

Grains, vegetables give salads a healthy boost

We tend to think of a salad as being one of the most healthful of menu choices. But is it? The answer depends upon what you put into the salad bowl.

A salad can be high in calories and fat. According to a study conducted by Mississippi State University, an average salad bar salad contains 1,000 calories. And it's no wonder when you consider that every tablespoon of Italian dressing adds 83 calories and 9 grams of fat.

To maximize nutrition and minimize calories and fat, opt for a low-fat or fat-free salad dressing and concentrate on the vegetables and grains. You'll be amazed at the number of options.

- Skip the iceberg lettuce and fill your refrigerator crisper with salad greens that are more nutrient dense such as dark green romaine, spinach and Swiss chard.

- Carrots and beets are good sources of vitamin A; bell peppers, broccoli, cabbage and tomatoes contribute vitamin C.

- Cooked beans and lentils are low-fat protein sources.
- Venture beyond pasta to brown

rice, barley, couscous, bulgur and quinoa. All of these grains are flavorful, easy to prepare and filling.

- Turn a side dish salad into a main dish by adding just two ounces of a lean protein food. Try skinned chicken and turkey, broiled lean beef, salmon or water-packed tuna, nonfat or part-skim cheese.

For an extra nutrition boost, skip the croutons and sprinkle on air. In a few tablespoons of wheat germ. One serving, about two tablespoons, of Kretschmer wheat germ has eight essential vitamins and minerals, dietary fiber and just 50 calories.

- Discover wheat germ's naturally nutty flavor and crunchy texture by trying two main dish salads created in the Quaker Kitchens.

Like its namesake, Buffalo-Style Chicken Salad offers zesty flavor and a variety of textures and temperatures. Skinned and boned chicken breast halves are coated with a spicy wheat germ mixture, broiled, sliced and arranged on top of several different kinds of lettuce. Celery sticks and fat-free blue cheese dressing add to the authenticity.

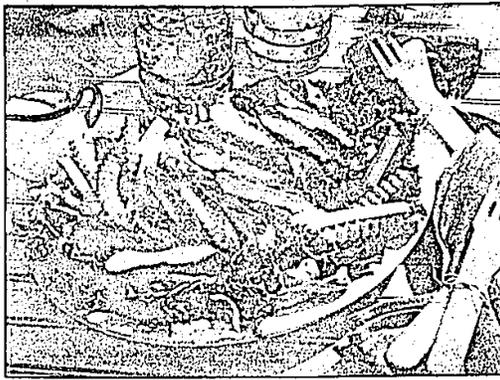
Each bite of Garden Turkey and

Rice Salad features wheat germ and cooked brown rice, crunchy vegetables and lean turkey breast. Freshly squeezed lemon juice added to the boiled fat-free Italian dressing slips up the flavor. Serve over salad greens, sliced tomatoes or a cantaloupe half, or spoon into pita pockets. Any way you serve it, this salad's a winner.

BUFFALO-STYLE CHICKEN SALAD

- 1 cup toasted or honey crunch wheat germ
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/2 cup water
- 2 boneless skinless chicken breast halves (about 3 ounces each)
- 3 cups mixed salad greens
- 1 cup celery sticks
- 1/2 cup fat-free blue cheese salad dressing

Combine wheat germ and seasonings; set aside. Combine water and egg white. Dip chicken into egg



When added together, the components of colorful Buffalo-Style Chicken Salad equal salad savvy. A crunchy blend of wheat germ and zesty seasonings coats broiled skinned chicken breast halves. Mixed salad greens, carrot and celery sticks and fat-free blue cheese dressing complete the healthy equation.

white mixture and then into wheat germ mixture, coating chicken thoroughly. Place on broiler rack sprayed with no-stick cooking spray. Broil 3 minutes, turn. Broil an additional 2 to 4 minutes or until juices run clean. Slice into strips and serve over mixed greens with celery sticks and salad dressing. Makes 2 servings.

Nutrition Information: Per serving Calories 130, Protein 42 g, Carbohydrate 46 g, Total Fat 9 g, Cholesterol 50 mg, Dietary Fiber 2 g, So-

dium 575 mg. Percent of calories from fat: 19.

GARDEN TURKEY AND RICE SALAD

- 2 cups cooked brown rice
- 1 cup cooked turkey breast, cut into bite-size pieces
- 1 cup coarsely chopped celery
- 1 cup sliced carrots
- 1/2 cup toasted wheat germ
- 1/2 cup sliced green onions
- 3 tablespoons chopped fresh parsley (optional)

Combine first 8 ingredients in medium bowl. Combine Italian dressing and lemon juice. Pour dressing over salad, mix well. Refrigerate until ready to serve. Makes 3 servings.

1/2 teaspoon black pepper
1/2 cup fat-free Italian salad dressing
1/2 cup lemon juice

Nutrition Information: Per serving Calories 380, Protein 28 g, Carbohydrate 52 g, Total Fat 5 g, Cholesterol 10 mg, Dietary Fiber 8 g, Sodium 650 mg. Percent of calories from fat: 12.

Shoppers get their money's worth at warehouse clubs

Continued from Page 1
ness in cosmetics. Other members of her household are her daughter Madeline Worschek, 38, an accountant; Madeline's husband Rick, 40, who is starting a lawn-care service; and the two Worschek daughters, Monique, 7, and Miaty, 17.

"With the size of our household, it doesn't take long to go through (groceries)," said Barnes, a widow.

THE HUGE store resembles a

typical utilitarian warehouse, with rows of tall shelving filled with merchandise. High drivers, beeping horns and flashing lights, regularly arrive with good stock.

Barnes is armed with shopping list and pencil to calculate prices. A 12-roll package of Bounty paper towels, at \$9.99 averages 82 cents a roll. A twin-pack of Cheerios, 35 ounces, is priced at around \$3.65. Boneless chicken breast, \$9.49 for a 4-pound package, breaks down to around \$2.35 per pound.

Potential warehouse shoppers are approved for membership and are issued an I.D. card. Business members receive certain perks, such as special shopping times.

PACE charges all members an annual \$25 fee, and everyone pays the wholesale prices posted in the stores. At Warehouse Club, business members pay a \$25 annual membership fee and shop at the posted wholesale price.

People who belong to a qualifying group pay no membership fee; they

pay 5 percent above the wholesale price. These groups include certain large companies, labor unions, banks and credit union members.

GROUP MEMBERS of Warehouse Club can upgrade to paid membership. Above age 65, or members of American Association of Retired Persons, pay a \$15 membership fee.

Bulk food stores and bakery thrift shops are two other options for stretching the food dollars.

Large bakery companies, such as Awrey, Pepperidge Farms and Sara Lee, operate thrift stores to sell production overruns or slightly imperfect merchandise at reduced prices.

Items which are approaching their expiration dates are priced for quick sale. Bargain days offer special incentives.

At bulk food stores, customers use

tongs or scoops to place merchandise into plastic bags for weighing and pricing by store personnel. The consumer controls the quantity.

"Everything sells by the pound," said a clerk at the Bulk Food Warehouse at 12 Mile Road and Orchard Lake Road in Farmington Hills. "You can buy as little or as much as you want."

Pan-fried smelt springtime treat

See Larry James' taste buds on Taste front.

BEER BATTER FOR SMELT

- 2 1/2 cups flour
- 1 teaspoon baking powder
- 1 small clove garlic, finely minced black pepper
- about 1 cup beer

Sift together the flour and the baking powder. Add garlic and a twist of the peppermill, about 1/4 teaspoon. Add just enough beer to make a batter, whisking with a wire whisk

until smooth.

To cook smelt: Heat oil in fryer to about 375 degrees. (An electric skillet or deep-fat fryer works best, as will an electric wok.) Dip smelt in batter, and drop into hot oil. Cook, stirring occasionally until golden brown, about two minutes. Drain on paper towels and serve immediately.

CRACKER COATING FOR PAN FRYING

Chef's note: Momma always used Drake's batter mix both in it's dry

make batter, but this recipe is just as easy.

- 2 cups saltine cracker crumbs, finely crushed
- 2 eggs, beaten
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons butter or margarine
- 2 tablespoons peanut or olive oil

Combine the cracker crumbs with the pepper and mix well. Dip the smelt in the egg wash, roll in crumb mixture, gently dip in egg wash again and re-roll in crumbs. Set coated smelt on waxed paper lined plate until ready to pan-fry.

To pan-fry, heat butter or margarine in a heavy skillet until butter begins to sizzle. Sit in oil and add coated smelt, being careful not to crowd the skillet. Cook over medium high heat for 2 minutes. Turn smelt over and continue to cook for 2 more minutes. Drain on paper towels and serve immediately.

For a wonderful addition, add 1/2 cup sliced almonds to the skillet while cooking the smelt.

cooking calendar

KITCHEN GLAMOR

Marcia Sikorski, demonstrates recipes that will enhance your spring meals. You will learn how to clean and core a fresh pineapple, step-by-step techniques for sweet and sour chicken with pineapple and other culinary delights, 1 and 7 p.m. Tuesday, April 28 in Novi, 1 and 7 p.m. Wednesday, April 29 in Redford, 1 and 7 p.m. Thursday, April 30 in West Bloomfield, and 1 and 7 p.m. Friday, May 1 in Rochester. There is a \$2 fee. Call 537-1300 for information.

THE COMMUNITY CENTER

The Community Center, 24705 Farmington Road is offering a variety of cooking classes this spring including, cooking for singles, gift for company, hurry up supper. Call 477-8404 for information.

Remember Secretary's Day Is May 22!



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If you've tried to lose weight and can't get started, or you've lost weight only to regain it quickly, the answer to your problem can probably be found in your emotional life.

People who are, or have been, in unfulfilling or abusive relationships use food to provide comfort and protection. People who have difficulty asserting their needs tend to swallow food as quickly as they swallow their anger.

If you sincerely want to gain control of the problem, call and find out how to qualify for the program and insurance coverage.

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