

The Depository has moved

We cordially invite you to visit our new location at
**30555 Northwestern Highway
 Farmington Hills**

Peace of Mind

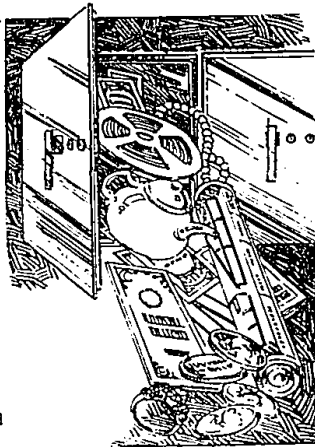
Relieve your fear of loss due to theft, fire and natural disasters. We offer the only private underground safe deposit facility in the Midwest.

Confidentiality

Swiss Bank-style numbered accounts and "pseudo name" accounts. No ID required, all transactions and number of visits are kept in strictest confidence.

Security

Your own underground vault. Sophisticated electronic surveillance systems. Private secured meeting facilities. Reserved lighted and covered parking. Licensed under the Michigan Banking code.



Accessibility

Open extended hours every day of the year including Saturdays, Sundays and holidays. Conveniently located.

Flexibility

Sizes and shapes to match your needs from standard and oversized safe deposit boxes to walk-in units and customized room-sized vaults.

Short-term and extended leases available.

VISIT US TODAY FOR YOUR PRIVATE TOUR

The Depository

30555 Northwestern Hwy. (South of 13 Mile)
 Farmington Hills

(810) 626-6944

Chef Larry passes along reader-requested recipes

See Chef Larry Janes' Taste Buds column on Taste front.

■ The folks at Jell-O (Kraft/General Foods) have cooked up a winner with their Jiggler egg promotion. Now you can make Jell-O Jiggler's into Easter eggs for healthier snacking!

Unfortunately, you need a credit card; fortunately, they'll ship before Easter. The Jiggler egg-making kit is free and requires just \$3 for postage/handling, which must be charged to a credit card for speedy delivery. Call 1-800-MAKE-EGG. (1-800-625-3344)

■ Mark your calendar now! The Share Our Strength benefit "Taste of the Nation" is April 27 at the Rattlesnake Club in Detroit. I've been attending this very worthwhile benefit for the past 5 years and wouldn't think of missing it this year. It offers spectacular food and drinks, all by metro area's top chefs. Call (313) 923-7855 for more information.

■ A caller, who didn't leave his name requested a recipe for Colcannon, a traditional Irish dish. Here's a recipe I know you'll enjoy!

COLCANNON

2 pounds white potatoes
 1 teaspoon salt
 3 cups finely sliced cabbage
 3 tablespoons minced onions
 3 tablespoons butter
 1/4 teaspoon fresh ground white pepper

1-2 tablespoons milk

Preheat oven to 400 degrees F. Peel the potatoes and cut them into quarters. Place them in a saucepan with 1 inch of boiling water containing 1/4 teaspoon salt. Cover and cook for 15-20 minutes or until the potatoes are tender. Drain and mash.

Meanwhile, cook the cabbage until tender in 1 inch of boiling water containing 1/4 teaspoon salt. Drain. Sauté the onions in half the butter. Combine the onions with the mashed potatoes, drained cabbage, pepper and milk. Beat until smooth. Turn the mixture into a shallow baking dish, dot with remaining butter and place in the preheated oven. Heat for 15 minutes before serving. Serves 6.

■ Is it me or is vegetarian cooking becoming more and more popular? Within the last month, I've received five new cooking books with vegetarian themes! The best by far are "High Flavor Low Fat Vegetarian Cooking" by Steven Raichlen (Viking Press, 1995) and "The Bold Vegetarian" by Bharti Kirchner (Harper Perennial, 1995) Here's a recipe from Raichlen's book that is spectacular!

FAVA BEAN GRATIN

4 cups cooked fava beans or small lima beans (with 1/2 cup cooking liquid, canned liquid (from beans) or vegetable broth)
 2 to 3 tablespoons extra virgin olive oil
 1 large onion, finely chopped
 2 cloves garlic, finely chopped

2 carrots, finely diced
 2 stalks celery, finely diced
 Salt and fresh ground black pepper to taste
 1/4 cup chopped flat leaf parsley

2 cups diced bread cubes, toasted in the oven till crisp
 1/2 cup fresh bread crumbs
 spray oil (e.g. Pam)

Drain the beans, reserving their liquid. Coarsely puree the beans in a food processor or blender or mash with a mortar and pestle. Heat 1/4 tablespoons olive oil in a non-stick fry pan.

Add the onion, garlic, carrot, celery, salt and pepper and cook over medium heat until just beginning to brown, about 5 minutes. Stir in the parsley, the pureed beans and enough bean liquid or vegetable broth to obtain a light, fluffy puree.

Stir in the diced bread. Season with salt and pepper to taste. The mixture should be well seasoned. Preheat the oven to 400 degrees F. Spoon the fava bean mixture into an 8 by 12 baking pan or gratin dish lightly greased with cooking spray oil. Combine the bread crumbs with the remaining olive oil and stir to mix. Spread the crumb mixture atop the gratin. Bake the gratin for 15-20 minutes or until the top is crusty and brown. Serves 8 as an appetizer for dipping or a light side dish.

Recipe source: "High Flavor Low Fat Vegetarian Cooking" by Steven Raichlen (Viking Press, 1995)

Ways to make better pasta

Pasta is a key ingredient for many flavorful meals and an ideal food for today's busy lifestyles. While pasta alone is nutritious, the "pastabilities" to enhance this traditional favorite are endless.

By combining pasta with vegetables, seafood, legumes and low-fat cheeses, you can increase the nutritive value without adding excess fat, cholesterol and calories.

Here are some suggestions from the makers of Healthy Choice.

■ Choose whole wheat pasta, which is packed with almost four times as much fiber.

■ Toss any pasta with deep yellow or orange vegetables (carrots, acorn squash, sweet potatoes) to reap the benefits of beta carotene, which is an anti-oxidant vitamin.

■ Serve grilled vegetables over a bed of pasta. Basting vegetables with lemon or lime juice while grilling them will add a flavorful tang.

■ Mix pasta with legumes (orzo, kidney beans and tomato-based

sauce) for more fiber, complex carbohydrates and protein. Together, legumes and pasta are a complete protein. Beans are also low in fat and cholesterol-free.

■ Combine low-fat meats — such as 85-percent lean ground beef or skinless, roasted chicken breast — with pasta for added protein.

■ Toss pasta with fat-free cheese for added calcium and protein. Mozzarella cheese's mild, delicate flavor is perfect for pasta dishes such as lasagna and stuffed shells.



Charles Savoie
 Glass and Bronze

Spring is here,
 along with
 the...
**Re-opening
 of the
 CAROL/JAMES
 GALLERY**
 with a new look.

We hope you
 will stop in
 to share
 our excitement
 as we celebrate
 Michigan Glass Month
 April 1 - May 6, 1995

CAROL JAMES
 GALLERY

301 S. Main • Royal Oak • (810) 541-6216

GOOD TIMES SERVED EVERY DAY

RED ROBIN

INTRODUCES ITS NEW MENU!

Pasta

- Angel Hair Pesto
- Santa Fe Chicken Pasta
- Pasta Fresca
- Seafood Pasta
- Chicken Milano
- Thai Chicken Pasta

SOUPS & SALADS

RED ROBIN COBB
 SPINACH SALAD
 GRILLED CHICKEN CAESAR SALAD
 STIR-FRY CHICKEN SALAD
 HOME-MADE SOUPS EVERY DAY

specialties

- Roasted Chicken
- Tempura Fish & Chips
- Down-Home Country Fried Steak
- Peppercorn Sirloin Steak
- T-bone Steak
- Sizzling Steak or Chicken Fajitas
- Rib-Tickler Platter

SANDWICHES

Honey Mustard Chicken Sandwich
 Teriyaki Chicken Sandwich
 California Chicken Sandwich
 One Great Chicken Sandwich
 Ultimate Fish Sandwich
 Natural Chicken Sandwich

BURGERS

RED ROBIN GREAT BURGERS,
 INCLUDING OUR MEATLESS BURGER!
 FRESH FRIDGE: REFILLS ON THE HOUSE!

Amazing Meatless Burger
 Red Robin Cheeseburger
 Mushroom Burger
 Guacamole Burger

FREE MUG

With Hot Liquor
 While Supplies Last

50% OFF

Buy one Meal at Regular Price
 GET SECOND MEAL
 Equal or lesser value
HALF THE PRICE
*One in Every 1000 Cards
 *Excludes Appetizers, Dinner Salads, Burgers,
 Chicken Wings
 Red Robin's Other Specials Only
 Expires 4/30/95

Award Winning DESSERTS

Mountain High Mudd Pie
 Cheesecake
 Chocolate Mousse
 Cheesecake
FREE MUDD PIE FOR YOUR BIRTHDAY!

5656 West Maple • West Bloomfield • (810) 932-1887
 (Just east of Orchard Lake Rd.)