

Dip your spoon into healthy chicken soup

Did you know that each year Americans consume more than 10 billion bowls of soup? Including nearly one million miles of noodles in chicken noodle soup alone? That's enough to circle the equator about 40 times.

What makes chicken noodle soup so popular? It's a "mom-style" soup that comforts and appeals to all ages. And with careful preparation, it easily fits into a heart-healthy diet — which is defined by the American Heart Association as one that is low in saturated fats and cholesterol and

moderate in sodium.

Nutritious ingredients and savvy preparation methods are key for good-for-you meals. For example, Vegetable Medley Chicken Noodles Soup is made heart-healthy and easy with these tips:

- A quick-cooking flavorful base made with water, bouillon and seasonings is a lower-fat and lower-calorie option compared to one made from a stock or cream.
- Ready-to-cook boneless, skinless chicken breasts provide fewer calories and less fat than the meat,

skin and drippings from a whole chicken. And they cook quickly.

- And convenient frozen vegetables like carrots and green beans contribute fiber, extra vitamins and minerals, as well as streamline preparation.

For more cooking tips and great-tasting recipes, send a self-addressed, stamped business-size envelope to: No Yolks, Dept. 210, 520 East Church Street, Libertyville, IL 60048.

VEGETABLE MEDLEY CHICKEN NOODLE SOUP

- 2 whole boneless, skinless chicken breasts (about 1/2 pound each), cut into 1-inch pieces (about 2 cups)
- 1 tablespoon vegetable oil, divided
- 1 cup chopped onion
- 1/2 cup chopped red bell pepper
- 1 medium clove garlic, minced (about 1 teaspoon)
- 2 quarts water
- 1 tablespoon chicken bouillon granules
- 1/2 teaspoon freshly ground black pepper

- 1/2 teaspoon salt
 - 2 dried bay leaves
 - 1/2 package (4 ounces) cholesterol-free noodles
 - 1 cup each: frozen cut green beans and frozen sliced carrots
 - 1/4 cup chopped fresh parsley
- Saute chicken in 2 teaspoons oil in Dutch oven over medium heat for about 5 minutes or until chicken is cooked through. Remove from pan; reserve. Saute onion, red pepper and garlic in remaining 1/2 teaspoon oil, if needed, about 3 minutes or until veg-

etables are crisp-tender. Add water, bouillon, black pepper, salt and bay leaves. Bring to a boil. Stir in noodles, beans and carrots. Cook 10 minutes, then add chicken and parsley. Continue cooking until heated through and noodles are tender, about 2 minutes. Remove bay leaves before serving. Makes 6 (1 1/4 cup) servings.

Nutritive values per serving: 206 calories, 22 g. protein, 21 g. carbohydrate; 3 g. fat; 46 mg. cholesterol; 709 mg. sodium; 2 g. dietary fiber.

Book helps you give your sweet tooth its just desserts

By Beth Sundria
staff writer

The adage that a picture is worth a thousand words is especially true when it's illustrating a complicated recipe.

The Good Housekeeping Illustrated Book of Desserts, edited by Mildred Ying, and published in fall 1991 by Hearst Books of William Morrow and Co. Inc. (\$25), uses pictures to make elaborate dessert-making easy.

Also accompanying the recipes are little tricks to make the desserts look good as well as taste good.

If pretty and imaginative desserts are your goal, this book has plenty of ideas. The recipe for Creamy Chocolate Cake includes directions on how to make the grated chocolate curls to go along the edges of the completed cake. Cannoli Cake features instructions for making a feather design on the top.

The Creamy Rice Pudding recipe is topped off with a cinnamon lattice design. I tried this one out as guests at a party, and although I didn't get the lattice design as perfect as the picture, it was still impressive.

For the same party, I made the Double-Chocolate Mousse Cake. I was hesitant to try out new recipes on guests, but the picture was too pretty to resist. I had some trouble keeping the mousse in one piece when transferring it to the cake plate, but once it was glazed, it looked great. The trick is to put waxed paper between the cake and the serving plate to catch the glaze drippings. Once the glaze is set, trim off the messy edges. A whipped cream border along the edge makes it look like a professional made it.

Chocolate lovers will find many confections to their liking such as the Marbled Mousse, Individual Chocolate Souffles with coffee cream and the Chocolate Box with berries and cream that features directions on how to make a chocolate box.

And the section on decorative pie edges shows how to spice up an ordinary pie recipe by making fancy fluted edges, leaf edges, ruffled or braided edges.

Some of the directions rely on basic cake-decorating skills such as how to pipe the borders on the Valentine Cake. Beginners could have

problems completing the shell and ruffle designs.

Other recipes make use of fresh fruits for their appeal, such as the Flag Cake which uses raspberries and blueberries to make a "Stars and Stripes" design on the top.

Also included in this 320-page book are information and instructions for icings, fillings, sweet sauces and meringues and pastry piping.

Included in the cookie section are 28 recipes with such tempters as Brandy Snaps, Two-Tone Hearts, Apricot Rugelach and Crispy Snowflakes.

More than 200 recipes are included, with chapters on cakes, pies, tarts and pastries, cookies and fro-

zen desserts as well as special desserts such as mousses and souffles, custards and creams, crepes, blintzes and meringues.

CREAMY RICE PUDDING
(Begin about 2 hours before serving or early in day.)

- 2 quarts milk
- 1/2 teaspoon salt
- 1 cup regular long-grain rice
- 1/2 cup dark seedless raisins
- 1/2 cup sugar
- 1 tablespoon vanilla extract
- 2 12-ounce cans evaporated milk
- 4 large eggs
- Ground cinnamon
- Fresh or Maraschino cherries for garnish

In 4-quart saucepan over medium heat, heat milk and salt to simmering; stir in rice. Reduce heat to low; cover and simmer 45 to 50 minutes until rice is very tender and mixture is thick, stirring occasionally. Stir in raisins.

Preheat oven to 350 degrees Fahrenheit. Grease 13-inch by 9-inch baking dish; set in large roasting pan.

In large bowl, with wire whisk or fork, beat sugar, vanilla extract, evaporated milk and eggs until blended; gradually stir in hot rice mixture.

Place baking dish in pan on oven rack; carefully pour rice mixture

into baking dish (mixture will almost fill dish). Fill roasting pan with boiling water to come halfway up sides of baking dish. Bake 40 to 45 minutes until knife inserted in center of pudding comes out clean.

Make cinnamon lattice on top of pudding. Hold ruler diagonally across 1 corner of baking dish, about 1 inch from edge of pudding. Holding cinnamon jar in other hand, evenly shake spice through sprinkler held along ruler edge. Shake excess spice off ruler. Repeat at 1-inch intervals. Repeat in opposite direction to form lattice pattern.

To serve garnish pudding with cherries. Serve warm or refrigerate to serve cold later. Serves 16.

cooking calendar

● **SCHOOLCRAFT COLLEGE**
Schoolcraft College's award-winning Culinary Arts Department, 18600 Haggerty Road, between Six and Seven Mile Roads in Livonia, is offering several classes this winter.

Call 462-4448 for registration information.

• Taste of International Cuisine will meet for five weeks 7-9:30 p.m. starting Wednesday, Feb. 5. The fee is \$60. Exploring the Art of Cooking

meets 7-9:30 p.m. Thursdays beginning Feb. 6. The fee is \$80.

• Chinese Gourmet Cooking, a one-day workshop will be offered 9 a.m. to 1 p.m. Saturday, Feb. 22. The fee is \$45.

Pastries for Everyone, a five-week course meets 6-8:30 p.m. beginning Wednesday, March 18. The fee is \$90.

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