

Families share low-fat, low-salt, sugar-free recipes

See related story on Taste front.

CATHERINE'S BIRTHDAY CAKE
1 box angel food cake mix (Duncan Hines)
2 packages Dream Whip topping mix
1 16-ounce tub Cool Whip
2 pints frozen yogurt (the flavor of your choice)
Food coloring and sugar-free sprinkles (optional)
Prepare cake mix as directed. Let cool. Remove yogurt from freezer to soften. Cut cake into thirds horizontally. Turn top third of cake upside down on plate (make sure plate

fits into freezer). Spread one pint of yogurt on top of this layer. Top with another third of cake. Spread other pint of yogurt on this layer. Top with remaining cake, then place in freezer immediately.
While the topping mix and combine with ready-made whipped topping. Add food coloring, if desired. Remove the cake from freezer and frost quickly (yogurt is fast melting). Add sprinkles if desired.
Return to freezer for 20 to 30 minutes. If cake is to be kept in the freezer for a longer period, "tent" cake with toothpicks and plastic

wrap. Serves 12.
Percent of calories from: Protein 7 percent, Carbohydrate, 70 percent, Fat 23 percent. Exchanges 2.1 breads, 1.1 fat.
Recipe submitted by Ann Nordloh.
PEPPERIDGE FARM OVEN-FRIED CHICKEN
1/2 stick margarine
2 cups Pepperidge Farm Herb Stuffing Mix
1 teaspoon salt
1 egg
1 tablespoon water
Assorted chicken pieces (skin removed)

Preheat oven to 425 degrees. Melt margarine in baking pan in oven. Crush stuffing mix in a plastic bag with a rolling pin. Add salt. Beat egg in water. Dip chicken in egg mixture and then coat with stuffing mix, a few pieces at a time, until well coated.
Place chicken (thick side down) in margarine in a single layer. Bake uncovered for 30 minutes, then turn and bake 15 minutes longer. Serves 4.
Recipe submitted by Priscilla Buck.

HOT CHOCOLATE
1 1/2 tablespoons cocoa
1/4 to 1/2 teaspoons salt (optional)
1/2 cup water
1 1/2 cups low-fat milk
1/4 teaspoon liquid sugar substitute
Mix cocoa and salt in pan. Add water. Heat over low temperature. Add milk and sugar substitute. Makes 3 cups.
Recipe submitted by Tracy Keller.
CRANBERRY MUFFINS
4 tablespoons vegetable oil

2 eggs
1/2 cup skim milk
2 tablespoons honey
1 cup frozen or fresh cranberries, chopped
1 cup whole wheat flour
1 cup all-purpose flour
4 teaspoons baking powder
1 teaspoon ground cinnamon
1 cup chopped walnuts
Combine all ingredients in a bowl and stir until just moistened. Spoon batter into lightly oiled muffin cups. Bake at 350 degrees for 15 to 20 minutes. Makes 12 muffins.
Recipe submitted by Kathy Koval.

Diabetic from page 1B

The Kellers have two daughters, Anne, 13, and Sarah, 11, who grew up eating sweets and treats like normal children. "Although my husband and I have diabetes, the girls haven't eaten any differently than their friends, maybe just healthier," Tracy Keller said. She said she takes popular foods and adjusts the recipes so that she and her husband can enjoy them with their girls. For example, for tacos she uses lean ground turkey, lettuce, tomatoes

and low-fat cheddar cheese wrapped in soft tortilla shells. Another popular family treat is low-fat frozen yogurt in between two sugar-free cookies. "There are many good snack foods, including sugar-free sweets and desserts, that we can eat. These same snacks are good for everyone. All that living with diabetes requires is learning to make the correct choices."
The Kellers' positive handling of their disease earned them an

honorably mention in the ADA's 1993 "Family of the Year" contest. They were recently highlighted in the organization's publication "Diabetes-Forcast." "The Kellers' award is a nice honor for our state," said Dave Buck, chairman of the ADA, Michigan Affiliate. November is National Diabetes Month, and a good time to learn about this disease that affects thousands each year.
To launch the month, a recre-

ation of the First Thanksgiving will be presented 6 p.m. Friday, November 5, at the Mayflower Hotel in Plymouth. Tickets are \$30 per person, call 463-5375.
"Most everything on the menu can be enjoyed by everyone, including those with diabetes," Buck said.
Buck, a Plymouth resident who has had diabetes for 18 years, said a major aim of the ADA this year is to educate the general public on the use of the term "diabetic."

"We prefer to be known as individuals with diabetes and not as 'diabetics.' We consider this term to be negative and on the same level as the words 'alcoholic' and 'addict.'"
"We want to be accepted as 'normal' individuals who just happen to have a disease. We don't want to be set apart," he said.
His wife, Priscilla, added that she has always prepared "normal" food for her husband and

Tell us how you stuff your stuffing

We want to know what's — "The Stuff Good Stuffing Is Made Of" for Thanksgiving. Enter our stuffing contest and you could win one of three prizes — a 20-25 pound fresh turkey from Roper Turkey Farms in Livonia, a \$25 gift certificate from Kitchen Glamour, or the newly published "365 Ways to Prepare For Christmas" by David E. Monn.
We're on the lookout for the best stuffing recipe to share with our readers on Nov. 22. All recipes must be original in nature. All entries must be submitted in typed or handwritten form and be postmarked no later than 5 p.m.

Partners from page 1B

"My first job was making sandwiches at a grocery store," she said. "I've always loved to cook."
At 25 she reached a turning point — "I was working at a hotel in Puerto Rico and I asked myself — 'what am I going to do? I was always happiest in the kitchen.'"

She came home, worked a year as a catering supervisor at Zingerman's Deli in Ann Arbor, enrolled in Schoolcraft's Culinary Arts program in 1989, and apprenticed under Chef Ed Janos at Teo Chez Restaurant in Novi. She graduated from Schoolcraft in 1990.
Lewton, 29, grew up in Birmingham and graduated from Schoolcraft's Culinary Arts pro-

gram in 1989. She was an executive chef at Miesel/Syco before going into business with Ambrose, worked as a sous chef for Master Chef Jeff Gabriel at the American Harvest Restaurant on the Schoolcraft College campus, and at Opus One in Detroit.

What's your philosophy at 2 Unique?
"Presentation is everything, food should look as good as it tastes," said Ambrose. "Hot foods should be served hot, cold foods cold."
"We use fresh foods that are readily available, cooked the natural way," said Lewton. "We cook

very nutritionally and sautee foods quick with a little olive oil."
What's on the horizon?
Both women said they want to open a shop that would offer foods to go, catering and cooking classes. "We want to be consultants to help people with their parties," said Ambrose and Lewton. "We want to offer guidance about how much food to buy, to help people help themselves."
Do you have some cooking tips to share?
Both chefs encourage home cooks to view cookbooks as a base of ideas. "People get too locked in," said Lewton. "Recipes are

guidelines. Use your own taste and originality. People are afraid of cooking, don't be."
Where do you get your ideas from?
Lewton and Ambrose say they eat out once a week to see what's cooking in the community. "We're constantly educating ourselves," they said. "We get all kinds of magazines. Cooking is a continual growth process."
See recipe inside. To recommend a chef for our column, call Keely Wygonik, Taste/Entertainment editor, 953-2105 or write to Wygonik at the Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150.

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