

Cook low-fat meals quick in microwave

See related story on microwave cooking on "Taste front. Recipes for "Microwave To Your Heart's Content," by Norma Schonwetter.

CHICKEN LANAI

- 1 (20-ounce) can pineapple chunks, in juice
- 4 to 6 thin slices fresh ginger
- 2 cloves garlic, minced or crushed
- 2 tablespoons each: reduced sodium soy sauce, ketchup
- 2 teaspoons cornstarch
- 1/4 to 1/2 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts
- 1 tablespoon each: chopped green onion, sesame seeds
- 2 cups hot cooked rice, without salt

Drain juice from pineapple into a microwave 8-inch square baking dish. Stir in ginger, garlic, soy sauce, ketchup, cornstarch and red pepper flakes. Add chicken breasts, turning to coat. Cover with lid or vented plastic wrap and microwave on HIGH 6 minutes. Add pineapple; stir again. Microwave, covered, on HIGH 1 minute. Sprinkle with green onion and sesame seeds. Serve with rice. Yield: 4 servings.

Per serving: 248 calories, 2.1 gm fat, 20.6 gm protein, 44 mg cholesterol, 36.5 gm carbohydrate, 312 mg sodium. Percent of calories from fat, 8 percent.

CRUNCHY FISH FILLETS

- 1 pound fish fillets (your choice, Norma uses White Fish)
- 1 tablespoon reduced calorie mayonnaise
- 1 teaspoon Dijon mustard
- 1/2 cup crumbled wheat or

brun flakes

- 1/4 teaspoon each: paprika, garlic powder

Pat fillets with paper towels; place in microwave 12 by 8-inch baking dish. Combine mayonnaise and mustard in small cup. Spread over tops of fillets. Combine crumbled flakes with paprika and garlic powder; sprinkle over tops of fillets. Cover with paper towel; microwave on HIGH 3 to 4 minutes or until fish flakes easily with fork. Yield: 3 servings.

Per serving: 164 calories, 2.8 gm fat, 27 gm protein, 7.1 gm carbohydrate, 64 mg cholesterol, 247 mg sodium. Percent of calories from fat, 15.

ORANGE POPPY SEED MUFFINS

- 1 1/2 cups flour
- 1/2 cup each: sugar, nonfat plain yogurt
- 1/4 teaspoon baking soda
- 3 tablespoons margarine, softened
- 2 egg whites
- 1 tablespoon poppy seeds
- 4 tablespoons undiluted frozen orange juice
- Cinnamon and sugar blended together to sprinkle on top of muffins (about 1 teaspoon of sugar, 1/2 teaspoon cinnamon)

Combine all ingredients except for cinnamon and sugar mixture, in a medium bowl. Beat at low speed until moistened, about 1 minute. Line microwave muffin pans or custard cups with double paper baking cups. Spoon batter into muffin pan or custard cups. Sprinkle tops with cinnamon and sugar mixture. Microwave in two batches of six on HIGH for 2 minutes or until tops are dry. Yield 12 muffins.

Per serving: 134 calories, 3.3 gm fat, 3 gm protein, 0 mg cholesterol, 23.1 gm carbohydrate, 50 mg sodium. Percent of calories from fat 22 percent.

Tortilla lasagna, nutty rice, no fuss

See Larry Jones' Taste Buds column on "Taste front."

Tortillas are an easy, precooked alternative to lasagna noodles, they taste wonderful. Cut them into the shape of the lasagna noodles — there's no par boiling, no muss, no fuss. We make this lasagna in double batches — vegetarian for the adults, and with precooked ground beef or ground turkey for the kids.

TORTILLA LASAGNA

- 1 teaspoon Canola or olive oil
- 2 large cloves garlic, chopped fine
- 1/2 pound (about 1 cup) small and low-fat cottage cheese
- 1/4 cup shredded low-fat mozzarella cheese
- 1 (16 ounce) can kidney, pinto or black beans, drained

- 1 tablespoon flour
- Healthy dash cayenne pepper
- 1/4 teaspoon salt (optional)
- 1 teaspoon pepper
- 1/2 teaspoon chili powder
- 6 corn tortillas
- 1 (32 ounce) can crushed tomatoes (Chopped tomatoes, or sauce can be used, if desired)
- 2 teaspoons Italian spices — basil, oregano

In a large sautépan, heat oil and add garlic and cook over medium heat, stirring frequently until garlic begins to sweat and become very aromatic. Do not allow to brown or burn. Stir in tomatoes and Italian seasonings, mix well, remove from heat.

well. Set aside.

Slice tortillas. Prepare a glass bread pan or loaf pan by spraying completely with a non-stick cooking spray such as Pam.

Spoon in 1/4 of the bean-cottage cheese mixture. Sprinkle with 1/4 of the shredded mozzarella cheese. Spoon 1/4 of tomato sauce on top, then top with 1/4 of the tortillas. Repeat procedure until all items have been used.

Preheat oven to 375 degrees. Bake covered for 30 minutes at 375 degrees. Remove cover and continue baking for 30 minutes. Remove from the oven and allow to stand for 10 minutes before serving. Serves 6.

Each serving is approximately 350 calories, 22 gr. carbohydrate, 22 gr. protein, 7 gr. fat.

HONEY NUT BROWN RICE

- 2 cups water

- 1 cup uncooked rice (brown or white, but brown is best)
- 1 tablespoon honey
- 1 teaspoon salt, or as desired
- 1 pinch of fresh ground pepper
- 1/4 cup chopped nuts (walnuts or almonds)

Bring the water to a boil in a covered 2-quart saucepan. Add the rice, honey, salt and pepper, stir and cover the pot. Bring to a boil then immediately reduce the heat to low and cook until tender, about 20-25 minutes for white rice — 35-40 minutes for brown rice.

Remove from heat and stir in the nuts. Serve immediately. (Also excellent cold and made into a salad.) Serves 4.

Each serving: 170 calories, 30 gr. carbohydrate, 2 gr. protein, 5 gr. fat.

Fruity from page 1B

Vineyards is the epitome of a hand-crafted wine. The grapes are given a long, cool, fermentation in small tanks, punched down by hand and the wine is aged in 50 percent new French oak barrels.

Foley makes two pinot noirs from his fruit, each represents a great value. As avid pinot-philics, we can attest to the virtues of The 1990 Napa-Villages Pinot Noir (\$9) showing excellent fruit, with supple textures and juicy flavors. The 1989 Newland Pinot Noir (\$15) boasts big, tasty oak, good structure and bright, cherry fruit and spice that explodes in the glass. Why would you spend \$40-\$50 for a French Burgundy when this flavorful little beauty is available at one-third the price? Our latest discovery from Sonoma County is tiny Armida Winery on the west side of Dry Creek Valley near Healdsburg, Calif., approximately 1.5 hours north of the Golden Gate Bridge.

The story of Armida Winery may sound strangely like the Newland story; certainly there are interesting parallels. Owner, Bob Frugoli was born in California and spent most summers and

many weekends visiting his grandparents on their Sonoma County farm. Frugoli's adult career, as a financial adviser with a national investment house, took him to Chicago and away from California farm life.

After several years, he began to realize how important the farm was to him and planned his return to that lifestyle. In 1979, Frugoli purchased established vineyards in Sonoma County's Russian River Valley. The cool nights and warm days of this wine region are particularly hospitable to chardonnay, pinot noir and merlot. For 10 years, Frugoli grew grapes that he then sold to local wineries. In the meantime, each year that he carefully tended his vines and raised his grapes meant another year of maturity for his vines and another year closer to his dream of leaving the investment business to return to the earth.

In 1989, Frugoli realized his

dream of a lifetime when he located a spectacular site for his Armida Winery in the western foothills above the Dry Creek Valley with a view overlooking the Russian River Valley and Mount St. Helena to the east. At Armida Winery, Frugoli is able to use his own, estate grown grapes, in his carefully

planned winery, to produce small quantities of three hand-crafted wines.

Armida Winery Chardonnay showcases exuberant fruit with oak in evidence as a spice rather than a dominating component. Fruity and lengthy, this is a wine to drink rather than ponder.

33224 W. 12 MILE FARMINGTON HILLS (In the Crowley Center)

Jack's SEAFOOD MARKET

489-5750 Monday-Saturday 10-7

<p>COUPON</p> <p>Atlantic Salmon Fillets</p> <p>\$6.99 lb.</p> <p>pin boned Expires 1/20/94</p>	<p>COUPON</p> <p>Canadian Pike Fillets</p> <p>\$6.99 lb.</p> <p>boneless - better than perch Expires 1/20/94</p>
---	--

ORCHARD-10 IGA

Corner of Orchard Lake Road & Ten Mile in Farmington 476-0974

 <p>99¢ LB.</p> <p>Fresh, Lean, Whole Boston Butt</p> <p>PORK ROAST</p>	 <p>99¢ LB.</p> <p>Fresh, Grade A, Split</p> <p>CHICKEN BREAST</p>
 <p>69¢ + DEP.</p> <p>2 Liter Bottle</p> <p>Coke, Classic, Diet, Sprite, Caffeine Free</p> <p>*with in-store coupon*</p>	 <p>\$1.99</p> <p>15 LB. BAG</p> <p>Idaho</p> <p>POTATOES</p>
 <p>2/\$3.00</p> <p>1/2 GAL.</p> <p>Country Fresh, Frozen</p> <p>YOGURT</p>	 <p>\$1.99</p> <p>25 Oz.</p> <p>Banquet</p> <p>FRIED CHICKEN</p> <p>Country Style, Southern, Regular Hot & Spicy</p>
 <p>99¢</p> <p>1/2 GALLON</p> <p>Country Fresh</p> <p>SKIM MILK</p>	 <p>99¢</p> <p>Sunny Delight</p> <p>Citrus PUNCH</p> <p>Reg. or California Style 64 Oz.</p>

ADVERTISED ITEM POLICY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. Each of these advertised items is required to be readily available for sale. If we do not run out of an advertised item, we will offer you your choice of a comparable item, when available, reflecting the same savings or a percentage which will allow you to purchase the advertised item at the advertised price within 30 days. Only one vendor coupon will be accepted per item. We reserve the right to change this policy.

WE ACCEPT

Prices & Items Good Thru

Sun., Jan. 23, 1994

DOUBLE Manufacturers COUPONS UP TO 50¢

See Store for Details

Check Sale Items With In Store Paper

WINTER SPECIALS

Lin's
BRIDAL

"WHITE LACE & PROMISES"

BRIDAL FASHION SHOW


Sunday, January 23, 1994
2 Shows: 11am & 3pm

Laurel Manor
39000 Schoolcraft Livonia, MI 48150

STILL MAKING DECISIONS ABOUT YOUR WEDDING?

Here is your chance, for the first time in Michigan, to meet the manufacturers' designers, compare bride, bridesmaid & mother-of-the-bride fashions and make your purchases. Video, Bora, wedding cake, photographer representatives and many others will be available to answer your questions. All your wedding needs under one roof!

- **Fairy Tale Wedding Live on Stage**
- Tickets on sale the first week in January. Cost \$8.00 each or \$9.00 at door. Limited seating is available. Call for tickets or further information. (313) 455-1100 or (313) 462-0770
- Lin's BRIDAL**
570 SOUTH MAIN ST. PLYMOUTH, MI 48170
(313) 455-1100
- BRIDAL COUTURE**
1095 S. HUNTER BIRMINGHAM, MI 48009
(810) 645-0500



- Meet famous head-piece designer John Bradley.
- View the Fantasy Bridal Gown designed by Raphael.
- Entire lines of bridal gowns featured by select designers.
- Portion of proceeds will be donated to: Madonna University St. Mary's Hospital "Project Smile" Angela Hospice Home Care