

This vegetarian meal is a family favorite

I recently received a letter from Carol Lewthwaite of Canton, in which she commented that she tries to have a meatless meal at least once a week. The celebration of Earth Day reminded her again about the use of our country's land to produce meat, and how much more efficient it is to produce vegetables.

With that thought in mind, she was prompted to submit one of her family's favorite vegetarian meals and enclosed recipes for Cheesy Beans and Rice, Orange Almond Salad and Chocolate Chip-Peanut Butter Bread Pudding. She added, in her letter, that the peanut butter in the bread pudding is another way of adding protein to a meatless meal. (Take note, all you Reese's Peanut Butter Cup lovers!)

Lewthwaite, who is originally from New Jersey, lived in Denver, Colo., before moving to Canton where she and her husband, Richard, have lived for 18 years. Mother of a 14-year-old son, Lewthwaite works at the Garden City Library as a library aide in the reference section. She is very involved at the Calvary Baptist Church in Canton, where she sings in the choir and teaches Sunday School to fifth grade girls.

Through the years, her hobbies have changed and evolved. She presently is working on decorating the home, they have lived in for six months. She loves to cook and buys only fresh fruits and vegetables, rarely frozen or canned. She never buys convenience foods and really makes an attempt to eat low-fat, low-cholesterol foods.

SHE IS A FAN of Jane Brody, the author of several nutrition books, and takes a practical, rather than fanatic, approach to the food she prepares and serves to her family. In the winter, she makes a different soup every week and enjoys baking different types of muffins as well.

This summer she is looking forward to spending time at a wonderful, old Victorian summer home the family recently inherited on Long Island, N.Y., and visiting friends in northern Michigan.

Thank you, Carol Lewthwaite, for sharing your delicious, vegetarian menu with us and congratulations on



family-tested
winner dinner
Betsy Brethen



Start photo

Carol Lewthwaite of Canton serves Winner Dinner of Cheesy Beans and Rice, Orange Almond Salad and Chocolate Chip-Peanut Butter Bread Pudding!

being selected this week's Winner Dinner Winner. All the best to you and your family and I hope your summer is fun and relaxing.

And lastly, there is good news to celebrate. I recently received an invitation to prepare a Winner Dinner on the television program, "In Good Taste," for Livonia's municipal access channel, City Channel 8. The show airs every Thursday at 7:30 p.m. Be sure to tune in Thursday, June 20, to see me make a dinner.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 3502, 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.

Observer & Eccentric

Winner Dinner

Recipes

CHEESY BEANS AND RICE

Loaded with fiber, this meatless dish is easy to put together, especially if the brown rice has been cooked in advance. This recipe serves 4-6.

- 1 cup uncooked brown rice
- 1 can kidney beans, 15-ounce size, rinsed and drained
- 3 tablespoons butter or margarine
- 1 cup onions, chopped
- 1/2 cup green pepper, chopped
- 1/2 cup celery, chopped
- 1 can tomatoes, 16-ounce size
- 2 teaspoons chili powder
- 1/2 teaspoon salt

Cook the rice according to package directions. Meanwhile, saute the onions, green pepper and celery in butter until tender, about 5-7 minutes. Stir in the tomatoes, chili powder and salt. Simmer uncovered for 5-7 minutes, chopping up the tomatoes.

Combine the cooked rice with the kidney beans. Place half the rice mixture in a greased 11-quart casserole. Top with half the cheese and half the tomato mixture. Repeat the rice and tomato layers. Bake at 350 degrees for 45 minutes. Top with the remaining cheese and bake again, just until the cheese melts.

ORANGE ALMOND SALAD

This recipe is Lewthwaite's version of a salad served at the Magic Pan restaurant.

- 1 head romaine lettuce
- 2 oranges, peeled and sectioned, or 1 can mandarin oranges, drained
- 1/2 cup sliced and toasted almonds
- A few thin slices of red onion
- Italian salad dressing

Layer the ingredients in a salad bowl in the order given. Serve with Italian salad dressing.

CHOCOLATE CHIP-PEANUT BUTTER BREAD PUDDING

This dessert offers a delicious way in which to add more protein to a meatless meal.

- 6 slices of bread, butter and cubed
- 1/2 cup flaked coconut
- 1/2 cup chocolate chips
- 1/2 cup peanut butter
- 2 eggs
- 1 teaspoon vanilla
- 2 1/2 cups milk

Place the buttered bread cubes in a 9-by-9-inch baking dish. Sprinkle coconut and chocolate chips on top. Cream together the sugar and the peanut butter with an electric mixer. Add the eggs and vanilla. Blend in the milk, pouring it over the bread. Place the baking dish in a shallow pan on an oven rack. Pour hot water in the outer pan to a depth of 1 inch. Bake at 350 degrees for 1 hour or until a knife inserted halfway between the edge and the center of the dish comes out clean. Serve warm with whipped cream or ice cream.

Shopping List

- Brown rice
- 1 can kidney beans, 15 ounce size
- Butter or margarine
- 1 large onion
- 1 green pepper
- Celery
- 1 can tomatoes, 16 ounce size
- Chili powder
- Salt
- Grated cheddar or jack cheese, or a combination of both
- 1 head romaine lettuce
- 2 oranges or 1 can mandarin oranges
- Sliced almonds
- Red onion
- Italian salad dressing
- Bread
- Flaked coconut
- Chocolate chips
- Peanut butter
- Sugar
- 2 eggs
- Vanilla
- Milk

Notes

Gazpacho cools in the hot weather

clarification

CANDY BAR PIE

Part of the directions were missing from the recipe for Candy Bar Pie in Betsy Brethen's Winner Dinner column on June 10. The complete recipe follows:

CANDY BAR PIE

- 1 quart vanilla ice cream, softened
- 5 assorted favorite candy bars
- Chocolate sauce
- Whipped topping
- 1 ready-made chocolate pie crust

Soften the ice cream. Crumble the candy bars, reserving some of each for the topping, and stir into the ice cream. Pour the mixture into the pie crust. Frost with whipped topping, sprinkle with the remaining candy and drizzle with chocolate sauce. Freeze until served. Serves 6 to 8.

See Larry Jones' column Taste Buds, Page 1B.

GAZPACHO

- 2 large ripe tomatoes, peeled and seeded
- 1 large green pepper, seeded
- 1 clove garlic
- 1/2 cup fresh herbs, such as parsley, chives, dill, basil, tarragon
- 1/2 cup imported olive oil
- 3 tablespoons fresh lemon or lime juice
- 3 cups stock or broth
- 1 Spanish onion, chopped fine
- 1 cup peeled, seeded, diced cucumber
- 1 1/2 teaspoons salt
- 1/2 teaspoon paprika
- 1/2 teaspoon coriander
- 5 cups tomato juice
- Fresh ground black pepper to taste

Chop first four ingredients together. Combine with remaining ingredients and mix well. Chill several hours before serving.

WHITE GAZPACHO

- 2 1/2 pounds cucumbers, peeled, seeded and chopped
- 2 1/2 cups chicken broth
- 1 1/2 cups plain non-fat yogurt
- 1/4 cup white wine vinegar
- 1/4 cup white wine (dry or sweet)
- 2 large cloves garlic, peeled and finely minced
- Fresh ground pepper (preferably white), to taste
- 1 healthy dash hot pepper sauce
- 1 cup finely diced tomatoes
- 1/2 cup chopped green onions
- Combine all ingredients and mix well. Chill for several hours before serving.

If you need to sell something, put it in the Observer & Eccentric classified section.

PRICES GOOD THRU MONDAY, JUNE 24TH.



MEATS, PRODUCE & DELI

35243 Grand River • Farmington

In the Drakeshire Plaza across from Bob Saks • PHONE 442-2160

NEW IN DESIGN... OLD-FASHION SERVICE

"Georges Bank" Seafood Sale

What Is Georges Bank?

The Georges Bank fishing grounds is so special that President Ford established a 200 mile limit in 1977, protecting it from foreign factory trawlers which prized the fish enough to travel half way around the world to fish there.

- FRESH YELLOW FIN TUNA STEAKS \$7.99 lb.
 - FRESH COD STEAKS \$4.49 lb.
 - FRESH HADDOCK FILLETS \$5.99 lb.
 - FRESH 3 TO 5-OZ. FLOUNDER FILLETS \$5.99 lb.
- Fish are what they eat!
"Georges Bank" fish feed on the most nutrient rich fishing grounds in the world!
- SEE IN-STORE FLYER FOR MORE GEORGES BANK INFORMATION.

SMOKED FISH SPECIALS!

- NORTH ATLANTIC SMOKED SALMON 4-OZ. PKG. \$6.99
- 8-OZ. PKG. SMOKED BROOK TROUT \$6.99
- 8-OZ. PKG. SMOKED MUSSELS \$5.99

HAMBURGER FROM FRESH GROUND CHUCK

5-lb. PKG.

\$1.39 lb.

OUR OWN HOMEMADE SAUSAGE \$1.88 lb.
HOT OR SWEET ITALIAN OR POLISH

LEAN MEATY PORK STEAKS \$1.39 lb.

U.S.D.A. CHOICE BEEF RIB STEAKS \$3.88 lb.

FRESH CHICKEN WINGS 79¢ lb.

PACKING HOUSE STYLE — ALL BULK MEATS ARE SLICED AND TRIMMED FREE OF CHARGE FOR 10 LB. EXTRACT WEIGHS ONLY INDIVIDUALLY FRESHLY WRAPPED FOR YOU

- U.S.D.A. INSPECTED BEEF WHOLE SIRLOIN-TIPS 12-lb. AVG. \$1.99 lb.
- 12-lb. AVG. U.S.D.A. CHOICE BEEF WHOLE BONELESS SIRLOIN-TIPS \$2.29 lb.
- 45-lb. AVG. U.S.D.A. CHOICE WHOLE BEEF LOINS \$2.99 lb.

AMAZZING!
Lose weight fast and keep it all!
The Amazing Micro Diet is the only diet that guarantees you will lose weight without starving or exercising. It's the only diet that's been clinically proven to be safe and effective. Call today for a free trial kit.
AMAZING MICRO
Wendy Lewis
1-800-800-1432

Free Federal Consumer Information Catalog.
Dept. 101, P.O. Box 101, 10102

FRAN O'BRIEN'S
Maryland Crabhouse
LIVE MARYLAND BLUE CRABS FLOWN IN DAILY
SOFT-SHELL CRABS
STONE CRAB CLAWS
MARYLAND CRAB CAKES TUESDAY
ALL YOU CAN EAT MUSSELS \$8.95
621 S. OGDONKE AUBURN HILLS, MI 48003-2744

Pick Your Pet Out Of The Classifieds

JUNE IS Turkey LOVERS' MONTH

FROM THE MEAT COUNTER
HELLO! June is "TURKEY LOVERS' MONTH" In celebration, we are offering special prices on quality turkey products. You should stock your freezer for the summer months.

JUNE FEATURES
(Sale through June 22, 1991)

- PREMIUM WHITE TURKEYS 10 lbs. and up \$6.79
- PREMIUM WHITE TURKEY BREASTS 6-8 lbs. \$5.99
- FRESH GROUND TURKEY BREAST \$5.99
- GROUND TURKEY AND PORK TURKEY \$5.99
- TURKEY PASTIES (frozen) \$5.99

"FULLY COOKED TURKEY"
These are prepared in the best and most healthful way, in a roasting oven. Fat drip from the meat. The turkeys never sit in the drippings. They are seasoned and roasted to a golden brown.

- WHOLE FULLY COOKED TURKEYS \$18.95
- HALF FULLY COOKED TURKEY \$9.75
- WHOLE FULLY COOKED TURKEY BREAST \$14.50
- HALF FULLY COOKED TURKEY BREAST \$7.50

QUARTON FOOD MARKET
3744 WEST HANCOCK AVE. SUITE 100
644-5510

MARKET BASKET
3301A Franklin Blvd.
626-2583

THE QUARTON CORPORATION