

Brigitte Launce does HeartSmart cooking

The other day, I was leafing through an old cookbook that has been collecting dust on a bookshelf for years. The amount of butter, sour cream and other high-cholesterol ingredients used in the many different recipes was enough to make my heart constrict just by reading them.

Today, newer cookbooks reflect the trend toward eating more healthfully, by using recipes that have edited out excess fats, sugar and cholesterol but still retain satisfying flavor and nutrition. This week's Winner Dinner Winner, Brigitte Launce of Farmington Hills, has a personal commitment to and healthy cooking. Her husband of 23 years, WJRT radio personality Jimmy Launce, suffered a heart attack three years ago and had a quintuple bypass surgery. She credits his surgeon, Dr. Sidney Goldstein, and the Heart and Vascular Institute at Henry Ford Hospital for saving his life. Once he recovered, they became active supporters of the HVI, as it is truly an organization very near and dear to their hearts.

Together they, along with Nina and Bob Machus, are co-chairing Art from the Heart, a fundraiser put on by the HVI to help raise funds for the Community Cholesterol Control Program at Henry Ford Hospital. It will be held Monday, Feb. 4, at the Machus Sly Fox restaurant in Birmingham. From 7-10 p.m., HeartSmart hors d'oeuvres and desserts will be served during an auction of original art and other items. If you are interested in attending, please call 876-2727 for tickets and information by Wednesday, Jan. 30.

Originally from Frankfurt, Germany, Brigitte Launce came to the United States 25 years ago, planning to work as a model and stay only one year. Her plans changed when she met Jimmy Launce, and now that she has become an American citizen, she jokingly admits that the only thing left about her that is German is her accent.

SHE CONSIDERS herself semi-retired 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-



family-tested winner dinner

Betsy Brethen



SHARON LE MEUX/staff photographer

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

haps becoming an interior designer. Parents of three grown children and grandparents as well, the Launces have busy, fulfilling 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 Art from the Heart is a huge success.

As well as being food-related, this column tries to be life-related. As we begin a new year, let us try to keep the spirit of outreach alive in our hearts and hearts and go forth and serve.

Submit your recipes, to be con-

sidered 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

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 ahead up until the point where it is baked, which should be done just prior to serving. This recipe serves 4-6.

1 pound turkey breast slices
1/2 cup flour
1/2 teaspoon paprika
1/2 teaspoon salt
1/2 teaspoon pepper
Boiling water
2 teaspoons margarine
1/2 package sun-dried tomatoes, 3-ounce size
2 teaspoons olive oil
3 cloves garlic, crushed
1 cup chopped onion
1 cup grated carrots
1/2 cup white wine
2 1/2 cups canned, peeled and cut-up tomatoes
2 teaspoons lime juice
1 tablespoon cilantro
Ground pepper
2 1/2 cups cooked rice
1/2 cup imitation sour cream

Flatten each turkey slice between waxed paper by pounding it with the edge of a saucer or the middle part of a rolling pin. Combine the flour, paprika, salt and pepper. Rinse off each of the slices in water and dredge in the flour mixture. Refrigerate them for 30 minutes. Pour boiling water over the sun-dried tomatoes. Set them aside and let them soak for a few minutes. Heat the margarine and the olive oil in a pan and saute

the crushed garlic cloves, onions and carrots in it. Add the canned tomatoes and wine and let the mixture cook down. Drain the sun-dried tomatoes and cut them into thin strips and add them, the lime juice and the cilantro to the other ingredients. Allow to simmer gently for a few minutes. In another pan, sear the turkey slices till browned on both sides. Arrange the steaks in a baking dish in a single layer. Pour the prepared sauce over the meat and cover it with foil. Bake for 20 minutes in a preheated 350-degree oven. When ready to serve, arrange the steaks over the rice and garnish with a dollop of imitation sour cream.

MIXED GREEN SALAD

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

FRESH FRUIT SALAD

Cut up different kinds of fresh fruit such as apples, oranges, kiwis, grapes, bananas, pears and dates. Combine them in a large bowl and pour fresh-squeezed lemon or lime juice over them. Another option, for adults only, is to pour 1 cup of your choice of fruit liqueur, such as Triple Sec, banana, raspberry or whatever you would prefer. Allow the fruit to soak in this liqueur for 1 hour. Serve with your choice of non-fat cookies.

Shopping List

1 pound turkey slices
Flour
Paprika
Salt
Pepper
Fresh garlic
Onions
Carrots
1 can peeled tomatoes, 28-ounce size
Cilantro
1 package sun-dried tomatoes, 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-fat salad dressing
Low-fat cookies
Apples
Oranges
Kiwis
Grapes
Bananas
Pears
Dates
Lemon
Lime
Your choice of fruit liqueur (optional)

Notes

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