Dietitians share healthy recipes

See related story on Taste front Information for the Grouning Old Healthfulls graph on the foot of Taste came front at arresty of sources including — the International Food Information Council, the American Heart Association, the American Dietetic Association, "Nutrition Update" sponsored by Harvest Crap Crackers, and the United Dairy Industry of Michigan

CHOCOLATE MINT FROZEN YOGURT PIE

1% cups graham cracke crumbs (8 rectangles) 11/2 teaspoons sugar 2 tablespoons soft tub mar-

1 quart (32 curces) chocolate low-fat frozen yogurt. I teaspoon mint extract.

I teaspoon man extract.
Preheat over to a175 degrees.
Using blender or food provessor,
crush graham crackers into fine
crumbs. Combine sugar and
crumbs in mixing bool. Melt margarine and combine with crumb
mixture.
Press crumbs into 9 inch pie
plate to form a crust. Bake 8 mincrossave on high, 100 jervent power, 2 to 2 s minutes, turning halfway through the surre to use a
microwave safe pie plate). Cool on
rack.

Place yogurt into medium-sized bood. With mixer, cream mint ex-tract into yogurt. Scoop yogurt mixture into excled pie crust. Place pie in freezer for 30 to 60 minutes, or until frozen. Yield 8 en inzi

servings.
Calories per serving 190, fat, 5 g.
Heart Smart Broupe from Faye.
Estagerald, registered dietitian,
Henry Ford Hospital.

ORANGE BANANA SMOOTHIE 8 curces vanida low-fat yo-

Some of the area's most popular chefs will demonstrate their rom delicious recipes, altered to fit healthire blestyles, at Weight Watchers third Annual Healthy Gourmet Cooking Series, 6:30, pm. Tuesday, May 17, and Tuesday, May 24.

Admission to each session is

Tuesday, May 24... Admission to each session is

Well-balanced diet includes variety of foods

"Exercise, combined with a diet low in fats and excess sugar, can help prevent and control diabetes, which results when the pancreas does not produce enough insulin to work properly," said Mary Heiser, a registered dictitian, and certified diabetes educator who works with the Diabetes Outpatient Program at Garden City Hospital.

"Persons who are over 40 years of age with a family history of dis-betes, and who are overweight, are at great risk," said Heiser, "That's why everyone in this group should eat regular, healthy and belanced meals, maintain a reasonable body weight and ex-

¹2 cup orange juice I medium banana, scant I cup sliced

Combine all ingredients in a blender. Mix until smooth Yield 21 corp serving. This drink is high in vitamin C and calcium. Calories per serving, 160 Recipe grow Gale Cox, regustered dicti-tion, Botsford General Hospital.

PASTA PRIMAVERA

- 2 cups pea pods
 1 cup broccoli tips
 1 cup asparagus cuts
 1 cup diced zucchini
- I cup seeded, diced cu-
- cumber 4 cups cooked spinach fettucini, rinsed in cold water and drained Loup od-free Italian salad
- dressing 2 ounces grated Parmesan cheese
- to cup fresh chopped pars-ley, I tablespoon dhed I tablespoons fresh orega-no, 1/2 teaspoon dhed

Cooking series features outstanding chefs

\$12 in advance, \$15 at the door. A portion of the proceeds will be donated to The Detroit Institute for Children, a non-profit organization which provides care for disabled children.

Reservations are required, asseating is limited. Call (800) 487-4777 Ext. 294. There will be a

ercise regularly."

Here are some more nutrition recommendations from the American Directic Association.

Eat a variety of food each day from the major food groups — 3 to 4 servings of low-fast dairy foods, 2 servings of lean meat or meat alternatives, 4 servings of vegetables/fruits, and 4 servings of whole grain breads or cereals.

Elimit total feet instal, to an

- ternatives, 4 servings of vegetaless/futis, and 4 servings of
 whole grain breads or cereals.

 Limit total fat intake to no
 more than one-third of daily ealoties and select from a variety of
 foods containing saturated, polyun-saturated, and monounsatuarted fatty acids.

 Obtain at least one-half of daily
 calories from carbohydrates, par-

1 to 2 tablespoons white wine vinegar Salt and pepper to taste

Sait and pepper to taste
Steam pea pads, braccoli and
asparagus very lightly until bright
green and still crisp; drain. Hinse
under cold water. Tous cooked
vegetables with 'i-cup salad
dress; set aside.
Combine aucchini and cucumbers in a separate bowl; tous
with 'i-cup salad dressing and set
aside. Place cooked pasta in a
large bowl; tous with vegetables
and remaining ingredients. Serve
cold. Serves 8.

and remaining ingredients. Serve vold. Serves 8. Calories per, 's cup serving 130 Recipe from 'Holiday Happen-ings,' a cookbook published by the Michigan Organization of Dra-betes Educators Submitted by Mary Heiser, registered dictilian, Garden City Hospital. CREAM OP POTATO SOUP

8 cups peeled, cubed pota-toes (approximately 2½

tasting after the demonstrations, door prizes, and recipes. Chef Hamad Kouka of Ristorante di Modesta in Southfield, Chef Matt Prentice of Morels in Bingham Farms, Chef Marty Wilk of Exceliber in Southfield, and Chef Jefrey Smith of 4th Street Bakery in Royal Oak will share recipes and

ticularly complex carbohydrates such as beans, peas, vegetables, nuts and seeds.

Eat a variety of fiber-rich foods including fresh fruit with skins, vegetables, and whole grains — for example oatmeal and brown rice.

rice.

Include 3 to 4 daily servings of the servings of the service foods such as low-father services.

- 3 cups thinly sliced celery 3 cups thinly sliced onion 4 tablespoons comstarch 2 tablespoons vegetable oil 1 tablespoon dill
- 1 tablespoon parsiey 2 teaspoons Mrs. Dash lem-on-and-herb seasoning 1 teaspoon freshly ground

pepper 2 cups diced carrots or broccoli, if desired Dried or fresh parsley

Recipe can be made ahead and reheated. The longer it sits, the thicker it becomes. Freezes well. In six quart stock pot, sautee union and celery in oil. Do not

onion and celery in oil. Do not brown.

Meanwhile, peel and cube potatees. In Gcup measuring cup, blend together milk and cornstarch. Add to onion mixture, along with potatoes and remaining ingredients. Siltring occasionally, simmer partially covered for 1 hour or until potatoes are soft. Mash potatoes alightly while in pot with a potato masher.

tips at sessions in the Weight Watchers Test Kitchen, 28555 Orchard Lake Road (Between 12 and 13 Mile Road) in Farmington Hills.

Hills.

Chefs Kouka and Prentice will be cooking at the May 17 session and Chefs Wilk and Smith on May 24.

Wine from page 1B

are aged on the yeast for a mini-mum of three years before release.

Harmony and complex flavors are achieved by blending wines from the various vineyards in highly regarded Montagme de Reims, Cote de Blancs, the March Valley and Bpernay regions within the Champagne district.

The seventh annual Garden Party to benefit the St. Vincent and Sarah Fisher Center will be 2-6 p.m. Sunday, June 5 on the center grounds, 27400 W. 12 Mile, Parmington Hills.

Tickets are \$90 per person, call (810) 626-7527. The event will feature gournet appelizers, en-trees and desserts prepared by chefs from over 55 of the area's finest restaurants as well as premium wines from around the world.

world.

Also featured is a wine auction with auctioneer Ed Jonns, owner of Merchant of Vino and event chairman. Bid high on a lot of six bottles of California's rare and long-lived Stony Hill Chardonnay from the 1989 vintage, which we donated to the event.

To leave a message on the Heald's voice mail — dial 953-2047, mailbox 1864.

Appetizer complements champagne

See related usine column.
Baked goat cheese is a tasty complement to Deutz Brut Classic Champagne. Because the Deutz Brut Last and a natural citrus quality, this appetizer is a natural. The wine also pairs well with fresh oysters on the half shell.

BAKED GOAT CHEESE

One small loaf goat cheese Olive oil, small quantity to make cheese spread Garlic, a few cloves finely

Tasting Notes

- 1968 Blanc de
 Blancs (\$45) is the
 perfect aperitif
 made from 100 percent
 chardonney. Drink is without
 food in the true French style
 (I's delicate with a citrusy ele

- It's delicate with a citrusy elepance.

 Deutz Brus Clessic (\$25) showcases the traditional charmpagine grape varietals in a
 blend of 25 percent chardronnay, 45 percent pixel not and
 30 percent pixel not and
 15 percent pixel not and
 16 percent pixel member is a
 wire that will live foravor, it
 matches perfectly with varison
 for meat lovers, and if you want
 to try sping champagne as the
 bits do, this is the one.

 Curves Martie-Damarisse (\$25)
 as Brut with color even though
 a doesn't say Rose on the
 label. At 80 percent pixel not,
 R is a sensational match with
 posched salmon in champagne
 or buerre blanc sauce and represents a true value. Don't
 serve it too cold or you'll miss
 the terrific cherry aromas.

 The Deutz crown jewel is
 Curves Willam Deutz (\$75),
 and the current six values on the
 1885, it apert als veeze on the
 1885, it apert als veeze on the
- Curee William Deutz (\$75), and the current vintage is 1995. It spent sky years on the yeart and was disperged in December 1993. The toastly nose is followed by a solid fluid and mid pulsie that's full and rich while retaining a lengthy, crisp finish. Serve it with lobster or duck. The duck sauce should not have pronounced berry flavors.

minced Grated grange zest Toast rounds

Mix cheese, olive oil, garlic and pepper. Spread on bread and bake on cookie sheet in 350 degree oven until cheese is warmed. Remove from oven and top with small amount of grated spange zeat.

Answers to food questions

For answers to questions about food saftey, 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, 494-3013 in Wayne County.



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