

# Enjoy vegetables the Italian way

appetite for the robust flavors of Italian cuisine led Viana La Place away from her first love of art and into the kitchens of Los Angeles' trend-setting restaurants, where she received high acclaim as a chef.

Now she continues her success in translating her culinary talent onto the printed page, this time exploring her personal passion for vegetable cooking in "Verdura: Vegetables Italian Style" (William Morrow & Co. Inc. \$22.95, hardcover, May 27, 1991).

"Verdura" awakens the senses with 250 recipes for salads, soups, bruschetta, fritters, risotto, tarts and pasta. The cream of the crop includes Broccoli and Tomato Salad; Fresh Pasta with Tomato, Eggplant, Ricotta and Walnuts; Baked Red Pepper Frittata; Gratin of Artichokes and Potatoes; and Radicchio with Cream and Parmesan.

The recipes in "Verdura" require minimal preparation time. For example, raw sauces for Spaghetini with Italian Parsley and Mozzarella or Tubetti with Diced Tomato and Avocado Sauce can be prepared while the pasta cooks.

**NATURAL INGREDIENTS** and simple presentations are the basis of "Verdura" cooking, totally keeping it in sync with the changing eating habits of Americans. Most of the savory dishes are either sautéed, roasted, grilled or steamed.

The author writes, "As we turn our focus away from meats and heavy meals and toward the fresh flavors and beauty of vegetables, we can learn from the Italian style of eating."

La Place provides menus for all occasions from Lunch in the Country to Sicilian Summer Dinner. To round out the vegetarian menu, fresh fruit and cheese, dessert recipes such as Marinated



"Verdura" by Viana La Place tells how to select vegetables and contains 250 recipes.

Watermelon with Bittersweet Chocolate Shavings, and Coffee-Flavored Ricotta are included. A chapter on Pantry-Recipes contains basics to have on hand, including Black Olive Pesto and Olive Oil from Hell.

"Verdura" also contains an in-depth guide to selecting and preparing vegetables and herbs and a glossary of ingredients.

La Place is co-author of "Cucina Rustica, Pasta Fresca and Cucina Fresca." She earned her ex-

perience as a great chef at such Los Angeles restaurants as Verdi and Mangia. She is a restaurant consultant and cooking teacher.

### POTATO-TOMATO SOUP WITH ROSEMARY

A simple amalgam of potatoes and tomatoes, perfumed with rosemary, cooked until the potatoes break down to a coarse yet creamy puree. The tomatoes provide bright color and tart-sweet flavor. For a smoother texture, put the soup through a food mill. It is quite refreshing served at room temperature with a drizzle of fine olive oil over the top and a few grindings of coarse black pepper.

- 4 tablespoons extra-virgin olive oil
- 1 small onion, finely diced
- 6 Roma tomatoes, peeled, seeded, and puréed in a food mill
- 2 teaspoons finely chopped fresh rosemary leaves
- Salt to taste
- 3 medium russet potatoes, peeled and cut into dice
- Water

Freshly grated imported Parmesan cheese, optional

Place the olive oil and onion in a soup pot. Cook over low heat until the onion is tender and golden. Add the tomatoes, rosemary, and salt to taste, and cook at a gentle simmer for 5 minutes.

Add the potatoes and stir. Cook for 5 minutes. Add 2 cups of water. Bring to a boil and adjust to a simmer. As the potatoes become tender, break them up with the back of a wooden spoon until a coarse puree forms.

Cook the soup for about 45 minutes, or until it is thick and the flavor deepens. Ladle into soup bowls. If desired, sprinkle each serving with a little grated Parmesan cheese.

# You can cut down on your 'fat tooth'



Joseph Piscatella is the author of "Controlling Your Fat Tooth."

What if you could have your cake, cookies and ice cream and stay healthy and slim? In "Controlling Your Fat Tooth," Joe Piscatella suggests we rethink our eating habits and cut down on dietary fat — without sacrificing the foods we love.

Piscatella is the author of two best-selling books, "Don't Eat Your Heart Out" and "Choices for a Healthy Heart," which combined have nearly 1 million copies in print. He has been a keen observer of American eating habits since 1977, when an open-heart bypass at age 32 forced him to recognize the intimate connection between dietary habits and overall health.

Recently, Piscatella has observed a strange dichotomy in American eating habits. Despite a growing awareness that a diet rich in fat increases risk of heart disease, obesity and certain cancers (breast, prostate and colon), statistics reflect practically no change in the way we eat. In 1980, fat constituted 40 percent of the calories typically consumed. Today that figure is still 37.5 percent — substantially higher than the recommended 30 percent or less.

"We are better educated today about nutrition and health than ever before, but we don't practice what we know to be in our best interest."

**WEIGHT-LOSS** dieters go on and off low-fat plans, and even high-risk patients can't seem to maintain low-fat eating. The real question is "why?"

In "Controlling Your Fat Tooth," Piscatella translates the latest medical research into prose for the layman, he analyzes dietary habits, explaining why we like fatty foods, and teachers readers how to custom design a "personal fat budget" to manage daily intake of dietary fat without depriving one's choice of foods.

Throughout our lives, we have been conditioned to associate cravings for chocolate, ice cream and candy with an irrefragable "sweet tooth." But recent studies show that most "sweets" actually derive the bulk of their calories from fat — not sugar.

Because most people don't know where their dietary fat comes from, "Controlling Your Fat Tooth" helps readers identify and budget sources of fat. It features more than 200 recipes that specify calories, fat, per-

### CHICKEN AND VEGETABLE CASSEROLE

- Stakes 6 Servings
- 2 chicken breasts, skinned, boned and quartered
- 2 teaspoons powdered rosemary
- 2 tablespoons dried parsley
- 1/4 teaspoon black pepper
- 1 whole head garlic, separated into cloves and prepped
- 12 baby carrots
- 1 large onion, cut into rings
- 4 small red potatoes, halved
- 1 pound fresh green beans, stemmed
- 1 cup dry white wine (Sauve Blanc is good)

In a covered casserole dish, arrange chicken on bottom. Combine rosemary, parsley and pepper. Sprinkle mixture over chicken. Top with garlic, carrots, onion and potatoes. Top with green beans. Sprinkle remaining third of seasoning over top. Pour wine over all. Cover tightly with foil, then cover with lid. Bake at 350 degrees for 1 hour or until chicken is cooked and vegetables are tender.

Serving suggestion: Serve with crusty French bread and Fresh Blackberry Pie

Approximate nutritional content per serving. Total calories 214; Fat: 3g. Percentage of calories from fat: 9 percent; Carbohydrates: 28g; Protein: 22g; Cholesterol: 49mg; Sodium: 93mg; Dietary fiber: 5g.

## cooking calendar

### KIDS' SOUP

AP — Campbell Soup Co. has introduced a new soup for kids: Campbell's Souper Stars, a chicken soup with star-shaped pasta. Campbell also has added 40 percent more pasta twists to its Campbell's Curly Noodle with Chicken Soup. The soups

are available in 10½-ounce cans.

### BREAKFAST ENTREES

Great Starts frozen breakfast entrees has added two new breakfast varieties to its line: Pancakes with Bacon and Belgian Waffle with Bacon. These two new products bring the Great Starts line to 24 varieties.

### LIGHT SALT

Papa Dash Lite Life Salt is a new product with 85-percent less sodium than table salt, no potassium chloride, and just 90 milligrams of sodium per 1/4-teaspoon serving, according to the Alberto-Culver Co.

**DON'T MISS ONE OF MICHIGAN'S TOP RACES RIGHT IN YOUR OWN BACKYARD! SOMETHING FOR EVERYONE!**

Refreshments • Dancing • Entertainment  
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**THE RACE! THE PARTY!**

**COURSE:** T.A.C. Certified, Flat, Fast, Accurate. Start at Veterans Park, Livonia. Three aid stations and splits at each mile for 8 km race.

**FACILITIES:** Due to remodeling at the "Y" facilities will not be available this year. An showers may not be available this year. Bring outdoor community shower will be set up. Bring a towel.

**POST-RACE PARTY:** Fun for everyone after the race with free hot dogs, pop, beer, and fruit. Entertainment includes bagpipers, and one of the Detroit area's Top DJs. The "Classic Graffiti Wall" is back! Bring your own marker.

**RESULTS:** Computer scored by RCS, will be posted and printed in The Observer & Eccentric Newspapers.

**THE ROADRUNNER CLASSIC**

**Saturday, July 20, 1991**

5:30 p.m.—Junior 1 Mile Run  
6:00 p.m.—1 Mile Walk/Run  
6:30 p.m.—8 km Race

Registration and Award Ceremony at Livonia Family YMCA, Stark Road (just west of Farmington Road) at Schoolcraft. Limited parking at the "Y." Additional parking at Frost Junior High.

**THE AWARDS!**

**AWARDS:** All entrants receive another great custom-designed multi color t-shirt. Please register early to reserve your shirt. We cannot guarantee shirts on race day to late registrants.

**CLASSIC JUNIOR 1 MILE RUN:** Ages 12 and under only. Unique awards to all finishers.

**ONE MILE FUN WALK/RUN:** Ribbons to all kids.

**CLASSIC 8km RACE:** Unique awards to the top three in each age group. Special awards to top male and female, open and masters finishers.

**REGISTRATION INFORMATION**

Please fill in the form below. Print clearly or type. Make checks payable to Redford Road Runners and mail to:

**ROADRUNNER CLASSIC RUNNING FIT**  
43259 Crescent Blvd. Novi, MI 48375

For information call Running Fit—347-4949 • Co-Race Directors: Dan Domagalski and Larry Huff

PLEASE PRINT

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

AGE 0-14  15-19  20-24  25-29  30-34  35-39  40-44  45-49  50-59  60+

SHIRT SIZE:  S  M  L  XL  MALE  FEMALE

WHEELER  1A  OPEN  QUAD OPEN  PARA OPEN

PLEASE CHECK THIS BOX IF YOU WILL QUALIFY FOR A TRIPLE CROWN COMPLETION AWARD

Waiver in consideration of acceptance of my entry, I, for myself, my executor, administrators, and assigns do hereby release and discharge Redford Roadrunners, its members, the city of Livonia, The Athletic Congress, all sponsors, supporters, and event spectators of the Redford Classic for all claims of damages, demands, actions whatsoever in any manner arising from my participation in said event. I attest and verify that I have full knowledge of the risks involved in this event, I am physically fit and have my personal physician's approval. Further, I hereby grant full permission to any and all of the foregoing to use my photograph, videotape, film, motion picture or record of my participation in this event.

Parent's signature (if under 18) \_\_\_\_\_

Signature—Runners and Non runners must sign \_\_\_\_\_

FOR OFFICIAL USE: \_\_\_\_\_ \$ \_\_\_\_\_ Amount paid Race Number \_\_\_\_\_

Date received \_\_\_\_\_

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