mix oats, coconut, sugar, soda and salt in bowl; stir in but-

Shopping List

10 ounces ground turkey
1 small onion
1 can tomato sauce
3 eggs
Shredded mozzarella cheese
Parmesan cheese
Flour
Basil leaves
Fennel seed
Oregano
Skim milk
Salt
11-ounce can mandarin oranges, sugarless
15-ounce can pineapple chunks, sugarless
1 bag miniature marshmallows
1 bag shredded coconut
1 container plain yogurt, 8-ounce size
1 small bunch seedless grapes
1 bag carrots
1 bunch celery
Rolled oats (oatmeal)
Light brown sugar
Baking soda
Margarine
2 unsweetened chocolate squares, 1 ounce squares
Sugar
Vanilla
Flour

ter. Reserve 1/2 cup of the mixture. Put oatmeal mixture in bottom of greased 13-by-9-by-2-inch baking pan. Bake at 350 degrees for 10 minutes. Cool for five minutes.

Brownies:
1/2 cup margarine
2 squares unsweetened chocolate, 1-ounce size
1 cup granulated sugar
2 eggs
1 teaspoon vanilla
1/2 cup all-purpose flour
1/2 cup oatmeal

In saucepan, melt butter and chocolate over low heat. Remove from heat. Stir in sugar. Blend in eggs, one at a time. Add vanilla. Stir in flour and oatmeal; mix well.

Cookies: Peanut Butter Goodies, Oatmeal Chewies

See Larry James' Taste Buds column on Page 1B.

PEANUT BUTTER GOODIES

Makes about 7 dozen
1/2 cup butter
1/2 cup margarine
1 cup peanut butter
1 cup firmly packed brown sugar
1 cup granulated sugar
2 eggs
1 teaspoon vanilla

3 1/2 cups all purpose flour
1 teaspoon baking soda
Granulated sugar
In a large bowl of an electric mixer, cream together butter, margarine, peanut butter, brown sugar and granulated sugar. Then beat in eggs and vanilla. In another bowl, stir together the dry ingredients and gradually add to the creamed mixture. Roll dough into 1-inch balls and

place 2 inches apart on lightly greased baking sheets. Press balls down with fork tines dipped in granulated sugar. Bake at 375 degrees for 10-12 minutes or until golden brown. Let cool on baking sheets for 1 minute, then transfer to racks to finish cooling. Store in airtight containers.

OATMEAL CHEWIES

Makes 4 1/2 dozen

1/2 cup butter
1/2 cup margarine
1 cup firmly packed brown sugar
1 cup granulated sugar
2 eggs
1 teaspoon vanilla
1 cup whole wheat flour
1 teaspoon baking soda
1/2 cup toasted wheat germ
1 teaspoon ground cinnamon
1/2 teaspoon salt
1 1/2 cups rolled oats

1 cup chopped walnuts (optional)
Granulated sugar
In a large bowl of an electric mixer, cream together the butter, margarine, brown sugar and granulated sugar until creamy. Beat in eggs and vanilla. In another bowl, stir together the dry ingredients and gradually add to the creamed mixture. Cover and refrigerate until easy to handle, at least 2 hours or up to three days. For each cookie, shape

about 1 tablespoon of dough into a ball. Place balls about 4 inches apart on a well-greased cookie sheet. Gently grease the bottom of a glass jar. For each cookie, dip glass jar into granulated sugar, then press the ball of dough with the jar to flatten about 1/4 inch thick. Bake at 375 degrees for 5-6 minutes or until lightly browned. Let cool on baking sheets for 1 minute, transfer to racks to finish cooling. Store airtight.

cooking calendar

HARVEST DAYS
Greenfield Village in Dearborn will celebrate Fall Harvest Days Friday through Sunday, Oct. 5-7. The Martinsville Cider Mill will be bustling with the pressing of sweet apples into tangy cider, available for

purchase at village food outlets. Visitors also can see apples pressed into cider by hand at Firestone Farm. Admission to Fall Harvest Days and all special weekend programs is free with general village admission. Village hours are 9 a.m. to 5 p.m.

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