ict a disciplat and cook for 1, team at 350 degrees. On it a crokeput from tuned ipvale the ingredient in a large white and similar for 11, 2 hours, it neces-lates and all the nore hyposoce in order to present graphs.

Function gives there it, done it sever will delet by unitarily. Serve them with a chort of your favor that unitarity discontinuous.

cup flour
 2-3 tablespoons sugar
 tablespoon constarch
 tablespoons vegetable on

1 egg white 1-2 tablespoons water 8 small strips of paper with for-tunes written on them

Healthy meal centers around Teriyaki Steak

With Valentine's Day coming up, thoughts turn to affairs of the heart. It is always fun to remember loved ones with cards and little treats. This week's Winner Dinner will help you ofter them healthy fare for their hearts as well. Planned by Linda Millard of Livona. The meaning the property of the pro

Thanned by Linda Millard of Livoman the beam features recipes for
spinich salad, millard steak and
rece, and hole millard steak and
rece, and hole millard steak and
iter ship. Millard recently became
registered as a diretion, She is very
warre of the importance of eating
healthy, well-balanced meals, and
the men she submitted is low in fat,
calories and sodium.
Married for three years, Millard
works at St. Mary's Bospital in Livonia as an assistant deletion. She
loves her job and especially enjoys
interacting with the patients, offering them advice and helping them
mitth any food-related problems they
may have
When not working, Millard loves
When not working, Millard loves

ing them advice and helping them with any food-related problems they may have. When not working, Millard loves to sew and do cross-stitch. She also loves to cook and always makes a point of garnishing plates, using whatever frusts and vegetables she might have on hand. Millard healthed with her menu and recipes a list of some dietary guidelines for Americans. They are as follows:

Eat a variety of food.

Millard healthy weight.

Choose a diet low in saturated Lat and holesterol.

Lat such as the low in saturated Lat and holesterol.

Lat such as the latter with plenty of frust, vegetables and grain products.

Live sugars only in moderation in moderation.

- If you drink alcoholic bever-ages, do so in moderation

ages, do so in moderation. The following saying is one she keeps in mind when dealing with others It is particularly relevant with Valentine's Day just around the correct of the form the heart are never longosten. They are merely left in the hearts of others."

Thank you, Linda Millard, for sharing your tasty and nutritions receipes with us, and congratulations on

llonchelle

· Swiss Chocolate Truffles · French Bakery

family-tested winner dinner Betsy Brethen



Linda Millard of Livonia, a regist meals that are good for your heart.

being this week's Winner Dinner Winner. Until next week, all the best In the spirit of St. Valentine, I look for-ward to receiving more heart-healtly menus.

Author from the first of the con-sulered for publication in this of-ution or elsewhere, to Winner Dinner, P.O. Box 3503 Berning-born 4802, All submissions be-come the property of the publish-

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Observer & Eccentric

Winner Dinner

Menu

ORIENTAL SALAD TERIYAKI STEAK AND RICE FORTUNE COOKIES AND SORBET

Recipes

- 4 cups fresh spinach 1 can mandarin oranges, drained, 8-ounce size 1 cup slivered almonds 1 sweet red pepper, cut into strips Sliced water chestnuts (option-al)

Combine the ingredients and duster exemply data. A logistrate round platfol to the transfer for the control of the control of

TERIYAKI STEAK AND BICE

Although this recipe loses the division may use poneless of series of terry present meat the division of terry present meat in the control of terry properties to such an observation of the properties of the application of

- 1 pound lean round steak selon, trimined of all fat 1 teuspoon ground ginger 1/2 teuspoons sugar 1/4 teuspoons sugar teuspoon garilic pswder 4 teuspoon garilic pswder 4 teuspoons garilic pswder 4 teuspoons garilic pswder 4 teuspoons despread teuspoons garilic pswder 4 teuspoons despread teuspoons garilic pswder 4 teuspoons g
- icut choice of vegetables

bag fresh spinach
 can mandarin oranges, 8ounce size
Silvered almonds

Shopping List

1 sweet red pepper Sliced water chestnuts, option-

al
1 bottle Kraft "Free" Catalina
salad dressing
1 pound lean round steak or
sirloin

Ground ginger

Sugar Vegetable oil Low-sodium soy sauce Fresh or powdered garlic

Rice Your choice of vegetables: onion, celery, green pepper, broccolingea pods our

1 egg 8 strips of paper Your choice of fruit-flavored sorbet

Notes

Where in the world can you read about your own ticmetown? In the Observer & Eccentric



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