

# Meatless rice dishes quick, easy, healthy

Looking for great-tasting, light and healthy meatless meals that are quick and easy to serve? Look to rice to point the way.

High in the energy-giving complex carbohydrates nutrition experts tell us we need to eat more often and with virtually no fat or sodium, rice can help us to eat leaner and healthier and while satisfying our appetites and tastes.

Add a south-of-the-border accent to a quick-to-fix dinner with Mexican Beans and Rice, a richly flavored blend of black beans, tomatoes, onion and lively seasonings served over cumlin-flavored rice. With all of the great flavors of Mexican food but without the high fat content those foods frequently have, this mildly spicy dish is a real crowd pleaser.

Bring the flavored flavors of sunny Italy to the table with Italian Vegetable Rice Pizza. A colorful combination of eggplant, tomato and zucchini arranged over a cheesy "crust" of rice with a pizza sauce topping, the eye-catching dish is ready to serve in short order. Hearty and satisfying, each serving has only 250 calories.

For additional light and healthy recipes, Uncle Ben's, Inc., has created a new recipe folder available free. "Light and Healthy Eating — The Winning Edge" contains great-tasting recipes, nutrition information and guidelines for selecting the right rice for every occasion.

For a free copy, send name and address to: Uncle Ben's Healthy Rice Recipes, P.O. Box 1147, Chicago, Ill. 60611. Offer good while supplies last.

### MEXI-BEANS AND RICE

- Vegetable cooking spray
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 can (16 ounces) black beans or pinto beans, rinsed and drained
- 1 can (1 1/2 ounces) no salt added stewed tomatoes, undrained
- 1 can (8 ounces) whole tomatoes, undrained, chopped
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons ground cumlin
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon dried oregano, crushed
- 2 1/4 cups Uncle Ben's Brand Rice In An Instant
- 1/4 cup chopped green pepper

### Chopped fresh cilantro (optional)

Spray large non-stick skillet with cooking spray, heat over medium heat. Sauté onion and garlic until tender, about 2 minutes. Stir in beans, tomatoes, chili powder, 1 teaspoon of the cumlin, red pepper flakes, salt and oregano. Bring to a boil; reduce heat. Cover and simmer 5 minutes, stirring occasionally.

Stir in green pepper; simmer uncovered 5 minutes. Meanwhile, cook rice according to package directions omitting butter and adding remaining cumlin. Place rice on serving plate; top with bean mixture and sprinkle with cilantro, if desired. Makes 6 servings.

Nutrition Information Per Serving: Calories 204, Protein 7g, Carbohydrate 43g. Fat less than 1g (4 percent calories), and Sodium 229mg.

### ITALIAN VEGETABLE RICE PIZZA

- 1 1/4 cups water
- 1 1/4 cups Uncle Ben's Brand Rice In An Instant
- 1 1/4 cups (6 ounces) shredded part-



Mexi-beans and rice brings the rich, full flavors of Mexico to the table without the high fat content Mexican foods so often have. A mildly spicy mix of black beans, tomatoes, onion and seasonings served over rice. It is ready to serve in less than an hour.

- skim, low-moisture mozzarella cheese
- 2 egg whites, lightly beaten
- 1 can (8 ounces) tomato sauce
- 1/4 teaspoon dried basil, crushed
- 1 clove garlic, minced
- 1/4 teaspoon dried oregano, crushed
- 1/4 cup thinly sliced zucchini
- 1 tomato, cut into thin wedges
- 2 tablespoons grated parmesan cheese

Bring water to a boil in medium saucepan. Stir in rice, cover, remove from heat and set aside for 5 minutes, or until all liquid is absorbed. Stir half the mozzarella into hot cooked rice. When cheese is melted, stir in beaten egg whites. Turn mixture out onto greased 12-inch pizza pan and flatten to form crust. Bake in preheated oven at 400 degrees F, 5 minutes. Drizzle tomato sauce over crust; sprinkle with basil, garlic and

oregano. Arrange eggplant, zucchini and tomato over crust; top with remaining mozzarella and parmesan cheese. Continue baking 10 minutes or until vegetables are tender and cheese is lightly browned. Makes 4 servings.

Nutrition Information Per Serving: Calories 290, Protein 18g, Carbohydrate 35g, Fat 8g (26 percent of calories), Sodium 600mg.

# Winemaker working miracles at Chalk Hill

In June 1989, we read a clip from the Santa Rosa Business Journal, a publication serving the greater Sonoma County California business community. It was an interview with Fred Furth, nationally known attorney, energetic businessman and owner of Chalk Hill Winery.

"CHALK HILL is in the midst of an expansion that will raise wine production levels from 40,000 cases to 60,000 cases," Furth said.

"Whoa," we remarked. If you remember the Chalk Hill winery from the mid-1980s, you know they were undistinguished at best.

Sometime in early 1990, Furth must have come to this conclusion also. A new era of Chalk Hill wines was ushered in when Furth hired David Ramey as winemaker.

Ramey brought 10 years' international winemaking experience with him. As the former winemaker at Matanzas Creek, he put that savvy on the map with exceptional Sauvignon

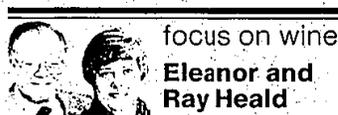
blanc, chardonnay and merlot releases.

Ramey, who turns a good French phrase, has always been interested in what the French winemakers were saying and what they were actually doing. Between his tenure at Matanzas and accepting the Chalk Hill position, he worked for the Moueix family at several of their Bordeaux estates including Chateau Petrus.

THE FIRST French influence we noticed at the winery was the considerable investment in French oak barrels Furth was encouraged to make.

It's less than two years since Furth hired Ramey at Chalk Hill. "Dr. Dave," as we affectionately call him, has worked miracles on the Chalk Hill wines. The 1990 releases have the Ramey touch from vine to bottle.

The 1989 Chalk Hill Cabernet Sauvignon and 1988 Late Harvest Semillon



focus on wine  
Eleanor and Ray Heald

that were still unbottled at the winery when Ramey arrived, have been "doctored" (very legitimately) and the Ramey prescription blend was crafted.

Fred Furth will see his dream of case production expansion come true, but not as quickly as he predicted in his 1989 statement to the press. Ramey balked out much of the wine he inherited, talked Furth into scaling down, holding the line on prices and launching a major vineyard project replanting.

THE CHALK HILL estate has 1,100 acres of which 275 are planted. "Be-

cause Chalk Hill Winery has such large vineyard plantings, there's a multiplicity of soils, clonal selection and vine ages," Ramey said. In new and replantings, soil profiles will be better matched to varietals.

"When I came to Chalk Hill in 1990, the vineyards were about 85 percent white grapes. Over the next five years, red plantings, particularly merlot, will increase and some viognier (a Rhone white varietal) will be planted."

Ramey tasted us through a sampling of previously released Chalk Hill Sauvignon Blancs. They were grapefruit and grassy, totally lack-

ing fruit elegance — nobody's favorite style.

The complete 360 is evident in the newly released 1990 Chalk Hill Sauvignon Blanc (\$10.75). To open the vine to light and eliminate the grassy elements, leaf pulling in the vineyards was practiced during the growing season.

The wine was 60 percent barrel fermented (1/3 in the new oak we saw). During the barrel aging period the wine remained on stirred lees for four months (very French) with a minor portion going through malolactic fermentation (to reduce harsh acidity and round out the palate impression).

### WINE SELECTIONS OF THE WEEK

If you read the column, you know we're excited about the latest releases from Chalk Hill Winery. To make fitting comparison for all this, we blind tasted the newly released 1990 Chalk Hill Chardonnay (\$17) against the 1989 Chassagne-Montrachet Les Vergers by Michel Colin-Deleger from Burgundy. Yes! The Chalk Hill stood its ground with buttery notes, integrated oakiness and solid fruit. It's a lush, creamy mouthful for a lot less

money than the Chassagne-Montrachet.

### WINE BULLETIN BOARD

Wednesday's Wine Bar at the Battlesnake Club in Detroit continues 5:30-7:30 p.m. at \$15 per person for six wines and whimsical appetizers; no reservations required. March 11: Oregon Pinot Noirs, March 15: Southern Rhone wines from Kermit Lynch Imports. March 25: French wines from Gascogne, the Loire, Alsace and Bordeaux.

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