



Holiday bread: Maple Pumpkin Bread is low in fat and contains a healthy amount of fiber.

Make holidays healthy

The holiday season is the season of plenty — plenty of good cheer, plenty of celebration, plenty of family visits, plenty of gifts, plenty of food. What would make the season even better would be plenty of good nutrition.

Holiday foods have not traditionally been known for their wholesome quality. They include many treats — cookies, cakes, eggnog and others — that are high in fat and sugar and low in vitamins, minerals and dietary fiber. Rich sauces, gravies and frostings also add lots of fat but few nutrients.

It is possible, however, to make some easy changes to traditional holiday foods that can make them festive, delicious and more healthy.

When you begin your holiday baking, consider using whole grains in cookies, cakes and other sweet treats. This will go a long way toward increasing their dietary fiber content, as well as their vitamins and minerals. Use only three-quarters as much fat (butter, shortening, margarine, etc.) as usual and try adding one or two of your favorite dried fruits for flavor.

Fruits and vegetables are essen-

tial sources of sound nutrition, and no holiday meal or buffet is complete without them. Cranberry sweet potatoes, baked apples with raisins or a fresh fruit ambrosia add color, textures and tastes that are right in keeping with the season. Vegetable hors d'oeuvres, such as stuffed mushrooms, marinated artichoke hearts and roasted peppers, can be elegant party treats.

Holiday dinners can feature nutritious foods for every course. Start with an apple-walnut-celery-raisin Waldorf salad dressed with plain low-fat yogurt, served on a bed of watercress and garnished with orange slices. Follow it with a vegetable-barley soup or acorn squash soup. With your roast turkey, serve stuffing made with whole grain bread or brown rice and finish the meal with low-fat frozen vanilla yogurt topped with hot cranberry-cinnamon sauce.

When making your holiday breads, try this delicious Maple Pumpkin Bread recipe. In addition to the goodness of beta-carotene-rich pumpkin, the low-fat yogurt or skim milk and the limited amount of oil keeps fat to a minimum. Whole wheat flour and wheat bran in this recipe add a

healthy amount of fiber.

MAPLE-PUMPKIN BREAD

1½ cups whole wheat flour
2 teaspoons baking powder
½ teaspoon cinnamon
½ cup wheat bran
2 eggs
1 cup plain low-fat yogurt (or skim milk)
½ cup maple syrup
2 tablespoons oil
1 cup mashed cooked pumpkin (or canned)

Sift the flour, baking powder and cinnamon into a large bowl. Stir in the bran (and any bran remaining in the sifter). In a medium bowl, mix the remaining ingredients, then quickly stir them into the dry ingredients just until blended.

Spoon the batter into a lightly oiled 6 by 9-inch loaf pan. Bake at 350 degrees until a knife inserted into the middle comes out clean, about 60-65 minutes.

Each of the 12 slices contains 4 grams of fat and 157 calories.

Recipe from the American Institute for Cancer Research.

Low-fat cooking

No-butter phyllo makes amazing appetizer tarts

AP — Nonstick coating replaces the oodles of butter usually spread between the sheets of phyllo dough for these appetizer tarts. You'll be amazed that they bake up just as flaky, golden and crispy as buttered phyllo. The spicy chicken filling spooned into each shell takes a playful twist on all-American beef chili. For buffet parties, set out a tray of the phyllo cups and a pot of chili, so guests can fill their own.

BLACK BEAN CHILI IN PHYLLO TARTS

6 to 8 ounces skinless, boneless chicken breast

¾ cup water

1 small onion, finely chopped

1 or 2 cloves garlic, minced

1 tablespoon olive oil or cooking oil

1 teaspoon chili powder

1 teaspoon dried oregano, crushed

1½-ounce can stewed tomatoes

½ cup beer

2 tablespoons lime juice

15-ounce can black beans, rinsed and drained

1 or 2 fresh jalapeño peppers, seeded and diced, or 2

tablespoons diced canned

jalapeño

1 teaspoon crushed red pepper (optional)

1 recipe Phyllo Cups

Plain nonfat yogurt (optional)

Fresh cilantro or parsley sprigs (optional)

Place chicken in a medium skillet with water. Bring to boiling; reduce heat. Cover and simmer for 12 to 14 minutes or until no longer pink. Drain and cool. Use a fork to pull chicken apart into long, thin shreds; set aside.

In a 2-quart saucepan cook onion and garlic in hot oil over medium-high heat until tender but not brown. Stir in chili powder and oregano; cook for 1 minute more. Drain stewed tomatoes, reserving juices; set aside. Add reserved tomato

juice, beer and lime juice to onion mixture. Bring to boiling. Reduce heat; simmer, uncovered, for 6 minutes.

Meanwhile, coarsely chop the stewed tomatoes. Add tomatoes, shredded chicken, black beans, jalapeños and red pepper to onion mixture. Simmer mixture, uncovered, for 16 to 20 minutes more or until most of the liquid is absorbed. (It should be thick.) Season with

salt and pepper.

Just before serving, spoon about 1

tablespoon chili into each phyllo cup. Top with yogurt and cilantro sprigs, if desired. Serve immediately to keep the phyllo cups from getting soft. Makes 30 to 40 appetizers.

Phyllo Cups: Thaw eight 17-by-12-inch sheets of frozen phyllo dough. Spray one sheet lightly with nonstick spray coating. (Keep remaining phyllo dough covered with a damp cloth until you're ready to use it.) Top with a second sheet of phyllo dough and spray with spray coating. Repeat with two more sheets of phyllo and additional spray coating. You should have four layers of phyllo.

With a sharp knife, cut layered phyllo lengthwise into four strips. Cut each strip into five squares, keeping layers intact. Press each square gently into a 1¼-inch muffin pan, creasing as needed to fit.

Repeat with remaining four sheets of phyllo dough and spray coating to make 40 cups total. Bake phyllo cups in a 350-degree F oven for 8 to 10 minutes or until crisp and golden. Cool phyllo cups for 5 minutes in the pan.

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Tree decorators will enjoy a casual buffet of a party

AP — Everyone looks forward to trimming the Christmas tree. So this year, plan a casual buffet that will appeal to tree-trimmers of all ages. Choose foods like lasagna that are easy to serve and can be prepared ahead.

NO-FUSS LASAGNA

1 pound ground beef (80 percent lean)

1 jar (26 to 32 ounces) prepared spicy spaghetti sauce

1½-ounce can diced tomatoes

15-ounce carton part-skim ricotta cheese

1 egg, well beaten

¾ cup grated Parmesan cheese

1 teaspoon dried basil leaves

6 uncooked lasagna noodles

2 cups shredded mozzarella cheese

Heat oven to 375 degrees F. Cook ground beef in preheated large skillet over medium heat 4 to 6 minutes or until no longer pink. Pour off drippings. Add spaghetti sauce and tomatoes with liquid to skillet, stirring to combine; set aside.

Meanwhile combine ricotta cheese, egg, Parmesan cheese and basil.

Spread 2 cups beef sauce mixture

over bottom of 11-by-7-inch baking dish; arrange three lasagna noodles in a single layer, pressing into beef sauce mixture. Spoon ricotta cheese mixture on top of noodles, sprinkle with 1 cup of the mozzarella cheese and top with 2 cups beef sauce mixture.

Arrange remaining noodles in a single layer, pressing lightly into beef sauce mixture. Top with remaining beef sauce mixture, spread evenly to cover noodles. Bake in a 375-degree F oven for 45 minutes or until noodles are fork tender. Sprinkle remaining mozzarella cheese on top; tent tightly with aluminum foil. Let stand at least 15 minutes before serving. Makes 8 servings.

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HOURS: M-W 9-4; TH-FR 9-8; SAT. 9-3; SUN. 11-4; LVN. 12-4

Amy Thompson, Polly Sanchez, Cora Phillips, Daniela Omythyzon, Bobbi Sanchez (Not pictured), POLINA JACKSON

Cora Phillips of Bobbi & Co. would like to thank the Western Golf and Country Club for giving her the opportunity to direct the hair styling and make-up for their Christmas fashion show. Cora, formerly of a West Bloomfield Salon, would also like to thank her support team (pictured) whom she has been with for one year.

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