

It's low fat and tasty

See Chef Larry Jones column Taste Buds on Taste front.

NO FRY REFRIGER BEANS

1 tablespoon olive oil
1 onion, finely chopped
3 cloves garlic, chopped
1/2 green pepper, chopped
1 teaspoon ground cumin
1 teaspoon oregano
2 tablespoons chili powder
2 1/2 cups cooked pinto beans
1/4 cup corn kernels
1/2 cup chicken, beef or vegetable broth
3 tablespoons chopped cilantro

Salt and fresh ground black pepper to taste
Heat the oil in a skillet and add the onion, garlic and green pepper and cook over medium heat until soft, but not brown, about 3-4 minutes.

Stir in the cumin, oregano, and chili powder. Cook for 1 minute. Stir in the beans, corn, stock, cilantro and salt and pepper. Simmer the beans loosely covered for 10 min-

utes or until most of the liquid has been absorbed.

Mash half of the bean mixture with a potato masher. Serves 4.
10 g. protein, 4 g. fat, 33 g. carbohydrate.

Recipe from "The High Flavor Low Fat Vegetarian Cooking" by Steven Haliczen (Viking, \$24.95)
Here's a recipe for a low-fat cream caramel that tastes anything but low-fat!

Low Fat Cream Caramel

1 cup sugar
1 1/4 cups skim milk
1 cup fat-free egg product (i.e. Egg Beaters)
1/4 teaspoon salt
1 teaspoon vanilla
1 teaspoon grated orange peel
1 cup raspberries, blackberries, blueberries, etc. mixed

Preheat the oven to 325 degrees F. Heat 1/2 cup of the sugar in a medium non-stick skillet over medium heat for 7-10 minutes or until the sugar has melted and turned a light caramel color. Stir frequently.

The mixture will be very hot! Be careful!

Immediately pour the mixture into the bottom of an 8-inch round cake pan. Turn the pan to coat the bottom. Place on a wire rack.

In a large bowl, combine remaining 1/2 cup sugar with the milk, egg substitute, salt, vanilla and orange peel. Mix well. Pour this mixture into the sugar coated cake pan.

Place the cake pan inside a large pan and pour boiling water around the cake pan to within 1/4-inch of the top of the cake pan. Bake at 325 degrees F. for 60-65 minutes or until a knife inserted in the center comes out clean. Remove custard pan from the water bath and cover and refrigerate 3 hours or overnight or until thoroughly chilled.

To unmold, run a knife around the edges to loosen custard. Invert onto a dish and garnish with fresh fruit. Serves 8.

Each serving, 1/4 of recipe, equals 140 calories, 4 g. protein, 30 g. carbohydrate, 9 g. fat.

Recipe from "Pillsbury's Healthy Baking" (Viking Press, \$22.95)

COOKING CALENDAR

Send items to be considered for publication to: Keely Wygonik, Observer & Eclectic Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313) 931-7270.

CLASSICS

Easy and Elegant Appetizers, 7:30-9:30 p.m. Tuesday, April 4, Longacre House, 24705 Farmington Road. Fee is \$15 per person. (810) 477-6404

KITCHEN GLAZIER

Susan Chastney teaches techniques for perfect English treats, 1 and 6:30 p.m. Tuesday, April 4, Nov; Wednesday, April

5, Redford; Thursday, April 6, W. Bloomfield and Friday, April 7, Rochester. There is a \$3 fee. Chef series features Chef Michael Trombley, 12:30 p.m. Sun. April 30, West Bloomfield Kitchen. The cost is \$40. (313) 537-1300

LEONORE'S NATURAL CUISINE

Cooking school, natural cuisine, step-by-step instruction, recipe hand-outs, 22899 Industrial Road, Farmington Hills. This week, 7:30-9 p.m. Tuesday and Thursday, April 4 & 6 intro to macrobiotics; 6-9 p.m. Wednesday, April 5, Ongoing Cooking. (810) 478-4455

SOUTHFIELD PUBLIC SCHOOLS
Chef Mike of the Golden Mushroom is offering a series of classes 6:30-8:30 a.m. on Tuesdays at the Community Ed Center, 18575 W. Nine Mile, Southfield. Cost \$40 per session, \$160 for series of four. Upcoming classes include: Exciting Salsas, (810) 745-8122, (313) 996-0761

FEEDING YOUR WHOLE SELF
Ten basic and intermediate whole foods, vegetarian cooking classes are being offered 8:30-9:30 p.m. Thursdays from March to June at the Daily Grind in Ann Arbor. (313) 996-0761



DAN CHRISTOPHER

Cooks: Pam Young and Peggy Jones share secrets and tips for busy cooks in "The Phony Gourmet."

Here's a book for non-cooks

Do you love to eat delicious food but don't want to spend a major part of your life in the kitchen?

If the answer is "yes!" you'll enjoy reading "The Phony Gourmet."

Authored by the famous SLOB "Spontaneous, Lighthearted, Optimistic and Beloved" Sisters — Pam Young and Peggy Jones, the book offers tons of tips to get you out of the kitchen — freeing time for family and friends.

Young and Jones are sharing some of their secrets at a cooking demonstration and book signing, 7 p.m. Monday, April 10 at Borders Books in the Novi Town Center, off Novi Road, just south of I-96. Call (810) 347-0780 for more information. "The Phony Gourmet" will tell you how to disguise TV dinners to

look and taste good enough for company, turn a pizza upside-down for a top crust on a luscious chicken casserole, and make desserts that include only two ingredients.

Young and Jones are real-life sisters and reformers afloat. Their Sidetracked Home Executive seminars and previous books, including "Get Your Act Together!" have helped hundreds of people de-junk their lives. They live with their families in Vancouver, Wash.

HUNGRY MAN IN A BLANKET

1 sheet Pepperidge Farms frozen Puff Pastry, thawed
2 (10 1/2 ounce) Hungry Man Frozen dinners (turkey, thawed)
4 tablespoons onion, minced

How to be a phony gourmet

Here are some tips to "Fast and False Labor" in the kitchen from "The Phony Gourmet."

■ **Soup** — Add 2 or 3 eggshells to soup stock and simmer for 10 minutes. They will clarify the broth.

■ **Smells** — To prevent strong odors while cooking broccoli or cabbage, place a small cup of vinegar on the range (not burner), or add a wedge of lemon, or a stalk of celery to the pot.

■ **Freezing** — Keep a resealable bag in your freezer for leftover vegetables. When you have collected enough to make getting out the food processor worth your time, blend and return contents to freezer bag. Good for adding additional flavor to soups and the like.

■ **Cakes** — Mash overripe bananas, add lemon juice, and freeze in a resealable bag for use in cakes or bread recipes.

■ **Potatoes** — Use leftover mashed potatoes by making patties and coating with flour. Freeze. Fry them later for potato cakes.

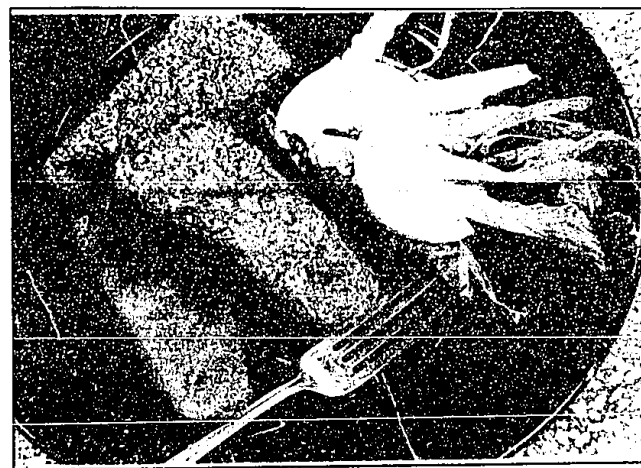
■ **Rice** — For special rice, add 2 tablespoons of white wine or sherry to the uncooked rice and butter in the pan. Add liquid and cook as usual.

On floured pastry board, cut pastry sheet in half and roll each half into a 12-inch square. Preheat oven to 400 degrees F.

In the middle of each sheet of pastry, place the turkey portion of Hungry Man dinner turkey side down, stuffing side up. Divide portion in half to cover entire potatoes. Layer onion and peas over potatoes. Wrap the Hungry Man by bringing up ends of pastry and folding over once (the same way you would wrap a sandwich in wax paper).

Dab 1/4 teaspoon water along inside edges of open ends of pastry and press close with fork to seal tightly. Place packets on a cookie sheet and bake for 25 minutes. Warm dessert portions in microwave and serve with vanilla ice cream.

Serves 4.



AMERICAN INSTITUTE FOR CANCER RESEARCH

Quick fish: Oven Fried Fish is an easy and delicious way to get your Omega-3, and the recipe works well with your favorite kind of fish.

Eat fish, help lower cancer risk

Few good words are spoken about fat these days, but one type — the Omega-3 fatty acid found primarily in fish oil — is gaining a positive reputation for a number of potential health benefits.

From the Arctic Circle to the Mediterranean coast, cultures that rely heavily on seafood in their diets are found to have lower risk for certain cancers, heart disease and other disorders. Laboratory experiments and clinical trials point to Omega-3 as an important contributor to these healthy trends.

The best way to increase the amount of Omega-3 in your diet is to eat fish a few times a week in place of meat. Most health authorities recommend against taking fish oil capsules to obtain Omega-3 because there is little evidence that fish oil supplements — rather than eating fish itself — protect against disease. Fish oil supplements may even be harmful for some individuals.

Among the richest fish sources of Omega-3 are mackerel, tuna, lake trout, herring, salmon, whitefish, anchovy, bluefish and mullet. Since the overall fat content of these fish is higher, you'll want to keep added fat to a minimum when preparing them.

Bake, broil or poach your fish instead of frying. You can use a low-fat marinade to keep the fish moist and to baste it during cooking. If you cook fish in an alumi-

nium foil pouch along with your favorite sliced vegetables and seasonings, the vegetables will provide all the moisture needed for cooking.

Fresh lemon juice or a tasty herb sauce are better than butter for flavoring fish. For a real flavor boost serve fish with a hot Mexican salsa or a spicy mustard sauce.

Oven Fried Fish, a recipe from the American Institute for Cancer Research, is an easy and delicious way to get your Omega-3, and the recipe works well with your favorite kind of fish.

OVEN FRIED FISH

4 tablespoons vegetable oil
2 fish fillets, halved (about 1 1/4 pounds)
1/2 cup all-purpose flour
1 egg white, beaten until foamy
1/2 cup yellow cornmeal
1/2 tsp. salt (optional)
1/4 tsp. ground red pepper (cayenne)
Fresh lemon wedges
Heat the oven to 450 degrees. Brush a 15-inch by 10-inch by 1/4-inch non-stick baking pan with the oil and set aside.
Place the flour on a piece of waxed paper. Beat the egg white in a shallow bowl. Combine the cornmeal, salt and red pepper on a second sheet of waxed paper. Dip the fish in the flour and shake off the

excess. Then dip the fish in the egg white and let the excess drip off. Roll in the cornmeal to coat and place on the baking pan. Repeat with remaining fish.

Bake until the bottoms of the fish are browned, approximately 5-7 minutes. Remove the pan from the oven to turn the fish over, then bake about five minutes more until browned and crisp. Serve with lemon wedges.

Each of the 4 servings contains 10 grams of fat and 320 calories.

For a free booklet about fats and cancer risk, send a stamped (65 cents postage), self-addressed envelope to the American Institute for Cancer Research, Dept. FC, Washington, DC 20038.

Support group meets Monday

Tri-County Celiac Sprue Support Group, for people diagnosed with Celiac Sprue and Dermatitis Herpetiformis, their families, spouses, and friends, meets 7:30 p.m. Monday, April 3, Southfield Presbyterian Church, 21876 W. 10 Mile, Southfield, Call (810) 332-2938 or (810) 477-5953 for information.

Monthly meetings include information on gluten-free foods, label reading, recipe sharing, taste testing, and ideas for children.

CIGARETTES CIGARS

SMOKY'S

OF AUBURN HILLS

3029 Walton Blvd. • 2 Blocks West of Squirrel Road

NOW OPEN

GRAND OPENING SPECIALS

INSTANT LOTTERY TICKETS NOW AVAILABLE!

MARLBORO VIRGINIA SLIMS, PALL MALL & MANY OTHERS \$17.99 Per Carton 100's	MISTY • G.P.C. ALL STYLES ALL SIZES \$14.97 Per Carton 100's	MONARCH or DORAL \$14.89 Per Carton 100's	MACANUDO PRINCE PHILIP CIGARS (Box of 10 - Save \$5.00) \$32.99 Per Carton 100's
PYRAMID CIGARETTES ONLY... \$13.97 Per Carton 100's	CAMEL CIGARETTES SPECIAL (FILTERS & LIGHTS ONLY) \$12.99 Per Carton 100's	WINSTON SELECTS LIGHTS or FULL FLAVOR \$11.99 Per Carton 100's	TE • AMO CIGARS SPECIAL Buy 4 Cigars, Get 1 FREE \$1.00 Per Carton 100's

SMOKY'S GUARANTEES TO BEAT ANY COMPETITORS AD OR EVERYDAY PRICE

Must Bring in Ad or Register Receipt We Reserve The Right To Limit Quantities Must Be Within 20 Mile Radius

BERKLEY
(810) 546-8431

AUBURN HILLS
(810) 373-7174

LIVONIA
(313) 513-2622