

Honey-oat bread, muffins rich in flavor, not fat

See related story on Taste front.

HONEY-OAT BREAD

- 1 (4-ounce) package active dry yeast (1 scant tablespoon)
- 1/4 cup warm water
- 1/4 cup honey
- 1 cup old-fashioned rolled oats
- 2 cups unbleached all-purpose flour
- 1 cup whole-wheat flour
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- 1/4 cup chopped almonds (optional)

Dissolve the yeast in 1/4 cup warm water. Stir in 1 tablespoon honey. Set aside for about 5 minutes or until bubbly.

Mix the remaining ingredients except 1 cup of all-purpose flour in a large bowl. Add the yeast mixture. Stir with a large spoon or spatula.

and when the dough is cohesive, turn it onto a lightly floured surface.

Knead the dough for 10 to 15 minutes or until it is smooth and elastic. Add as much of the reserved flour as necessary to keep the dough from sticking.

Put the dough in a large, lightly oiled bowl, cover with a kitchen towel, and let rise in a warm, draft-free place for about 1 hour or until doubled in volume.

Coat a 9 by 5-inch loaf pan with non-stick cooking spray.

Using your fist, gently punch down the risen dough. Turn the dough onto a lightly floured surface and knead for about 1 minute.

Shape the dough into a loaf and put in the pan. Cover and let rise in a warm, draft-free place for 45 to 60 minutes or until again doubled in volume.

Preheat oven to 350 degrees F.

Bake the loaf for about 40 minutes or until the bread is lightly browned and sounds hollow when tapped. Remove the bread from the pan and let cool on a wire rack.

Yield: 1 loaf, 18 slices. **Calories per slice:** 133 grams without almonds, 2 grams with almonds. **Percent of calories from fat:** 11 percent without almonds, 16 percent with almonds.

BANANA-OAT MUFFINS

- 2 cups unbleached all-purpose flour
- 1/2 cup old-fashioned rolled oats
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 large egg
- 1/2 cup packed brown sugar
- 2 tablespoons vegetable oil
- 1/2 cup mashed ripe bananas (about 1 1/2 bananas)
- 1/4 cup skim milk
- 1/4 cup non-fat gelatin-free plain yogurt (Dannon, Yoplait)
- 1 teaspoon vanilla extract

Preheat oven to 400 degrees F. Coat one 12- or two 6-muffin tins.

with non-stick cooking spray. Whisk the flour with the oats, baking powder, baking soda and salt and set aside.

Beat the egg, brown sugar, and oil with an electric mixer set on medium until smooth. Add the bananas, milk, yogurt and vanilla and beat again. Mix the flour into the batter by hand just until combined.

Spoon the batter into the muffin cups so that each is about two-thirds full. Bake for 15 to 18 minutes or until the muffins are lightly browned, puff up, and a toothpick inserted in the center comes out clean. Cool in the tin set on a wire rack for about 10 minutes. Remove the muffins from the tin and eat them warm, or let them cool completely on a wire rack.

Yield: 12 muffins, **calories per muffin:** 137, fat per muffin, 3 grams, percent of calories from fat, 20 percent.

Recipe source: "Dr. Cookie Cookbook," by Dr. Martin A. Wayne and Stephen R. Yarnall, (William Morrow & Co., \$14).

FAT-FREE BANANA BLUEBERRY MUFFINS

- 2 cups sifted all-purpose flour

- (sift before measuring)
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1/2 cup mashed ripe banana (about 2 medium)
- 1 cup granulated sugar
- 3 egg whites, unbeaten
- 1 teaspoon vanilla extract
- 1/2 cup non-fat plain yogurt
- 1 cup fresh or frozen and drained blueberries

Preheat oven to 375 degrees F. With paper liners, line 12 muffin cups.

Sift flour with baking powder and baking soda. Set aside.

In large bowl, with electric mixer at high speed, beat bananas with granulated sugar, egg whites and vanilla about 4 minutes.

At low speed, beat in flour mixture alternately with yogurt, beginning and ending with flour mixture. Mix just until combined.

Gently fold in blueberries with a spatula. Fill cups almost to the top of liner. Bake 20 to 25 minutes or until done. Remove muffins to wire rack and let cool.

Recipe from Sunny and Suzy Modiano of Yoz Bakery.

Where to buy low-fat bread

If you're interested in visiting the bakeries mentioned in the article, here are the addresses.

If your bakery isn't listed, and you carry low-fat or fat-free breads and are in the Observer & Eccentric coverage area, send a description of your products to: Keely Wygonik, Taste/Entertainment editor, 36251 Schoolcraft, Livonia MI 48150 — and I'll be sure to let our readers know.

■ The Gourmet Bakery, 24370 W. 10 Mile, Southfield, (313) 355-0088.

■ Great Harvest Bread Co., 139 E. Main St., downtown Northville, (810) 344-4404.

■ Yoz Bakery, 33360 W. 14 Mile, West Bloomfield, (313) 626-2120.

■ Mary Denny's Cake Shoppe, 8036 N. Wayne Road, Westland (313) 261-3680.

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kitchen counter. When Don comes home from work, the family will eat, then leave for an evening of rehearsal at the Players Guild of Dearborn. Don and Lisa are directing and producing "Hello Dolly," to be presented at the guild playhouse, 21730 Madison in Dearborn, 8 p.m. Fridays and Saturdays, 2:30 p.m. Sundays through May 22. Call (313) 561-TKTS for information. Brooke and Nicholas are performing in the show.

"We like it because the whole family is involved," said Lisa. Don and Brooke were also cast in the Michigan Opera Theatre's production of "Turandot." Brooke, learned Italian and sang in the children's choir. Her father was a guard.

Lisa cooks almost every night. Sometimes the family will order pizza or eat out on Fridays. Their favorite places are Taco Bell, Ground Round and Chilli's.

"Anything with chicken is popular around here," said Lisa. "Sometimes in the morning I'll brown a roast and stick in the Crock-Pot to cook all day."

Brooke and Nicholas enjoy helping their mom. Brooke does the dishes, and sometimes cooks. Her specialties are macaroni and cheese and grilled cheese sand-

wiches. "The cook is always the last to eat," said Brooke. Her brother also helps with household chores including vacuuming and cleaning the basement.

Don does the grocery shopping, often late at night after theater rehearsal.

"I like anything that can be thrown in a Crock-Pot," said Lisa. "The spaghetti I used to cook on top of the stove tastes better cooked in the Crock-Pot. I brown the hamburger first then put it in the pot with the sauce."

Lisa likes to plan her meals in advance. She has a freezer in the basement and buys boneless, skinless chicken breasts in bulk and freezes them. She also has hamburger for spaghetti, lasagna, Shepherd's pie and chili. Roasts are a family favorite, and good because there's always leftovers. They also enjoy pasta.

"I've always liked to cook," said Lisa. "I love to have people over. It's fun to take something easy and make it elegant."

See recipes inside. To nominate someone for Super Supper, send recipes to Keely Wygonik, Taste/Entertainment Editor, 36251 Schoolcraft, Livonia, MI 48150. Readers featured in this column receive an Observer & Eccentric canvas tote bag.

See Super Supper on Taste front

CROCK-POT CHICKEN

- 2 whole boneless, skinless chicken breasts cut in half
- 2 cans (10.5 ounces) cream of chicken soup
- 1 can (10.5 ounces) cream of celery soup
- 1 cup mozzarella cheese
- 4 slices Kraft Natural Swiss cheese slices, torn into pieces
- 1/2 cup Minute rice
- 1 cup milk
- 1 bunch broccoli, cut up

Boil chicken in water for 15 minutes. Put chicken into Crock-Pot. Add soup, milk. Stir then add rice, cheese and broccoli. Cover, cook for two to three hours on low. Serves 4.

CHICKEN SWISS SAUCE

- 4 boneless, skinless chicken

- breasts
- 4 slices Kraft Natural Swiss Cheese slices
- 1 can (10.5 ounces) cream of chicken soup
- 2 cups Repepperidge Farms Herb Seasoned bread crumbs
- 1/4 cup margarine

Place chicken breasts in bottom of casserole dish. Place Swiss cheese on top of chicken. Dilute soup with 1/4 cup of water and pour over cheese. Sprinkle with bread crumbs and spread on top. Bake in a 325-degree oven for 1 1/2 hours, uncovered. Serves 4.

CHOCOLATE PUDDING PIE

- 1 graham cracker crust (9-ounce standard size)
- 1 box (3.9 ounce) light chocolate instant pudding
- 1 small (12 ounce) tub Cool Whip

Make pudding. After it thickens

add 1/2 the tub of Cool Whip. Spread in pie crust. Top with the rest of Cool Whip. Sprinkle with cocoa or chocolate sprinkles. Chill until set.

CUCUMBER SALAD

- 1 cucumber, sliced thin
- 1 onion, sliced thin
- Marac Whip

Mix Marac Whip to taste with sliced cucumber and onion. Sprinkle with pepper.

Tips for buying frozen fish

Here are some tips for seafood consumers from the National Fisheries Institute.

When you buy frozen fish, make sure the packages are undamaged and fillets or steaks are solidly frozen in the package.

■ The fish should be free of ice crystals and freezer burn — (discoloration or drying).

■ Avoid packages that are above the frost line in a store's display freezer.



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