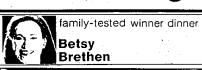
Brigitte Launce does HeartSmart cooking

The other day, I was leafing through an old cookbook that has been collecting dust on a bookshell for years. The amount of butter, sour cream and other high-cholesterol ingredients used in the many different recipes was enough to make my different recipes was enough to make my different recipes was enough to make the thrend toward eating more than the tend toward eating more and cholesterol but still realm saistlying flavor and nativition. This week's Winner Dinner Winner, Brigitte Launce of Farmington Hills, has a personal commitment to and healthy cooking. Her husband of 23 years, WJR radio personality Jimmy Launce, suffered a heart attack three years ago and had a quintuple bypass surgery. She credits his surgeon, Dr. Signey Goldstein, and the Heart and Vascular Institute at Henry Ford Hospital for sawing his. Bife. Once he recovered, they became active supporters of the Hill, as it is It stuly an organization very near and dear to their hearts. And Bob Maches, area with Ninet Ford Hospital for the Heart of heart of the heart of heart of the heart of hea

thing left about her that is German is her accent.

SHE CONSIDERS herself semi-re-tired from her modeling career but still enjoys working on a limited basis. Now a student at Oakland Community College, she is taking art classes, with the eventual goal of getting into the fashion world or per-





Farmington Hills resident Brigitte Launce prepares a meal featuring turkey steaks. Here she relaxes with family pet, Bismark.

Bismark.

haps becoming an interior designer.

Parents of three grown children and grandparents as well, the Launces have busy, Idlitting lives and continue to be grateful for continued good health and the wonderful staff at the HVI.

Thank you, Brigitte Launce, for sharing your recipes, and I hope that Att from the lieart is a huge success. As well as being food-related, this column tries to be hier-related. As we begin a new year, let us try to keep the splitt of outreach allow in our hearths and hearts and go forth and serve.

Submit your recipes, to be con-

sidered for publication in this col-nium or elsewhere, i.e. Winner Dinner, 1:0. Bur 3503, Birming-ham 48012, All submissions be-come the property of the publish-ier, Each week's winner receives an apron with the words Winner Binner Winner on it. Recipes are printed the same size so that you may clip and save them in a three-ring builder. Dea apper punct to make holes in the clipping or paste the clipping on a blank sheet of three-ring nothook paper. Another option is to sim-ply file the clippings in a folder with pockets that will hold them.

Observer & Eccentric

Winner Dinner

Recipes

FANCY TURKEY STEAKS

Low in fat and long in flavor, this delicious recipe can also be made with boneless chicken breasts or veal scallopini. It can be made aheald up until the point where it is baked, which should

be done just prior to serving. This recipe serves 4-6. pound turkey breast slices

· teaspoon pepper Boiling water

Boiling water
2 teaspoons margarine
3 package sun-dried tomatoes, 4-ounce sure
2 teaspoons olive oil
3 claves garile, crushed
1 cup chapped onion
1 cup grated carrois
2 cup white wine
21's cup's canned, peeled and
cut-up tomatos
2 teaspoons lime juice1 tablespoon cliantro
Ground pepper
21's cup's cooked rice

27's cups cooked rice % cup imitation sour cream

the crushed gartic cloves, onions and carrots in it. Add the canned and cursished ganic covers, should and carrists in it Add the cannel towards and carrists in it Add the cannel towards and whe and let the bundred cowd down Drain the sundred cowd from the sundred towards and cut them into thin steps and add them, the lime juce and the city of the sundred cowd from the sund

MIXED GREEN SALAD

Make up a mixed green salad, composed of different greens such as lettuce, spinach and red-leafed radiochio. Serve the dressing on the side.

FRESH FRUIT SALAD

Cut up different kinds of fresh fruit such as apples, oranges, kwis, graces, bannanas, pears and dates Combine them in a large bowl, and pour fresh-adveced femon or lime juice over them. Another option, for abuts only, to pour 1 cup of your choice of thut flaquer, such sold, and the such sold, and the such sold, and the such sold in this liquest for 1 hour.

Serve, 4th your choice of non-serve such sold.

Serve with your choice of non-fat cookies

Shopping List

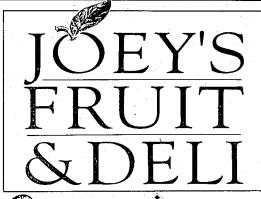
1 pound turkey slices

3-ounce size
Margarine
Olive oil
Imitation sour cream
Long grain white rice
White wine
Your choice of mixed greens
Your choice of low-cal, low-lat
salad drossing
Low-lat cookies
Apples
Kiwis
Kirkis
Kirkis
Kirkis
Kirkis
Kirkis

Pears

Pears
Dates
1 leman
1 lime
7 your choice of fruit fiqueur (optional)

Notes



Vine Ripe Tomatoes

Red Flame Imported Seedless Grapes

First of The Season! Only at Joey's California Long White Potatoes

Iceberg Lettuce

Thompson Imported Seedless **Grapes**

Fresh Cut

Broccoli

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