

Growing boys thrive on nutritious meals

After the birth of our third son, an old friend called me and said, "You know, Betsy, there is a special place in heaven reserved for mothers of all boys."

Of course, at that time, I had no idea, not even a clue, for what was in store for me.

But now, as our three boys are getting older and entering their teenage years and adolescence, I am beginning to understand what she meant.

I would hazard a guess that the special place in heaven she referred to is probably extremely well-padded.

THIS WEEK'S Winner Dinner Winner, Barbara Manchin of Southfield, is also the mother of three boys. Her oldest son is in college. Her two younger boys are in high school and very sports-minded.

The boys are involved in water polo, cross country running and now baseball. Manchin and her husband have actively supported their boys and cheered them on at the many games, meets and matches they have participated in throughout the years.

On the home front, Manchin has learned that growing boys need to eat — her sons are more than 6 feet tall — and as a result has strived to prepare meals that are nourishing and easy to make, keep well and can be reheated.

She recently submitted a menu for Oven Swiss Steak, served over rice, noodles or mashed potatoes, Cole Slaw and Apple Crisp that is a guaranteed winner with her family.

WHEN HER BOYS were younger, Manchin stayed involved with their schools by being an active volunteer. As they got older she began working part-time as a secretary and also worked as a substitute teacher for Birmingham schools.

She recently broke her arm while ice skating, but has used the time well while her arm heals. She has been studying medical terminology with the goal in mind of becoming a secretary in the medical field.

A member of St. Ives Church in



family-tested winner dinner

Betsy Brethen



Barbara Manchin of Southfield fixes a hearty meal featuring Oven Swiss Steak.

Southfield. Manchin sings in the choir and has co-chaired various community and intercity outreach efforts undertaken by her church, including helping to provide, prepare and serve meals to the needy at St. Patrick's Church in Detroit.

In her spare time, she enjoys knitting and reading, and is looking forward to going to Manistee Lake this summer with seven other families

and their children.

THANK YOU, Barbara Manchin, for sharing your great-tasting menu with us, and congratulations on being this week's Winner Dinner Winner.

Until next week, all the best and, please, keep those Winner Dinners rolling in. I am especially looking for recipes for heart-healthy stir fry dinners.

Observer & Eccentric Winner Dinner

Recipes

OVEN SWISS STEAK

This dish can be quickly and easily assembled in advance and refrigerated. As another option, if your oven is equipped with a "Time Bake" feature, place the dish in the oven and adjust the timer so that when you return home from work or errands your dinner will be bubbling away and ready to eat. It can easily be reheated for those who return home after the dinner hour.

If you prefer to have your vegetables less cooked, simply cook the meat by itself for 1 hour and then add the remaining ingredients.

Prepare either noodles, rice or mashed potatoes to go with this entree. This recipe serves 4-6.

2 pounds round steak, trimmed of fat and cut into serving pieces
1/2 pound sliced mushrooms
1 green pepper, sliced into rings
1 pound can tomatoes, drained and chopped

1-2 onions, sliced into rings
1/2 teaspoon seasoned salt
Pepper to taste
1/2 cup juice from canned tomatoes

1 tablespoon A-1 Steak Sauce
1 tablespoon cornstarch
Large piece of heavy-duty aluminum foil (20-inch width)

Place the foil in a 9-by-13-inch pan. Arrange the meat slice on the foil. Place the vegetables and the seasonings on the meat. Mix the tomato juice, steak sauce and cornstarch and pour over the meat. Bring the foil up

and double fold the edges so that the meat is tightly sealed. Bake for 2 hours at 325 degrees. Roll back the foil and sprinkle with fresh parsley, if desired. Serve over rice, noodles or mashed potatoes. This recipe can easily be increased.

COLE SLAW

Finely slice some fresh cabbage. Add grated carrot, green pepper and onion, if desired. About 10 minutes before serving, add as much of the following dressing as desired.

4 tablespoons sugar
2 teaspoons salt
6 tablespoons vinegar
4 tablespoons oil

Combine the above ingredients in a jar with a lid. Shake the jar well and keep the dressing stored in the jar.

APPLE CRISP

This dessert is always good, regardless of the season.

Peel and slice the apples and place them in a greased 7-by-9-inch pan. Tart apples are best to use. Fill the pan so that it is half-filled with the apples. Add 1/2 cup water to the apples.

Cut the following together and sprinkle it on top of the apples.

1/2 cup margarine
1 1/2 cup flour
2-3 teaspoons cinnamon
1/2 cup sugar

Bake at 375 degrees for 45 minutes.

Shopping List

2 pounds round steak, trimmed of fat
1/2 pound fresh mushrooms
2 green pepper
1 pound can tomatoes
1-2 onions
Seasoning salt
Pepper
A-1 Steak Sauce
Cornstarch
Heavy-duty aluminum foil
Your choice of rice, noodles or mashed potatoes
1 head of cabbage
1 carrot
Green onions
Sugar
Salt
Vinegar
Oil
6-8 tart apples
Margarine
Cinnamon
Flour

Notes

Phyllo dough used as baking shortcut

AP - Making a great pastry dessert needn't mean spending all afternoon in the kitchen. You can use phyllo dough as a baking shortcut. Not only does phyllo produce flaky crusts like magic, but it can also reduce calories, too — down to 83 calories per serving for this strudel.

Phyllo (FEE-lo), also spelled filo, comes in thin sheets and is used in traditional Greek dishes such as baklava. You can buy it in the freezer section of many supermarkets.

To use phyllo, you layer several sheets together, brushing each sheet with melted margarine or butter as you stack the phyllo. While you're working, be sure to cover the unbaked sheets with a slightly damp towel to keep them from drying out.

LIGHTER APPLE STRUDEL

2 tablespoons sugar
2 tablespoons brown sugar
1 teaspoon ground cinnamon
4 medium cooking apples, peeled, cored and thinly sliced (4 cups)
1 tablespoon lemon juice
12 sheets frozen phyllo dough (17-by-12-inch rectangles), thawed
1/2 cup margarine or butter, melted

In a small bowl stir together sugar, brown sugar and cinnamon, set aside. Sprinkle apples with lemon juice; set aside.

On a sheet of waxed paper brush one phyllo sheet with some of the melted margarine or butter. (Cover remaining phyllo sheets with a damp towel.) Top with another phyllo sheet, brush with margarine. Repeat stacking and brushing with 4 more sheets to make 6 layers of phyllo.

Place apples in a 2-inch-wide strip along one long edge of each phyllo stack, leaving 2 inches at short sides. Sprinkle with the sugar mixture. Fold in 2 inches along short sides, roll up tightly, beginning from long side with apples. Place, seam side down, on a greased 15-by-10-by-1-inch baking pan.

Brush rolls with margarine. Bake in a 350-degree oven for 30 to 35 minutes. Cool slightly, loosen from pan. Cool in pan on a wire rack. Slice to serve. Makes 16 servings.

Nutrition information per serving: 83 cal., 143 percent calories from fat, 4 g fat, 0 mg chol., 1 g pro., 12 g carb., 1 g dietary fiber, 87 mg sodium.

Start brunch dish the night before

Trying to get the gang together but having trouble juggling schedules? Invite everyone for a weekend brunch, since mornings often aren't so planned. You won't have to wake up at dawn because you assemble this dish the evening before and chill it overnight. In the morning, when breakfast is baking, heat up some purchased rolls, cut up some fruit, and put on the coffee.

TURKEY-ASPARAGUS BRUNCH BAKE

1 pound fresh asparagus, or one 10-ounce package frozen cut asparagus, or one 10-ounce package frozen cut broccoli
1 pound ground raw turkey
1 cup chopped onion
1/2 cup chopped red or green sweet pepper
8 eggs
2 cups milk
1 cup all-purpose flour
1/4 cup grated Parmesan cheese
1 teaspoon lemon pepper
1/2 teaspoon salt
1/2 teaspoon dried tarragon, crushed
Non-stick spray coating
1 cup shredded Swiss cheese (4 ounces)

To cook fresh asparagus, wash and scrape off scales. Break off woody bases where spears start easily. Reserve a few spears for garnish, if desired. Cut remaining asparagus into 1 1/2-inch pieces. Cook, reserving spears and pieces, covered, in a small amount of boiling water for 7 to 9 minutes or until crisp-tender. (Or, follow package directions for cooking frozen asparagus or broccoli.) Drain, set aside.

In a large skillet cook turkey, onion and pepper until vegetables are just tender and turkey is no longer pink. Remove from heat, drain, set aside.

In a large mixing bowl beat eggs. Add milk, flour, Parmesan cheese, lemon pepper, salt and tarragon, beat until smooth with a rotary beater. (Or, combine eggs, milk, flour, Parmesan cheese, lemon pepper, salt and tarragon in a blender container, cover and blend for 20 seconds.)

Spray bottom and sides of a 13-by-9-by-2-inch baking dish with non-stick spray coating. Arrange meat mixture in dish, top with cooked cut asparagus and cover and chill. Cover and chill egg mixture separately.

To bake, stir egg mixture well and pour over turkey mixture. Bake, uncovered, in a 425-degree oven about 30 minutes or until a knife inserted near the center comes out clean. Top with cheese, bake for 3 to 5 minutes longer or until melted. If desired, top with reserved steamed asparagus spears. Serve immediately. Makes 10 servings.

Nutrition information per serving: 263 cal. (38 percent calories from fat), 11 g fat, 268 mg chol., 23 g pro., 16 g carb., 1 g dietary fiber, 403 mg sodium. U.S. RDA: 25 percent calcium, 14 percent iron, 16 percent vitamin A, 24 percent vit. C, 14 percent thiamine, 25 percent riboflavin, 15 percent niacin.

cooking calendar

FINALIST COMPETES

Eleanor Froelich of Rochester is one of nine finalists in the Michigan Beef Cook-Off on Saturday at the Meridian Mall in Okemos. The \$500 grand prize will be awarded at 4 p.m. The winner will represent Michigan at the National Beef Cook-Off in Colorado Springs, Colo., where the top prize is \$15,000.

PLAN AHEAD

Learn how to make ahead, bake ahead and freeze ahead — everything from soup to nuts — at 7 p.m.

Monday, May 6 and 13, at the Southfield Art Center. Class fee is \$25 for two weeks, \$15 for one week. For more information call 354-4717.

RECIPE CONTEST

Your original recipe could win a Grand Prize of a trip for two to San Francisco and Wine Country California. The contest is co-sponsored by the London Chop House in Detroit and Northwest Airlines. Entries are due Wednesday, May 1, and finals will be held Sunday, June 2, at the Chop. For more information call 962-0277.

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