

Chicken and rice dish fits a complicated life

Although this is primarily a cooking column, devoted to the dispensing of family-tested dinners, there are times when a winner dinner winner shares experiences with me that I mentally file away under the category of Recipes for Life.

This week's Winner Dinner Winner, Elaine Hersh of West Bloomfield, recently retired after working 31 1/2 years as a reading specialist. The dictionary defines the word "retirement" as a time of withdrawing or going away to a place of abode, shelter or seclusion.

But this week's Winner Dinner Winner, Elaine Hersh, has tossed that stuffy old definition out the window and has come up with her own recipe for retirement that includes ingredients like exploration, study, volunteer work and fun. She is bursting forth, doing all the things she never had time to do during the many years she worked.

Because of their work schedules, Hersh and her husband had never been away for more than a week a year during their marriage. Last summer, they pulled out an Atlas and made a list of all the places they wanted to visit. They took off in August, heading west, and were gone for six weeks, visiting many National Parks and traveling more than 8,500 miles.

NOW PLANNING to do some volunteer work and help out at a nearby elementary school, she is also looking forward to learning sign language and Spanish as well as folk dancing.

As for cooking, her requirement that recipes be fast, easy and uncomplicated is exactly the same as it used to be when she was raising her four children and working first part time and then full time. The recipes she submitted for Sherry Chicken and Rice, Zucchini Parmesan, Cranberry Jell-O and "Hello Dolly" Cake fit the bill and will surely be well-received by you and your family.

Thank you, Elaine Hersh, for sharing your delicious recipes with us and congratulations on being this



family-tested winner dinner
Betsy Brethen



Elaine Hersh and her 6-year-old granddaughter Michelle Hersh are shown with Hersh's Winner Dinner of Sherry Chicken and Rice, Zucchini Parmesan, Cranberry Jell-O and "Hello Dolly" Cake.

week's Winner Dinner Winner. All the best to you and your family and I wish you much happiness in your retirement.

And speaking of retirement, I might have to take an early one if more winner dinners aren't sent in. Actually, I'm just kidding; however, it would be most appreciated if more of you could take a few minutes to

put your family's favorite menu and recipes down. I am especially looking for good stir fry and/or heart-healthy dinners.

Submit your recipes to be considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 3503, Birmingham, MI 48012. All submissions become the property of the publisher.

Observer & Eccentric Winner Dinner

Recipes

SHERRY CHICKEN AND RICE
Quick and easy, this dish can be assembled in minutes and be ready to be served in less than an hour. As a point of interest, Campbell's Soup has come out with a low-sodium version of their Cream of Mushroom soup. This recipe serves four.

- 1 1/4 cup raw rice
- 1 can cream of mushroom soup, 10% ounce size
- 1 can cream of chicken soup, 10% ounce size
- 4-6 chicken breasts, boned and skinned
- 1/4 cup sherry

Place the rice on the bottom of a 9x13 baking dish. Mix the soups and sherry together and spread over the rice, keeping a small amount out for the topping. Place the chicken in one layer on top of the rice and soup. Spread the rest of the soup mixture over the chicken. Garnish with Parmesan cheese and sliced almonds and bake uncovered at 350 degrees for 40-45 minutes.

or
Place, covered, in a microwave oven for about 20 minutes and cook on high. Remove the cover and sprinkle Parmesan cheese and sliced almonds on the top. Continue microwaving for about 10 minutes longer.

- ZUCCHINI PARMESAN**
- 1-2 onions, sliced
- 4 zucchini, sliced
- 1/2 cup Parmesan cheese
- 1/4 teaspoon pepper

Microwave the sliced onions until soft. Add the zucchini that have been washed and sliced. Cook together in a microwave

for a few more minutes. Add the grated Parmesan cheese and the pepper. Toss lightly to coat well. This recipe serves four.

or
Combine the ingredients and saute in a tablespoon of butter or margarine until all vegetables are tender.

- CRANBERRY JELL-O**
- 2 packages low-calorie, red Jell-O, 0.3 ounce size
- 1 can low-calorie whole cranberry sauce, 16-ounce size
- 1 can crushed pineapple, 16-ounce size

In a pretty serving bowl, disperse the Jell-O in two cups of boiling water. Add 1 cup of pineapple juice that was drained from the can of crushed pineapple. Next, stir in the crushed pineapple and refrigerate until firm. This recipe serves 10-12 and may be cut in half to serve 4-6.

"HELLO DOLLY" CAKE
You will be glad to have this recipe as it is easy to make and results in the most delicious bar cookies.

- 1/2 pound butter or margarine
- 1 cup graham cracker crumbs
- 1 cup flaked coconut
- 1 cup chocolate chips
- 1 cup chopped nuts
- 1 can sweetened condensed milk, 15-ounce size

Melt the butter or margarine in a 9x9x2 greased pan. Sprinkle in a layer of crumbs, coconut, chocolate chips and nuts. Pour condensed milk over all and bake at 350 degrees for 30 minutes. Allow to cool and cut into bar cookies or serve as cake.

Shopping List

- Rice
- 1 can Cream of Mushroom soup, 10% ounce size
- 1 can Cream of Chicken soup, 10% ounce size
- 4-6 chicken breasts, boned and skinned
- 1/4 cup sherry
- Parmesan cheese
- Sliced almonds
- 1-2 onions
- 4 zucchini
- Pepper
- 2 packages low-calorie red Jell-O, 0.3-ounce size
- 1 can low-calorie whole cranberry sauce, 16-ounce size
- 1 can crushed pineapple, 16-ounce size
- Butter or margarine
- Graham cracker crumbs
- Coconut
- Chocolate chips
- Chopped nuts
- 1 can sweetened, condensed milk, 15-ounce size

Notes

clarification

Recipes with the story on chocolate chip cookies in Taste on March 11 should have included the following:

The recipe for Triple-Chocolate Chunk Cookies should have listed one-half teaspoon salt as one of the ingredients. After the directions on beating in the eggs, vanilla and coffee, it should have read: On low speed gradually blend in flour mixture until incorporated.

In the recipe for Peanut Butter Chip Cookies, following the directions on creaming ingredients in a mixer bowl, it should have read: On low speed, gradually blend in flour mixture.

Three-Fruit Haroseth popular for Passover

AP—Throughout the Passover season, some Jewish-American families serve haroseth (hah-ROW-eth) for breakfast, lunch and snacks. Although the recipe for this jam-like confection of fruit, nuts, liquor and spice varies from family to family, all versions are deliciously sweet. Haroseth is usually served on matzo, an unleavened bread. The Passover tradition may be extended by serving haroseth with muffins, bagels, toast or crackers.

- THREE-FRUIT HAROSETH**
- 1 medium pear, cored and cut up
- 1 medium apple, cored and cut up
- 1 banana, sliced

- 1/2 cup chopped walnuts
- 2 tablespoons orange marmalade
- 2 tablespoons brandy
- 2 teaspoons lemon juice
- 1/4 teaspoon ground cinnamon

In a blender container or food processor bowl combine pear, apple, banana, walnuts, marmalade, brandy, lemon juice and cinnamon. Cover and blend or process until combined. Cover and chill for up to 2 weeks. Serve with matzo, muffins, bagels, toast or crackers. Makes 1 1/2 cups. Nutrition information per 2 tablespoons: 46 cal. (20 percent calories from fat), 1 g fat, 0 mg chol., 0 g pro., 8 g carb., 1 g dietary fiber.

cooking calendar

WINE CLASS
Introduction to Wine Appreciation will be taught by Marc Jonna and Joe Burno of the Merchant of Vino 7:30-10 p.m. Wednesday, April 17, at the Community House in Birmingham.

ham. For more information call 644-5832. The course fee is \$22.

FRAN ORRIS'S

Maryland CRABHOUSE

SPECIALIZING IN Maryland Blue Crabs

Live Maryland Blue Crabs Flown in Daily

Gulf Crabs Softshell Crabs
Stone Crab Claws Softshell Crabs
Maryland Crab Cakes

621 S. Opdyke
Auburn Hills, MI
across from Auburn Pontiac
(313) 332-7744

GET OUT OF THE DARK.

Consumer Information Center
Dept. 10, Pueblo, Colorado 81004

Easter Chocolate Delights...

- Personalized Eggs
- Lattice Baskets
- Bunnies
- Foiled Eggs
- Truffles

All available in Milk, Dark or White Chocolate

• Tortes • Cheesecakes • Pastries

Located in the
Laurel Commons Shopping Center

**37120 W. 6 Mile
LIVONIA
464-8170**

Tues.-Fri. 8-6; Sat. 9-5

IT'S A FAMILY AFFAIR

HOLY NAME WOMEN'S COUNCIL presents

LUNCHEON, FASHION SHOW & SILENT AUCTION

commented by Colleen Burcgr **Q95 FM**

Saturday, April 13, 1991 • 11:00 am • Troy Marriott Big Room 61425

Fashions by:
Kathryn Scott
Claymore Shops
Pea In The Pod
Parsons Children Shop

Donations '23
for information and reservations
Karen Coan
258-5250

Proceeds will lend support to the activities which help serve the spiritual, educational, social & financial needs of the Parish.

Lemon Loaf
A Healthy Heart Recipe

Grated rind & juice of 1 fresh lemon, separated
1/4 c. BIG CHIEF SUGAR
1/2 c. polyunsaturated margarine
1 c. BIG CHIEF SUGAR

4 egg whites or 1/2 c. egg substitute
1 1/2 c. flour
1/2 c. skim or low fat milk
1/2 c. chopped nuts, optional

Preheat oven to 350°. Lightly grease and flour a 9 x 5 x 2 3/4 inch loaf pan. Combine lemon juice plus 1/4 cup BIG CHIEF SUGAR, stir to blend; set aside. Cream margarine plus 1 cup BIG CHIEF SUGAR. Add egg whites or substitute, one at a time, beating well after each until mixture is light and fluffy. Add grated lemon rind. Combine flour and baking powder. Add alternately with milk to creamed mixture, blend well; stir in nuts if desired. Spread evenly in prepared pan. Bake for one hour. Cool in pan five minutes; remove and cool on a wire rack 15 minutes. Bake warm loaf with lemon and sugar glaze. Cut into 12, 3/4 inch slices.

205 Calories 8 grams Fat 12 grams Cholesterol 145 mg. Sodium

* note recipe was calculated using skim milk, egg whites and without nuts. The total calorie and fat content would be higher using alternative ingredients.

ANY COMMENTS...Write Sandy, P.O. Box 716, Freeland, MI 48623

Villeroy & Boch
FACTORY OUTLET

SAVE up to 40% everyday
on largest selection of Villeroy & Boch Patterns

Petite Fleur
Amapola
Siena

Manoir
Botanica
Riviera

Mariposa
Melina
Basket

Albertina
Delia
Naif

and many more famous patterns...
(All patterns are 2nd Quality)

Beat the April Price Increase!

HEMINGTON, NJ
Tabletop Village
111 Broad Street
(609) 225-3221

NORWALK, CT
75 Main Street
(203) 817-5299

KITTERY, ME
Rt. 1
200 S. Main St.
(603) 424-2200

ORLANDO, FL
Quality Outlet Center
P.O. Box 100
(407) 222-6622

ALL STORES OPEN 7 DAYS

LANCASTER, PA
Quality Center
(717) 292-5258

WILLIAMSBURG, VA
Patrol Plaza
5014 J. Lee Blvd.
(804) 663-3200

IRVINGTON, NJ
Village Shops
(908) 871-1111

PHONE ORDERS WELCOME

MasterCard VISA

Clip this coupon, redeem at your nearest outlet and save an additional 10%. Not valid with any other offer.