

# Pizza meat loaf quick, easy meal

An easy-to-prepare combination of pizza and meat loaf created by Grace Crispo of Norwell, Mass., was selected as the grand prize winner from over 4,000 entries in the Kellogg's All-Bran Healthy Life recipe contest.

While trying to increase the dietary fiber in her family's diet, Grace developed "Branizza," using her family's favorite meal — pizza. A simple combination of pizza sauce, lean ground beef, vegetables, mozzarella cheese and All-Bran cereal makes this pizza-style meat loaf a tasty, quick supper for hungry crowds.

Busy chefs can make this dish when they have a few minutes during the weekend, then freeze it for later use.

**BRANIZZA**  
1 1/2 cups Kellogg's All-Bran cereal  
1 1/2 pounds lean ground beef  
1 egg, slightly beaten  
1/4 cup low-fat milk

- 1 cup chopped onions
  - 1 teaspoon oregano
  - 1 teaspoon basil
  - 1 can (16 oz.) tomato sauce with Italian seasoning
  - 1 can (8 oz.) pizza sauce
  - 1 pkg. (8 oz., 2 cups) shredded part-skim mozzarella cheese
  - 1 large green bell pepper, thinly sliced
  - 1 can (2 1/2 oz.) sliced ripe olives, drained
  - 1/2 cup Parmesan cheese
- In a large bowl, combine Kellogg's All-Bran cereal, ground beef, egg, milk, onions and spices. Let stand about 5 minutes or until cereal is softened.
- Evenly press meat mixture into an 11 x 15 x 2-inch jelly roll pan. Combine the tomato sauce and pizza sauce. Spread sauce over meat mixture. Sprinkle mozzarella cheese, pepper slices, olives and Parmesan cheese evenly over sauce.
- Bake at 400 degrees Fahrenheit



Pizza-style meat loaf is a quick supper for a hungry crowd.

about 30 minutes or until cheese is bubbling and begins to brown. Cut into 18 slices. Serve hot.

Yield: 18 slices.

Per Serving, 1 slice: Calories 180, Total Fat 10g, Saturated Fat 4g, Cholesterol 60mg, Dietary Fiber 2g, Sodium 430mg.

Note: To freeze Branizza, place slices in zipper lock freezer bags. Thaw in refrigerator before reheating. Keep in freezer up to one month.

# Make-ahead pasta perfect for busy days

AP — When fall's sports training schedule kicks in and your kids come home hungry, look to the freezer for some make-ahead dinners. Stock your freezer with single servings of this delicious make-ahead stuffed pasta, and you'll have dinner ready moments after your stragglers walk through the door.

- HERBED CHEESE MANICOTTI**  
6 manicotti  
1 egg  
1 cup shredded Monterey Jack cheese (4 ounces)  
1/2 cup ricotta cheese  
1/2 cup loose-pack frozen whole kernel corn  
One 2-ounce can mushroom stems and pieces, drained  
2 tablespoons chopped green pepper  
1 tablespoon sliced fresh chives  
1 1/2 cups salsa  
1/2 teaspoon garlic powder  
1/2 teaspoon dried Italian seasoning, crushed

Spoon about 1/4 cup of the cheese mixture into each manicotti shell. Place two manicotti in each of three greased shallow individual au gratin or baking dishes; set aside.

In a small mixing bowl combine salsa, garlic powder and Italian seasoning. Spoon one-third of the salsa mixture over manicotti in each dish. Sprinkle with remaining cheese. Wrap in moisture- and vapor-proof wrap; seal, label and freeze. Makes three single-serving entrees.

Conventional Reheating: Unwrap entrees. Bake, covered, in a 375-degree F oven about 60 minutes or until heated through.

Microwave Reheating: Unwrap one entree. Cook, covered with waxed paper or plastic wrap with one corner turned back to vent, on 70 percent power (medium-high) for 9 to 11 minutes or until heated through, giving the dish a half-turn once. (Low-wattage ovens: 100 percent power (high) for 10 to 12 minutes or until heated through; giving the dish a half-turn once.)

Nutrition Information per serving: 445 cal. (38 percent calories from fat), 24 g pro., 44 g carbo., 19 g fat, 144 mg chol., 1,184 mg sodium, 555 mg potassium, 5 g dietary fiber. U.S. RDA: 25 percent vit. A, 26 percent vit. C, 28 percent calcium, 31 percent riboflavin, 14 percent niacin, 17 percent calcium, 17 percent iron.

Cook manicotti according to package directions. Drain. Rinse with cold water. Drain well; set aside.

In a medium mixing bowl beat egg; stir in 1/4 cup of the Monterey Jack cheese, all of the ricotta cheese, corn, mushrooms, green pepper and chives.

# Mix cheese and peanut butter for tasty snack

AP — Tired of the same old peanut butter and crackers? Add shredded cheese, warm in the microwave oven, and you've got a tasty snack. For a spicy taste, add cayenne pepper.

**PEANUT BUTTER TREATS**  
1 1/2 ounces (about 1/2 cup) Jarlsberg

Pepper stir-fry has fiery kick

AP — Trend-setting peppers about as hot as color and flavor. In this beef stir-fry, pureed sweet red pepper thickens the sauce, while hot red and black peppers give it the fiery kick. To make the beef easier to slice thinly, partially freeze it first.

- SUNBURST STIR-FRY**  
1 large sweet red pepper, cut up  
2 tablespoons soy sauce  
1 teaspoon crushed red pepper  
1/4 teaspoon black pepper  
2 tablespoons cooking oil  
1 onion, cut into wedges  
2 cloves garlic, minced  
2 small yellow summer squash, cut into bite-size pieces  
1 pound boneless beef sirloin steak, trimmed of fat, and cut into thin bite-size strips  
Hot cooked rice (optional)  
Green onion slivers (optional)

In a blender container or food processor bowl blend or process sweet red pepper until pureed. In a small bowl combine soy sauce, crushed red pepper and black pepper. Set aside.

In a large skillet heat 1 tablespoon of the cooking oil over medium-high heat. Stir-fry onion and garlic for 2 minutes. Add squash; stir-fry for 1 to 2 minutes. Remove vegetables from skillet; set aside.

Add remaining oil to skillet. Stir-fry beef, half at a time, for 2 to 3 minutes or until no longer pink. Return all beef to skillet. Add pureed sweet pepper, soy mixture and squash mixture to the skillet; heat through. Serve over hot cooked rice; top with green onion. Makes 4 servings.

Nutrition Information per serving: 235 cal. (46 percent calories from fat), 28 g pro., 6 g carbo., 12 g fat, 65 mg chol., 575 mg sodium, 337 mg potassium, 1 g dietary fiber. U.S. RDA: 52 percent vit. A, 95 percent vit. C, 13 percent riboflavin, 26 percent niacin, 18 percent iron.

# cooking calendar

- WILLIAMS-SONOMA**  
Cooking class, soups, 11 a.m. Saturday, Oct. 19 with Larry James, 4:30 p.m. Wednesday, Oct. 24. Children's Cooking School, 11 a.m. Saturday, Oct. 26, pasta and ravioli class at Williams-Sonoma, 37642 West Six Mile, Livonia. Call 953-0515 for information.
- KITCHEN GLAMOR**  
Autumn potatoes, 1 and 7 p.m. Wednesday, Oct. 9, in Redford; 1 and 7 p.m. Thursday, Oct. 10, in West Bloomfield; and 1 and 7 p.m. Friday, Oct. 11, in Rochester. Class in crusty free-form and wheat breads, 11 a.m. Saturday, Oct. 12, in Redford; and 11 a.m. Saturday, Oct. 26, in Rochester. Call 537-1300 for information.

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  2. Grand Prize: A 1991 Ford Ranger Sport 4x4, worth \$13,122. Includes V-6, Auto Trans, and Air Conditioning. Additional prizes typically amount may be awarded as follows:
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  4. Winner must be a Michigan resident at the time of the drawing.
  5. No substitution or transfer of grand prize permitted. There is no cash prize. Winner must take delivery of grand prize by Dec. 31, 1991 or forfeit the prize.
  6. Winner may be asked to sign affidavits of eligibility and advertising releases. By participating sweepstakes, the winner agrees to these conditions in public and in private, with no cash prize.
  7. Sweepstakes ends on 10/13/91. Residents, except employees and immediate families of participating IGA Supermarkets, are eligible to win.
  8. Sweepstakes entry forms are available in this advertisement, and at participating stores. Entry and drawing are open to all persons. Entry must be a name address phone clearly printed.

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