

Health-conscious cooks tool around the kitchen

The foods you buy and how you prepare them are the keys to healthy eating, but the tools you use for cooking can add a lot to the nutritional value of your meals. According to the American Institute for Cancer Research, the health-conscious cook needs only a few basics.

A steamer helps safeguard the nutritional value of food by cooking gently but quickly. Nutrient losses are kept to a minimum because the food never comes in contact with the heating liquids, and steam cooking requires no added oils or butter.

Steamers come in all shapes and sizes, including fold-out baskets that fit into your pans, and electric models as well.

A wok or Oriental frying pan is a versatile, nutrition-oriented device. It's great for cooking foods fast so that a minimum of vitamins is lost.

A juicer allows you to make healthful beverages from all sorts of fresh fruits and vegetables. And, a grater lets you grate cheese that you can use sparingly to enhance the taste of recipes without adding unnecessary fat.

A pressure cooker also saves nutrients by cooking quickly and trapping nutrients in the sealed pot. It can greatly reduce the time needed to prepare wholesome dried beans, making them much more convenient to use.

A microwave oven is made for healthy cooking. A microwave allows you to cook vegetables in minutes, or poach fish instead of sauteing it in butter. Foods are cooked so quickly that most nutrients are retained in the process.

A food processor slices or shreds pounds of fruit or vegetables in minutes, processes meat or fish into patties without



Delicate dessert: Nectarine Creme is pretty to look at, and nutritious. Serve as is, or top with pureed fresh or frozen strawberries or blueberries.

LOW-FAT

adding eggs or cream, and makes smooth soups and sauces.

The blender has not lost its place to the processor. Blenders are the best for pureeing vegetables, whipping, chilled skim milk into lowfat whipped cream or making an instant milkshake from a glass of lowfat frozen yogurt and fresh fruit.

Either a blender or a processor can be used to make Nectarine Creme, a delicate, nutritious dessert with an attractive pale orange color. Serve as is, or top with pureed fresh or frozen strawberries or blueberries.

NECTARINE CREME

- 3 nectarines, sliced (unpeeled)
- 1 cup plain low-fat yogurt
- Few drops almond extract
- 1 Tablespoon honey or sugar

- 1 envelope unflavored gelatin
- 2 Tablespoons water
- Extra nectarines, strawberries, or blueberries for garnish (optional)

Combine the three sliced nectarines, the yogurt and almond extract in a blender or food processor; whirl until smooth. Add honey or sugar to taste. Combine the gelatin and water in a small saucepan over low heat for microwave for about 5 seconds. Stir until dissolved.

Add the dissolved gelatin to the mixture in the blender. Whirl 10 seconds to blend. Spoon into stemmed glasses or a mold and chill until set. Garnish with additional nectarine slices or berries if desired.

Each of the four 1/4-cup servings contains 1 gram of fat and 100 to 130 calories (depending on use of additional fruit).

Recipe from The American Institute for Cancer Research.

RELIEF FOR STRESS & MUSCLE PAIN



American Therapeutic Massage
29930 W. 12 MILE RD., SUITE 100
FARMINGTON HILLS, MI • (313) 881-3700

Give Ability a Chance.



For 75 years Easter Seals has been helping people with disabilities live with dignity, equality and independence. Because wonderful things happen when you give ability a chance. Support Easter Seals.



© 1993 National Easter Seal Society

Arthritis Today

Joseph J. Weiss, M.D. Rheumatology
18925 Farmington Road
Livonia, Michigan 48152
Phone: 478-7860



DAILY CORTISONE FOR RHEUMATOID ARTHRITIS

Cortisone tablets are often used in the treatment of arthritis; this medication is the most effective and inflammatory agent available. In addition, high doses of cortisone give a euphoric effect, you feel happy and at ease despite the limitation your arthritic condition places upon you.

The counter side is the hazards that cortisone brings. Such effects include unwanted deposition of fat in your face and neck. The drug can cause cataracts, bring on peptic ulcers, worsen osteoporosis, and weaken your resistance to infection.

These side effects of oral cortisone are well known in the medical community. What is new is the low doses of cortisone that can contribute to these hazards. Recent studies indicate that as little as 10 milligrams a day or less can contribute to the formation of cataracts and accelerate the onset of osteoporosis.

In the past, it was common for physicians to treat a flare of rheumatoid arthritis by initiating low dose cortisone. How doctors are re-thinking their treatment options. You will see less reliance on oral steroids, and more use of joint injections which do not hold such hazards.

Also, physicians are likely to encourage larger doses of medication you are already taking and tolerating, rather than rely on adding prednisone or similar steroids to your regimen.

Fresh Approach
Prices Good Thru 5-30-94
35243 Grand River at Drake
442-2160
Hours: Mon-Sat 9-6 Sun 10-6

Previously Frozen
BONELESS BUTTERFLY PORK CHOPS \$1.99 lb.
Previously Frozen
BONELESS CENTER CUT PORK ROAST \$1.99 lb.

Assorted Varieties
SNAPPLE 2/\$5.00
4 Pack - 16 oz. Cans
In The Deli
FRESH CHEESE \$2.88 lb.
Provola - Muenster - Mozzarella

Campbell's
PORK & BEANS 33¢ 16 oz. can
Northern
BATH TISSUE 98¢ 4 Pack

Fresh Approach's Annual SPRING PLANT SALE!
The Finest Quality Show Plants Are Now Available!

Burgers, meatloaf are family favorites

See Larry Jones' Taste Buds column on Taste front.

BEST HAMBURGERS

- 2 pounds fresh ground chuck
- 1/2 teaspoon fresh ground pepper
- 4 anchovies mashed, or 1 tablespoon anchovy paste
- 1 teaspoon dried tarragon or 2 tablespoons fresh
- 1/2 teaspoon chervil
- 4 tablespoons butter or margarine, softened

Mix the pepper, anchovies and herbs into the softened butter or margarine until well mixed. Mix the butter mixture into the ground beef with your fingers to the meat stays light rather than packed.

Shape the meat gently into 4 patties about 1/2 pound each. If cooking in a fry pan, heat 2 tablespoons of

oil in a fry pan until hot but not smoking. Sear the patties quickly and cook for 4-5 minutes on each side or until desired doneness is reached. If cooking on a grill, preheat grill and sear patties over hot coals or high heat. Cover and continue cooking for 3-5 minutes. Flip burgers over and cook for 3-5 minutes or until desired doneness is reached. Makes 4 half pound burgers.

As we talked about the best burgers, I would be remiss not to mention momma's favorite meatloaf recipe.

MOMMA'S MEATLOAF

- 2 pounds fresh ground chuck
- 1/2 pound fresh ground pork
- 1/2 cup fresh ground veal
- 1/2 cup seasoned bread crumbs
- 3 tablespoons Parmesan cheese

- 1 medium onion, chopped fine
- 2 eggs, lightly beaten
- 2 tablespoons Worcestershire sauce
- 1/4 teaspoon nutmeg
- Salt and fresh ground pepper to taste
- 1 cup peeled plum or Roma tomatoes

Combine the ground beef with the ground pork and ground veal. Mix well. Combine remaining ingredients except tomatoes into the ground beef mixture. Mix well. Shape and place into a loaf pan. Blend or puree the tomatoes until smooth. Pour this tomato puree over the meatloaf. Cook uncovered for 1 hour at 350 degrees. Remove from the oven. Drain or siphon off any noticeable fat and allow to stand for 5 minutes before turning upside down on a plate or platter. Serves 6-8.

COOKING CALENDAR

To get your classes or events listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, the Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150, or fax to 591-7279.

LES SAISONS
French provincial menu, 6-8 p.m. Tuesday, May 17; Sweet miniatures, dazzling desserts, Monday, May 23; northern Italian cuisine, Wednesday, May 25 at 304 W. Fourth Street, Royal Oak. Cost \$25 per class, or three classes for \$65; Call (810) 545-3400.

THE LARK
Cooking and dining with Chef Marcus Feight, 10:45 a.m. Saturday May 21 and May 28 at the Lark, 6430 Farmington Road, West Bloomfield. Cost \$75 per person. Light summer menu. Call 344-2197 for reservations. Class

limited to 16 people.

SCHOOLCRAFT COLLEGE
Continuing education culinary arts class offerings include successful catering for the entrepreneur (May 18), European bread making (May 16), quick easy meals (June 6), desserts for everyone (June 7), chocolate (June 11), professional cake decorating techniques (May 10), and understanding French wines (May 16). Call (313) 462-4448 for registration information.

KITCHEN GLAMOR
Cooking demonstration — Fresh summer desserts with Kathleen Frantz, 1 and 7 p.m. Tuesday, May 17 to Friday, May 20. There is a \$3 fee. Chef series features Rick Halberg, 6:30 p.m. Monday, May 16 at the West Bloomfield store. Call (313) 537-1300 for cooking demonstration and class

location and to register.

BOTSFORD HOSPITAL
Cooking demonstration — vegetarian pizza, quick and tasty, 6-8 p.m. Tuesday, May 24 at Botsford Center for Health Improvement, 39750 Grand River, Novi. Cost \$3, call 477-6100 to register.

HUDSON'S
Cooking demonstrations — Barbecue delights, 11 a.m. to 3 p.m. Wednesday, May 18 to Friday, May 20 at Northland, Summit Place, Fairlane and Twelve Oaks.

LEMORE'S NATURAL CUISINE
Healthy cooking for beginners 6-9 p.m. Monday, May 16. Classes at 22899 Inkster Road, Farmington Hills. Cost ranges from \$20 to \$25, cooking series \$110. Call 478-4455 to register and for more information.

ORCHARD-10
Corner of Orchard Lake Road & Ten Mile in Farmington 476-0974
IGA

Bargain Days
DOUBLE COUPON
UP TO \$1.00
TO
Wed., May 18 and Thurs., May 19 only!!

— In Our Deli — SPECTACULAR CHICKEN DINNER
2 Legs, 2 Thighs & 1 Lb. Potato Salad \$1.79

PREMIUM CALIFORNIA CELLO WRAPPED
2 HEADS \$1.00
LETTUCE
COUNTRY PRIDE GRADE A CHICKEN
BREAST SPLIT \$1.00 LB.

ASSORTED PEPSI PRODUCTS 2/\$5.00 + DEP. with coupon
12 Pak Can
HOMOGENIZED MILK \$1.89 GAL.

WE ACCEPT
Prices & Items Good Thru Sun., May 22, 1994
Check Sale Items In Store Paper
DOUBLE COUPONS UP TO 50¢

Entries sought for chili cook-off

Register now for the 15th annual Farmer Jack Great Chili Cook-off and Country Music Festival July 15-17 in downtown Wayne which benefits the National Kidney Foundation of Michigan.

Applications are now being accepted for the North Central Regional Chili Cook-off (International Chili Society rules apply) on Saturday, July 16, or the Ren-

gade Cook-Off on Sunday, July 17.

Call 1-800-482-1455 for an application.

All applications must be received on or before 5 p.m. Friday, June 3. Registration fees are \$55 for the North Central Regional Chili Cook-off and \$25 for the Ren-

Saturday's registration includes membership in the ICS

and a one-year subscription to Chili Magazine. The participants will be selected through a lottery drawing on June 6.

Forty cooks will be selected to participate in Saturday's North Central Cook-off. The winner will receive \$500 and a chance to compete in the ICS World Championship Chili Cook-off this fall in Reno.