

Their lifestyles, meals change through years

The seasons of life are as full of change and transition as are the seasons of the year. All these seasons bring their own personality with them that entails certain adjustments be made.

Take, for example, the case of this week's Winner Dinner Winners, Chris Lamarche and Cathie Pollock, both of Bloomfield Hills. Both have spent many years at home raising their children. Now, one by one their children have gone off on their own, leaving these women "home alone" with their husbands for the first time in years.

Clearly, life has entered a new phase for them and they both agree that one of the areas where they have had to make the most adjustment is in the kitchen. With more time now to develop their own interests, hearty home cooking has been put on the back burner as they prefer to prepare meals that are heart-healthy and require little time to make.

Both are acknowledged good cooks by their friends and families. The two women put their heads together and recently submitted a menu that tastes great and fits in well with this stage of their lives. Featuring recipes for chicken breasts with garlic and balsamic vinegar, baked herbed tomatoes, freezer slaw and baked apples, this is a flavorful menu that is extremely low in fat and calories and is easy to make.

MARRIED AND the mother of three grown children, Chris Lamarche grew up in Bloomfield Hills. She works part-time for Professional Travel in Madison Heights, a job she is well-suited for as she loves to travel. She finds great happiness outdoors, loves to play bridge and cities being with her friends as her favorite hobby.

Important and special to her, she enjoys inviting friends for dinner and isn't afraid to try new recipes. With her children for the most part off of their own, Lamarche appreciates the increased flexibility and time she now has to pursue and develop her own interests.

Cathie Pollock is married and the



family-tested winner dinner

Betsy Brethen



JERRY ZOLYNSKY/Staff photographer

Chris Lamarche (left) and Cathie Pollock, both of Bloomfield Hills, together came up with this week's Winner Dinner.

mother of two grown children. Originally from East Lansing, Pollock has lived in Bloomfield Hills for more than 22 years. The chicken recipe she submitted is a family favorite, so much so that her daughter recently entered it in a food service contest held among the dormitories at Williams College in Williamstown, Mass. The recipe was selected as the big winner and was prepared in all the dorms for a special dinner for all the students in April.

Pollock co-chaired the Preview Party for the Community House An-

nual Show a few weeks ago and is active in the Altar Guild at Christ Church Cranbrook and at the Village Club in Bloomfield Hills. Gardening, reading and golf are her hobbies and she, too, enjoys entertaining friends at home.

Submit your recipes, to be considered 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.

Observer & Eccentric Winner Dinner

Recipes

CHICKEN BREASTS WITH GARLIC AND BALSAMIC VINEGAR

Low in fat and calories, this chicken recipe is quick and easy to make and loaded with flavor. It can be made in advance and then reheated just prior to serving.

Balsamic vinegar, the ingredient that gives the sauce its particular flavor, is made from Trebbiano grape juice and gets its dark color and pungent, cherry-like taste from years of aging in barrels of various woods and graduated sizes. This recipe serves 4.

4 skinless, boneless chicken breasts, halved, about 1½ pounds in all
Salt and freshly ground pepper to taste

¾ pound small-to-medium-sized mushrooms
2 tablespoons flour
2 tablespoons olive oil
3 cloves or more of crushed garlic, depending on your taste
¼ cup balsamic vinegar
¼ cup fresh or canned chicken broth
1 bay leaf
½ teaspoon minced fresh thyme or ¼ teaspoon dried

If the chicken breasts are connected, separate the fillets and cut away any membranes of fat. Sprinkle with salt and pepper. Rinse the mushrooms, drain and pat dry. Season the flour with salt and pepper and dredge the chicken breasts in the mixture. Shake off the excess. Heat the oil in a heavy skillet over medium-high heat and cook the chicken breasts until nicely browned on 1 side, about 3 min-

utes. Add the garlic cloves.

Turn the chicken pieces and scatter the mushrooms over them. Continue cooking, shaking the skillet and redistributing the mushrooms so that they cook evenly. Cook about 3 minutes and add the vinegar, broth, bay leaf and thyme. Cover lightly and cook over medium-low heat for 10 minutes. Turn the pieces occasionally as they cook. Transfer the chicken to a warm serving platter and cover with foil. Cook the sauce with the mushrooms, uncovered, over medium-high heat for about 7 minutes. Swirl in the butter. Discard the bay leaf. Pour the mushrooms and sauce over the chicken and serve with noodles.

If you wish to make more sauce, double the recipe, using only ½ cup of balsamic vinegar rather than ¼ cup.

FREEZER SLAW

¼ cup water
¼ cup vinegar
¼ cup sugar
¼ teaspoon mustard seeds
¼ teaspoon celery seeds
3 cups shredded cabbage
1½ cup shredded Chinese cabbage
½ cup shredded carrot

Combine the first 5 ingredients in a small sauce pan, bring to a boil, stirring occasionally. Boil 1 minute. Cool to room temperature.

Combine cabbages and carrot. Add vinegar mixture, toss well. Spoon into two 1-pint freezer containers, leaving ½ inch headspace. Cover and freeze up to 1 month. Makes 4 cups of slaw. 39 calories per ½-cup serving.

BAKED APPLES

4 medium apples, cored
¼ cup sugar or brown sugar
Butter or margarine

Slice a thin circle of peel from the top of each apple. Arrange apples in a 9-by-2-inch round dish. Spoon 1 tablespoon of sugar into each apple cavity. Place a small piece of butter on each apple, if desired. Cover with plastic wrap.

Cook in a microwave oven, covered, on full power for 3 to 4 minutes, or until the apples are tender. Let the apples stand for a few minutes before serving. Apples may be filled with mince, whole cranberry sauce, red hot candies or raisins or nuts, if desired. Increase cooking time by 1 to 2 minutes.

If a conventional oven is used, cook the apples at 375 degrees for 40 to 50 minutes or until the apples are tender but not mushy.

BAKED HERBED TOMATOES

3 medium tomatoes, halved crosswise
1 tablespoon Dijon mustard
¼ teaspoon dried whole oregano
3 tablespoons fine, dry breadcrumbs
3 tablespoons minced fresh parsley
1½ tablespoons reduced-calorie margarine, melted

Place tomatoes, cut side up, in an 11-by-7-by-2-inch baking dish. Spread cut sides of tomatoes with mustard, sprinkle with oregano. Combine breadcrumbs and parsley, sprinkle evenly over tomatoes. Drizzle with margarine. Bake at 350 degrees for 12 to 15 minutes or until tomatoes are thoroughly heated. Serves 6. 40 calories per serving.

La Rose

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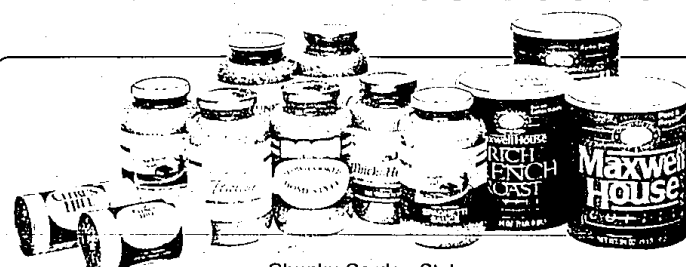


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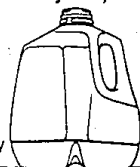
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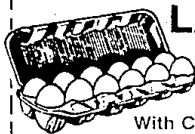
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