

Healthy recipes keep New Year's diet on right track

See related column 'Tastebuds on Taste front.'

CLASSIC ANGEL FOOD CAKE, A LIGHTER VERSION

1 cup sifted cake flour
1/2 cup sifted powdered sugar
1/2 teaspoon salt
3/4 cup superfine sugar
1 1/2 cups egg whites (about 11 at room temperature)
1 teaspoon cream of tartar
1 teaspoon vanilla extract
1 teaspoon almond extract
Position a rack in the center of the oven and preheat the oven to

325 degrees. Do not grease the angel food cake pan. Sift the flour onto a sheet of waxed paper, then resift it with the powdered sugar and salt. Sift the superfine sugar into a separate bowl. In a large grease-free bowl, combine the egg whites with the cream of tartar. Whip whites until foamy. Gradually add the superfine sugar and whip until whites are nearly stiff but not dry. They should look smooth. Sprinkle in the vanilla and almond extract and beat once by hand to incorporate. Using a rubber spatula, fold in the flour mixture about 3 tablespoons at a time, incorporating

after every addition. Cut into the batter with the spatula but do not stir. Turn the batter into the ungreased angel food cake pan. Bake for 45 minutes at 325 degrees or until golden or until a cake tester comes out clean.

As soon as the cake is baked, invert the pan to hang upside down for several hours or overnight.

Chef's Note: This cake contains less than 1 percent of its calories from fat. Nutritional analysis per serving: 113 calories, 4 grams protein (fat) saturated fat, 24 mg. Carbs. Reelpe

from Have Your Cake and Eat It, Too by Susan Purdy, Copyright, 1993, Morrow Publishers, \$25.00.

I love hummus dip and you will too, especially with this healthy recipe!

HUMMUS DIP

1/2 small jalapeno pepper, stem and seeds removed
1 large clove garlic
1/2 medium onion, cut into chunks
1/2 medium green pepper, cut

into chunks
2 teaspoons olive oil
1/2 teaspoon cumin
1 can (15 ounces) garbanzo beans, drained
3-5 tablespoons water

Place jalapeno pepper and garlic in a blender or food processor. Process until well chopped. Add onion and green pepper, process until well chopped, scraping down the sides of the blender or processor as necessary. Heat olive oil in a non-stick skillet over medium heat. Add

min and cook and stir until vegetables are tender crisp. Cool. Place the vegetable mixture with the drained beans and water in a blender or food processor. Cover and blend until smooth, about 30 seconds to 1 minute. Scrape sides if necessary. Serve with vegetable dippers, pita wedges or cracker bread. Yields 2 cups (82 servings)

Per serving: 17 calories, 1 gram protein, 3 grams carbohydrates, 1 gram fat, 0 mg. cholesterol. Source: The Kitchen Aid Ultra Power Instruction and Recipe Book.

Sinfully good chicken piccata, kebabs won't add to waistline

See related story on Taste front. Go grocery shopping with Gail Posner, and sample a variety of healthy foods, 9:30-11 a.m. or 7:30-9 p.m. Wednesday, Jan. 19 at Shopping Center Market, 6443 Orchard Lake Road, West Bloomfield. The cost is \$15 per person. Call 855-4558.

Copies of Posner's booklet, "Dining Out Healthy," which includes specific menu ideas for a variety of ethnic restaurants, are available for \$8. Send \$8 check to

Gail Posner, Nutritionist, 6016 West Maple, Suite 700, West Bloomfield, MI 48322.

Here are some of Posner's recipes to get you started on a healthier new year.

CHICKEN PICCATA

1 1/2 pounds boneless, skinless chicken or turkey breasts
2 tablespoons flour
Pepper to taste, or Mrs. Dash
2 tablespoons low-calorie margarine

3/4 cup chicken bouillon
2 tablespoons lemon juice
6 paper thin lemon slices

Pound chicken into thin cutlets between sheets of wax paper with a mallet. Mix together flour and pepper and dredge chicken lightly in seasoned flour, shaking off excess.

Melt margarine in skillet and saute chicken 2 to 3 minutes on each side, or until golden. Remove chicken and set aside.

Add chicken bouillon and lemon

juice to skillet, bring to a boil and boil 1 to 2 minutes. Return chicken to skillet and place 1 lemon slice on each cutlet.

Cover and simmer 5 minutes or until chicken is tender. Remove chicken with a slotted spoon and place on a heated serving platter; reserve pan liquid.

Surround chicken with cooked lemon slices. Cook liquid over medium-high heat until reduced to a thin syrupy glaze. Pour sauce over

chicken. Makes 4 servings.
Each serving contains about: 225 calories, 8 gm fat, 33 gm protein, 102 mg sodium (use salt-free chicken stock to reduce sodium), 89 mg cholesterol, 4 gm carbohydrates.

POTATO KEBABS

2 small potatoes — each cut into 8 wedges
4 large mushrooms
1/2 large tomato, cut into quarters
1/2 green pepper, cut into quarters
4 pieces of onion
Paprika
2 teaspoons diet margarine, melted
4 bamboo skewers

Place potato wedges in a sauce pan with 1 inch of cold water. Bring to a boil, cover and cook 10 min.

utes. Place partially cooked potato wedges on bamboo skewer, alternating with mushroom, tomato, green pepper and onion pieces.

Brush with margarine, sprinkle with paprika. Spray cookie sheet with vegetable cooking spray. Place skewers on cookie sheet. Bake 20 minutes in a 350 degree oven.

Serves 2.
Each serving (2 skewers) contains about: 120 calories, 42 mg sodium, 4 gm protein, 0 mg cholesterol, 3 gm fat, 23 carbohydrates.

VINEGAR MUSTARD DRESSING

2 tablespoons red wine or balsamic vinegar
1/2 teaspoon Dijon mustard
1/4 of a packet of Sweet & Low

Stir ingredients together in a small cup for a fat-free dressing. Serves 1.

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to remove the skin on the chicken. Look for low-fat cooking preparation for entrees such as steamed, poached, blackened or grilled, with no fat.

Find out what else comes with the dinner. Ask to have vegetables steamed instead of sauteed. A plain potato is a healthier choice than rice pilaf; salad in place of

coleslaw or two vegetables in place of the starch.

Try pizza with half the cheese, dip lobster or crab in seafood broth instead of butter.

Share an entree, order two salads and double the vegetables. Or order an appetizer for your entree. Pasta dishes usually contain about three cups, (480 calories for

just the pasta), appetizer sizes are usually 1 1/2 cups, (240 calories for the pasta), side dishes of pasta contain about one cup (160 calories for the pasta).

Select pastas with tomato, marinara or red clam sauces rather than butter, cream, heavy cheese, pesto or rich meat sauces.

Order food with a low-fat sauce

such as mustard, wine, garlic, roasted pepper, spicy tomato, grilled or blackened.

Omelets have 400 calories, compared to egg white omelets, grilled dry, which have 100 calories.

On salads, skip the bacon, croutons, nuts and cheese. Ask for dressing on the side, dip your fork into the dressing, then spear a piece of lettuce.

Salads are a great choice at fast food restaurants, but watch the dressing. Each packet contains four tablespoons. Try to limit yourself to one tablespoon.

See recipes, and more tips inside.

Gallo from page 1B

growing grapes organically and has, through the years, become environmentally conscious.

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favorite \$20 cabernet sauvignon. It's just what Julio Gallo said about it prior to his death.

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Seafood requires some special care

Here are some tips for seafood consumers from the National Fisheries Institute in Arlington, Va.

Buy your seafood from reputable, commercial sources. Do not buy poorly iced or refrigerated products.

After purchase, get product home quickly and keep it refrigerated until use.

If you buy live shellfish — lobsters, crabs, oysters, mussels or clams — discard any that die during storage.

Thaw frozen seafood in the refrigerator or under cold running

water, not at room temperature. Marinate seafood in refrigerator.

As with any animal protein, keep cooked product from contact with raw, or the cutting boards and utensils used to prepare the raw product.

Avoid raw or undercooked fin-fish or shellfish.

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