

Brazilian entree cooks in one pot

Cooks: Make a break the traditional holiday menu! With good food as the entertaining heart of the season, flaunt some culinary creativity.

"Now menus or dishes are welcome during the holidays, if they combine familiar ingredients in new ways," said Robin Kline, registered dietician and National Pork Producers' Council director of consumer affairs.

"One way to make your meals special is to take familiar dishes or traditional holiday ingredients and give them a special twist. Give that traditional pork roast a unique stuffing, for instance, or try mixing the expected cranberries with jalapeno peppers for a surprising twist."

"Another way to make holiday entertaining special is to feature a traditional holiday dish from another land. In many countries, fresh pork is the 'star' for holiday meals," said Kline.

For example, Feijoada (pronounced fay-oh-dah), a Brazilian festival dish, is a festive one-pot meal with something for everyone. Black beans are the heart of this dish, with ham, pork loin, sausage, tomatoes and seasonings

adding the "soul."

Accompany Feijoada with a simple appetizer of ham-wrapped pineapple spears, add fresh hot bread and a fruit tray for dessert and you have all the makings for a crowd-pleasing, easy-on-the-cook, festive party.

FEIJOADA

1 pound dried black beans
6 cups water
1 pound boneless ham, cut into ¾-inch cubes
1 pound boneless pork loin, cut into ¾-inch cubes
¾ pound hot Italian sausage, sliced into 1-inch pieces
¾ pound smoked sausage, sliced into 1-inch pieces
1 pint cherry tomatoes
1 onion, chopped
1 teaspoon red pepper flakes
6 cloves garlic, peeled and minced
½ teaspoon orange zest

Cover the beans with cold water and soak overnight; or cover them with boiling water and let stand two hours. Drain.

Preheat oven to 350 degrees F. In a large Dutch oven, combine all ingredients. Bring to a boil, skimming



Festive meal: This holiday season please the crowd with Feijoada, the Brazilian one-pot meal for festive occasions. Seemingly exotic, it's amazingly simple to make.

ing if necessary. Cover and transfer to oven. Bake 1½ hours; remove cover and bake another 30 minutes, stirring occasionally.

Allow to cool slightly, then cover and refrigerate overnight. Remove any fat from surface. Reheat Feijoada slowly.

Serves: 12 Preparation Time: 15 minutes Cooking Time: 120 minutes

Nutrient Information per Serving: Calories 346, Protein 16 gm, Sodium 773 mg, Cholesterol 71 mg, Fat: 31 gm.

Tasty spinach pie good-for-you, easy

AP — Go meatless! At least once a week, opt for a no-meat dinner with your family. You'll load up on good-for-you carbohydrates and vegetables, plus cut back on your grocery expenses.

For busy cooks, vegetarian entrees can be as simple as their meatier counterparts. For example, Spinach and Orzo Pie — a cheesy spinoff on popular spaghetti pie — requires only eight ingredients.

For the crust, use orzo instead of spaghetti. Orzo, also known as risotto, is a rice-size pasta you'll find on the grocery shelf alongside other pastas. (Or, substitute 3 cups of cooked tiny bow ties or elbow macaroni.) For the stir-together cheesy spinach filling, your top tier is a convenient jar of chunky spaghetti sauce.

½ cup ricotta cheese
¼ teaspoon ground nutmeg
½ cup shredded fontina or mozzarella cheese

For crust, in a medium mixing bowl combine eggs, the cooked orzo, ½ cup of the spaghetti sauce and the ½ cup Parmesan cheese. Spread the mixture over the bottom and up the sides of a greased 9-inch pie plate to form a shell.

For filling, cook spinach according to package directions; drain well. In another mixing bowl stir together spinach, ricotta cheese and nutmeg. Spoon into the bottom of pasta-lined pie plate. Spread remaining spaghetti sauce atop filling. Cover edge of pie with foil. Bake in a 350-degree F oven for 30 minutes. Remove from oven.

Top with shredded cheese. Return to oven and bake for 3 to 5 minutes more or until cheese is melted. Transfer to a wire rack; let stand for 5 minutes before serving. Makes 6 main-dish servings.

Nutrition information per serving: 316 cal, 15 g pro, 37 g carb, 13 g fat, 96 mg chol, 692 mg sodium, 477 mg potassium, 2 g dietary fiber.

RDA: 78 percent vit. A, 23 percent vit. C, 23 percent riboflavin, 10 percent niacin, 32 percent calcium, 14 percent iron.

SPINACH AND ORZO PIE

2 beaten eggs

3 cups cooked orzo (1½ cups uncooked)

One 15½-ounce jar chunky spaghetti sauce

½ cup grated Parmesan cheese

One 10-ounce package frozen chopped spinach

Smart cookies bake healthy low-calorie holiday treats

LITE SUCCESS



FLORINE MARK

Want to relax during the hustle and bustle of the holiday season? Head to the kitchen! Baking and decorating holiday cookies can help you unwind, letting you be creative and artistic.

Put on a little music to get yourself in the holiday spirit, tie on an apron, and bake some low-calorie holiday treats!

Best of all, even you can enjoy the holiday cookies you bake!

Roll up your sleeves and pull out the rolling pin, it's time to bake Sugar Cookie Cutouts. If you're short on time, enlist some help from the kids. They're fun to make, letting little minds be as imaginative as they want.

Double the recipe and use half of the dough to prepare a batch of Orange Cranberry Tarts. Just add a few extra ingredients, and you'll have a tasty treat that looks too good to eat!

So, this holiday season, be a smart cookie and bake healthy!

SUGAR COOKIE CUTOUTS

½ cup unsalted stick margarine
4 ounces reduced-calorie creamed cheese
1 large egg
1 teaspoon vanilla extract
2¼ cups all-purpose flour (reserve 2 tablespoons)
½ cup granulated sugar
½ teaspoon baking powder
Red and green decorator sugar to garnish (optional)

In large bowl, with mixer on high speed, beat margarine and creamed cheese until smooth. Beat in egg and vanilla. On wax paper, combine flour, granulated sugar and baking powder. Gradually beat dry ingredients into egg mixture to form a dough. Divide dough in half. Wrap each half in plastic wrap; refrigerate 3 hours, or overnight.

Preheat oven to 350 degrees. Sprinkle 1 tablespoon of the reserved flour on wax paper. Working with one piece of dough at a time, place dough on floured wax paper and cover with another sheet of wax paper; roll ¼-inch thick.

Cut out with assorted ½-inch cookie cutters.

Re-roll dough as necessary, making 36 cookies. Place cookies on large baking sheets, 1-inch apart.

Decorate with sugar, if using. Bake 8-10 minutes. Remove from baking sheets and cool on racks. Repeat with remaining flour and dough. Store in airtight containers.

Each serving provides: 1 Fat, ¼ Bread, 30 Optional Calories Per serving: 106 calories, 2 g protein, 5 g fat, 14 g carbohydrates, 38 mg sodium, 11 mg cholesterol. Source: Weight Watchers Magazine, December 1991

ORANGE CRANBERRY TARTS

Makes 24 Servings (1 tart each)

Sugar Cookie dough
3 tablespoons cornstarch
4 cups fresh or frozen cranberries
2 cups orange juice
½ cup dried currants
3 tablespoons granulated sugar
1 tablespoon grated orange peel
1 tablespoon vanilla extract
Orange peel to garnish (optional)

Prepare dough for Sugar Cookie

Cutouts, but do not reserve any flour. Divide dough into 24 equal pieces. Spray 24 2½-inch muffin cups with nonstick cooking spray. Press each piece of dough into bottom and up sides of prepared cups; chill while making filling. Preheat oven to 350 degrees.

To prepare filling, in small bowl, combine cornstarch with 3 tablespoons water; stir until smooth.

In medium saucepan, combine cranberries, orange juice, currants, sugar, orange peel, and vanilla;

bring to a boil. Stir in cornstarch mixture and cook until thickened, 1-2 minutes.

Divide filling evenly among prepared shells. Bake 15-20 minutes, until shells are lightly browned. Remove to rack and cool.

Each serving provides: 1 Fat, ¼ Bread, 14 Fruit, 40 Optional Calories. Per serving: 145 calories, 2 g protein, 5 g fat, 23 g carbohydrates, 39 mg sodium, 11 mg cholesterol. Source: Weight Watchers Magazine, December 1991.

COOKING CALENDAR

Send items for publication in *Cooking Calendar* to Kely Wygonik, Taste editor, The Observer & Eccentric, 36251 Schoolcraft Road, Livonia, MI 48150.

Holiday appetizers
Two holiday appetizer workshops are being offered at the Community Center of Farmington/Farmington Hills, 7-9 p.m. Tuesday, Dec. 1 and 7-9 p.m. Wednesday, Dec. 2. The cost is \$15 per two hour workshop. To register, call 477-8404.

COOKBOOK AUTHORS
Chuck Muer will autograph copies of his new cookbook at Jacobson's in Laurel Park Place, Six Mile at Newburgh in Livonia, noon to 2 p.m. Thursday, Dec. 3. Bonnie Stewart Mikkelson will autograph copies of her book "Holyheeks & Radishes," noon to 3 p.m. Sunday, Dec. 6.

THE BREADMAN
George Burnett, "The Breadman," and author of "The Breadman's Healthy Bread Book," will

autograph his book and demonstrate uses of the Breadman Bread Making Machine, 1-3 p.m. Wednesday, Dec. 2 in the Market place of Hudson's in Oakland Mall.

KITCHEN GLAMOR
Hanukkah Celebration with Chef Elwin Greewald 1 p.m. Sunday, Dec. 6 at West Bloomfield store. Call 537-1300 for class information.

MADRIGAL DINNER
Enjoy a traditional old England yuletide feast at the 16th annual

Madrigal Dinner at Schoolcraft College in Livonia. Tickets are \$30 per person. For information, call 462-4417. Dates are 8-730 p.m. Thursday, Dec. 10, Friday, Dec. 11 and Saturday, Dec. 11.

WASSAIL FEAST
The Hospitality Management Students of Oakland Community College in Farmington Hills are presenting a traditional Wassail Feast 6:30 p.m. Thursday, Dec. 3. Tickets are \$30 per person and should be purchased in advance. For information, call 471-7786.

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—Monte Nagler
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