

Apple delicious entree, dessert are heart healthy

See related story about apples on Taste front.

AUTUMN APPLE CHICKEN

8 boneless chicken breasts
2 cups apple cider
1 cup all purpose flour
1 Tablespoon ground ginger
2 teaspoons cinnamon
3 Tablespoons brown sugar
2 apples, peeled, cored and cut in thin wedges

The night before serving, marinate chicken in apple cider. Remove chicken from apple cider, but reserve cider for later. Mix flour, ginger and cinnamon in a small bowl. Dredge the chicken with the flour mixture and place in a shallow baking pan. Bake chicken at 350 de-

grees for 40 minutes. Meanwhile, combine reserved cider, brown sugar and apple slices. Pour the marinade mixture over the chicken and bake 25 minutes more. Serves 8.

This is a variation of a Silver Palate recipe. It was submitted by David Robinson, one of the editors of "The Health Club Cooks," published by the Jewish Community Center of Detroit. The book costs \$18, plus tax. Proceeds benefit JCC's endowment fund for people with special needs. For information, call 661-1000, ext. 301.

APPLE CRISP

4 cups sliced peeled tart apples (about 4 medium)
1/2 cup brown sugar
1/4 cup flour

1/4 cup oatmeal
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
2 Tablespoons margarine, softened

Preheat oven to 375 degrees. Lightly oil an 8-inch square baking pan. Place apple slices in pan. Mix remaining ingredients thoroughly. Sprinkle over apples. Bake 30 minutes or until apples are tender and topping is golden brown. Serve warm, and if desired, with vanilla yogurt or yogurt dessert sauce. Serves 4-6.

Recipe submitted by Wendy Schwartz, a registered dietitian and volunteer for the American Heart Association of Michigan.

Stuffing makes veggies special

See Larry Stein's column on Taste front.

MOMMA'S DAIRY STUFFED ZUCCHINI

1 cup cottage cheese
1 cup Parmesan Cheese
2 eggs
black pepper to taste
1 large zucchini, split lengthwise, seeds removed

Combine first 4 ingredients, mix well. Pour mixture into hollowed out zucchini. Place on a nonstick baking sheet and bake at 350 degrees for 30 minutes, uncovered.

ONIONS STUFFED WITH WILD RICE AND SAUSAGE

1/4 cup wild rice
1 teaspoon salt

6 large yellow onions
1/2 cup butter
1 cup chopped mushrooms
1/2 cup bulk sausage
2 tablespoons fresh chopped parsley
1/2 teaspoon dried sage, crumbled
salt and pepper, to taste
beef or chicken broth

Wash rice in 3 to 4 changes of cold water and remove any foreign particles. Add salt to 3 cups boiling water. Gradually pour in rice so that water does not stop boiling. Reduce heat, cover and simmer, stirring occasionally with fork, until rice is tender and all water is absorbed, about 30-45 minutes. Meanwhile, remove loose outer skins of onions without cutting off root or stem ends. Add onions to large pot

of boiling water. Reduce heat and simmer 10 minutes. Drain and cool. Preheat oven to 450 degrees. Generously butter a deep baking dish. With a sharp knife, cut out stem (top) of onion, leaving root intact. Remove any remaining skin from outside.

Cut out center, leaving shell 1/4-inch thick. Set shells in baking dish. Chop remaining onion, reserve 1/2 cup. Melt butter in a large skillet over medium heat. Add onion and mushrooms. Sauté until golden. Crumble sausage and add to skillet.

Cook until sausage is browned. Transfer to bowl, add rice, parsley, sage, salt and pepper. Fill onions equally. Add enough broth to come halfway up the sides of the onions. Bake for 20 minutes. Spoon some of the broth over before serving.

Learn how to run a restaurant

So you want to own a restaurant? Now comes a wonderful opportunity to hear valuable information about owning restaurants from Matthew Prentice, owner of the Unique Restaurant Corporation, a national food service chain opera-

ting eight restaurants, a retail/wholesale bakery, a wholesale produce company and large catering business.

The class — "Business Aspects of Restaurant Ownership," will meet 5-7 p.m. on Mondays, Oct. 12,

19, 26, Nov. 2, and 9, at Schoolcraft College, 186000 Haggerty Road in Livonia. The cost is \$75 for all five sessions. Call Schoolcraft College, continuing education services at 462-4448 for registration information.

Serve lean roast at family dinners

AP — At your next family gathering, treat everyone to a succulent eye of round roast. This lean cut of beef cooks with a minimum of attention, plus it slices beautifully. Drape the slices with a creamy smooth low-fat mustard sauce. The sauce gets its beefy flavor from beef broth, instead of from the more traditional fat drippings.

BEEF WITH DIJON SAUCE

2-to-3-pound beef eye round roast

1 cup beef broth
1 tablespoon cornstarch
1 tablespoon Dijon-style mustard
1 teaspoon honey
1 teaspoon Worcestershire sauce

Snipped fresh chives (optional)

Place roast on a rack in a roasting pan. Insert a meat thermometer.

Roast in a 325-degree oven to desired doneness, allowing 1 to 1 1/2 hours for rare (140 degrees) or 1 to 2 1/4 hours for medium (160 degrees) doneness.

For sauce, combine beef broth, cornstarch, Dijon-style mustard, honey and Worcestershire sauce. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes

more. To serve, slice the roast. Top with the sauce and snipped fresh chives, if desired. Makes 8 to 10 servings.

Nutrition information per serving: 166 cal., 25 g pro., 2 g carbo., 6 g fat, 59 mg chol., 215 mg sodium, 354 mg potassium. U.S. RDA: 13 percent riboflavin, 26 percent niacin, 10 percent iron.

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