

Publications, recipes will help you get fit

See Larry Jones' Taste Buds column on Taste front.

If you would like a brochure on "How to Read the New Food Label," compliments of the American Heart Association and Food and Drug Administration, send a stamped, self-addressed envelope to Taste editor, Observer & Eccentric Newspapers Inc., 38251 Schoolcraft, Livonia MI 48160.

Here are some publications that can help you make informed choices about food.

- The Nutrition Action Health Letter, P.O. Box 96611, Washington DC 20077
- Consumer's Report Health Letter, Subscription Dept., P.O. Box 52149, Boulder CO 80521
- Mayo Clinic Health Letter, Subscription Services, P.O. Box 53889, Boulder CO
- University of California, Berkeley Wellness Letter, Subscription Department, P.O. Box 420148, Palm Coast FL 32142

■ Tufts University Diet and Nutrition Letter, P.O. Box 67857, Boulder CO 80522

Here are some healthy recipes that even the kids will enjoy.

MACARONI WITH THREE CHEESES

- 1 cup dry macaroni pasta
- 1 tablespoon margarine
- 1 tablespoon all-purpose flour
- 1 cup low-fat milk
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded low-fat part-skim mozzarella cheese
- 2 tablespoons fresh grated Parmesan cheese
- 1/2 cup bran cereal
- 1 teaspoon margarine
- 1/2 teaspoon crushed garlic

Cook macaroni in lightly salted boiling water according to package directions. Drain and place in a casserole dish. Meanwhile, in a non-stick saucepan, melt margarine; add flour and cook, stirring for 1 min-

ute. Add the milk and cook, stirring until thickened, 2-3 minutes.

Remove from heat and stir in three cheeses. Mix and pour over cooked and drained macaroni noodles. Mix well. In a separate bowl, combine cereal, margarine and garlic in a food processor or blender until crushed. Sprinkle over macaroni. Broil just until lightly browned, about 2 minutes. Serves 4.

Each serving: 299 calories, 13g. protein, 11g. fat, 38g. carbohydrates, 45g. mg. sodium, 21 mg. cholesterol and 4 g. fiber.

I love pesto, but it's loaded with oil. Parmesan cheese and pine nuts. Here's a light substitute that certainly isn't light on taste!

PESTO SAUCE

- 1/2 cup well-packed parsley, chopped
- 1/2 cup well-packed basil leaves, chopped

- 1/4 cup chicken broth
 - 1 tablespoon toasted pine nuts
 - 2 tablespoons fresh grated Parmesan cheese
 - 3 tablespoons olive oil
 - 1/4 teaspoon crushed garlic
- In a food processor or a good blender, combine all ingredients and process until smooth. Makes 1/2 cup.

Per tablespoon: 39 calories, 1g. protein, 4g. fat, 1g. carbohydrates, 17mg. sodium, 1 mg. cholesterol, and 0.5 g. fiber.

Chef's secret: This sauce is great over any cooked pasta and just as good over cooked fish and/or chicken. For a totally different taste, try using spinach leaves.

Recipe source: "Rose Reisman Brings Home Light Cooking" by Rose Reisman. (MCM Books, Toronto), \$16.95, a fund-raising project on behalf of the National Breast Cancer Organization.

Slim spice cake secret

AP — Desperate for dessert, but trying to be health-smart? Follow our three slimming secrets to this apple-luscious cake. First, substitute egg whites for whole eggs to cut the cholesterol. Second, replace fruit juice for some of the oil. Third, stir in just a nibble of nuts, finely chopping them so they go farther.

SUMMED DOWN SPICE CAKE

- 1/4 cups sugar
- 1/2 cup cooking oil
- 2 egg whites
- 1 egg
- 2 teaspoons vanilla
- 1 cup apple juice
- 2 cups all-purpose flour
- 1/4 cup whole wheat flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon baking soda
- 3 cups peeled, cored and sliced cooking apples (such as Golden Delicious or McIntosh)
- 1/2 cup finely chopped walnuts, toasted
- Powdered sugar (optional)

Vanilla yogurt (optional)

In a large mixing bowl beat sugar and oil on medium speed of an electric mixer until combined; add egg whites, egg and vanilla. Beat on medium speed for 1 minute or until creamy. Stir in juice.

In a medium mixing bowl stir together all-purpose flour, whole-wheat flour, baking powder, cinnamon, nutmeg and baking soda. Stir flour mixture into egg mixture. Gently stir in apples and walnuts. Pour the batter into a greased and floured 10-inch tube pan.

Bake in a 350-degree F oven for 60 to 65 minutes or until a wooden toothpick inserted near center comes out clean. Cool in the pan for 10 minutes. Remove from pan; cool on a wire rack for 30 minutes. Serve warm. If desired, sprinkle the cake with powdered sugar; top each slice with a dollop of vanilla yogurt and additional nutmeg. Makes 12 servings.

Nutrition information per serving: 223 cal., 13 g. fat, 17 mg. chol., 5 g. pro., 49 g. carbs., 99 mg. sodium, 2 g. fiber.

Here's a solution to the dinner dilemma

This was a busy week. I'm ashamed to admit that dinner at the Wygonik's this week consisted of week-end leftovers, Chinese and Middle Eastern food carryouts, and carryout.

On Wednesday I was really creative and stir-fried some green and yellow peppers, scallions and carrots to go with the Chinese leftovers. A tossed green salad and canned pineapple completed the menu.

Audrey Nelson, a Green Giant home economist, laughed when I told her about our week week meals. Then she showed me how to make dinner in 15 minutes using the new Green Giant "Create A Meal! Meal Starters."

She calls this way of cooking, speed scratch. The meal starters team Oriental sauces and frozen vegetables. All you do is add

meat. The kits are available in four varieties: Szechuan Stir Fry and Teriyaki Stir Fry, both for beef or chicken; Sweet and Sour Stir Fry for chicken or shrimp; and Lo Mein Stir Fry for chicken or pork.

Included in the package are pre-cut vegetables and ready-to-use sauce in a pouch. A 21-ounce bag of Create A Meal! Meal Starters contains 16 ounces of vegetables and 5 ounces of sauce. The kit is available at most grocery stores, or will be soon, and costs about \$2.69. Each kit serves two to three people. You can stretch it to four by adding more rice and meat. With meat and rice the cost per serving is about \$2.

"It's a nice nutritional meal," said Nelson. "People like control. They like to be able to pick the kind of meat they want, and the amount."

What works for you? Call me to share tips for quick after work meals, or send recipes. I need help!

■ The asparagus U-pick season is under way. Always remember to call first before you head out to the farm. Prices range from 70 cents to \$1.20 a pound. Rub Long of Long Family Orchard and Farm in Commerce Township was out in the fields picking asparagus Friday morning. Call (313) 360-3774. They also have asparagus at Ward's Orchards in Ypsilanti, (313) 482-7744.

■ One of the newest businesses in Garden City, Subway, 3012 Ford Road, (313) 421-7827, has the community spirit. Owner Al Patel said four employees, including managers, donated their time on Sunday, April 24 to work during a special "Heroes for Hunger" promotion for the Gleaner's Food Bank. Customers who brought in canned goods for the needy were treated to a sandwich. Subway collected over 100 cans of food for Gleaner's Food Bank. "Most of the workers make minimum wage," said Patel. "They worked for free, two to three hours each,

on April 24 because they care about the community."

■ How are your gardens growing? I've already planted herbs — rosemary, parsley, dill, tarragon, arugula and fennel. The sage, mint and chives I planted last year came back. Sage is wonderful. It stays green until November. I've even picked it as late as December. You can dry the leaves or freeze them to enjoy all winter. It gives poultry an excellent flavor. Sage flourishes and quickly takes over. Plant it in a place where it has room to grow. The same goes for mint. I'm waiting until it gets a little warmer to set out my basil plants.

Keely Wygonik is editor of the Taste and Entertainment sections of the Observer & Eccentric Newspapers. She welcomes your calls and comments, 953-2105, fax 591-7275, E-Mail keely@ecnews.com or write: Observer & Eccentric Newspapers Inc. 38251 Schoolcraft, Livonia MI 48150.

CLARIFICATION

Here are a couple of corrections. Big Fish Too, just west of I-75 and Oakland Mall at 1111 W. 14 Mile in Madison Heights, is open for dinner and lunch.

Lunch hours are 11:30 a.m. to 4 p.m. Monday-Saturday; and noon to 3 p.m. Sunday. Dinner is served 4-10 p.m. Monday-Thursday; 4-11 p.m. Friday and Saturday; and 3:30-9:30 p.m. Sunday. The lounge will be open until 11 p.m. Monday-Thursday; midnight on Friday and Saturday; and until 10 p.m. Sunday. Call (810) 585-9533.

■ The Dietary Supplement Health and Education Act of 1993 (HR 1709) was written by Sens. Orrin Hatch, R-Utah, and Bill Richardson, D-N.M. According to American Association of Poison Control Center records, from 1983 to 1992 there were three deaths in the United States from all dietary supplements, while prescription drugs accounted for 90,000 to 110,000 deaths during the same period.

Answers to food questions

For answers to questions about food safety, nutrition and preservation, call the Food and Nutrition Hot Line, 8:30 a.m. to 5 p.m. Monday through Friday, 858-0904 in Oakland County, 484-3013 in Wayne County.

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