

Snack: Whole wheat and fruit make Tropical Muffins nutritious, as well as delicious,

Grab a tasty, fruity muffin when you're out on the go

Even federal budget balancers will concede that \$13 billion is a lot of money. But that's how much Americans apend each year on snacks. If this amount went toward nutritious food to fuel a hungry population, it would probably be money well spent. Unfortunately, snacks are often non-nutritious, high-fat and high-calorie treats that people eat of habit or boredom rather than real physical bunger.

Snacking doesn't need to be a source of guilt, however. Snacks that complement regular metals have been shown to keep you more alert and productive. They can even help you lose weight by keeping you from becoming faminated and losing control when meal time arrives.

meal time arrives.

The key to successful snacking, according to the American Institute for Cancer Research, is to skip the candy, chips, cookies and other typical snack foods (or eat them only occasionally). Instead, try snacking on "meal-type" foods, such as fresh fruits, vegstable soup, low-fit yegurt, or snack-size cans of tuna. Or, look to healthier "snack" foods, such as pretzels, gingersnaps, flavored rice cakes, animal crackers, pop-

corn (air-popped and unbuttered), or bread sticks.

To instill snacking discipline,

or bread sticks.

To instill snacking discipline, start at the supermarket by making wise choices about what you bring home. If potato chips aren't in the cupboard, you can't eat them. You might buy graham reackers or saltines instead.

Don't rely on vending machines at the office or school to provide wholesome snacks — bring them from home. A survey of vending machine purchases revealed that of the 60 favorite selections, only three were not extremely high in fat andr sugar.

Why not pack a container of non-fat pudding, some carrot sticks, or a serving-size box of rasial bran for a filling, but low-fat anack. If baded goods are your enack preference, pick a bagel instead of a doughnut. Or, make some muffins to set at home or bring with you for a nack on the run.

Whole wheat flour and fruit

run.
Whole wheat flour and fruit make Tropical Muffins nutritious, as well as delicious, treats.

TROPICAL MUFFINS

2 cups whole wheat flour 1 tablespoon baking powder

2 teaspoons grated orange 1/2 teaspoon ground cloves

(just over is cup)

Heat the oven to 400 degrees.

Lightly oil the muffin pans.

Combine the flour, baking powder, spices and orange poel in a
large bowl. In a separate bowl, mis
the egg, juice, milk, applessauce and
drained pineapple. Add the liquid
ingredients to the dry ingredients
and mix with as few strokes as possible.

sible. Spoon the better into muffin cups. Bake until the muffins are golden brown and a toothpick inserted in the center comes out clean, about 20-25 minutes. Each of the 12 muffins contains less than 1 gram of fat and 125 calories.

pretzels, gingersnaps, flavorec rice cakes, animal crackers, pop Creative cooks and bakers win the Quaker Oats dessert contest

Baking is a creative outlet for the first prize winners in the fifth annual Quaker Ostmeal "Bake is Better With Osta" recipe contest. These bakers routinely relax by donning spross and heading for the kitchen once a week, on aver-

age, to create.

Anne Altoner of Ft. Lauderdale,
Fla., a new mother and children's
librarian, describes baking as a
great way to relax. Says Altoner,
"I love to make bar cookies because they're easy, and firends always appreciate receiving them."

ways appreciate receiving them."

A favorite childhood drop cook is served as inspiration for her Oatmeal Dream Dates, a layered bar with a rich eatmeal-ecoconut cookie crust and topping. The contest judges leved its updated classic flavors so much they awarded it the \$2,000 first pries in the cookie category, the most popular contest category for the past three years.

three years.

Priscills Yee of California, enters all kinds of recipe contests and likes to make desserts best of

and likes to make deaserta dest of all.

The idea for Yee's Fudgy Banan Oat Cake, the \$2,000 first prize winner in the deasert category, came from a favorite restaurant where the specialty deasert is cake with a liquid chocolate center. To save time, ahe used a packaged Devil's food cake mix made stira moist by the addition of mashed bananas. Spoonfuls of an easy fudge filling dropped onto the batter bake into inacious pockets of ainfully rich chocolate. To add exture contrast and eye appeal, she incorporated eats into the crunchy topping. Yee serves this insteasely checolate cake el-ther warms or at noon temperature topped with lightly sweetened whitsped creem and aliced bananess.

FUDOY BANANA OAT CAKE

Topping:
1 cup Quaker cats (quick or old-fashioned, uncooked)
½ cup firmly packed brown

Sugar

14 cup (1/2 stick) margarine or
butter, chilled

st cup (19 section magnitude butter, chilled Filling:
I cup (6 ounces) semi-sweet chocolate pieces
A cup awestened condensed milk (not evaporated milk)
I tablespoon margarine or butter
Cake:
One (18.25-ounce) package
Devi's food cake mix
I k cups mashed ripe banana (about 3 large)
Vs cup vegetable oil
3 eggs

Banana slices (optional) Whipped cream (optional)

Heat oven to 350 degrees F. lightly grease bottom only of 13 by 9-inch baking pan. For topping, combine oats and brown sugar. Cut in margarine until mixture is crumbly;

bine oats and brown sugar. Out in margarine until misture is erumbly; set anide. For filling, in small asucopan, heat chocolate pieces, sweetened condensed milk and butter over low heat until chocolate is melted, stiring occasionally. Remove from heat; set aside. For cake, in large mixing bowl, combine cake mix, bename, oil and eggs. Blend at low speed of electric mizer until dry ingredients are moistaned. Beat at medium speed 2 minutes. Spread batter evenly into prepared pan. Drop chocolate mixture by teaspoonfuls evally over batter. Sprinkle with reserved or mixture. Batz 40 to 45 minutes or until cake pulls away from sides of pan and topping is golden brown. Cool cake in pan on wire vack. Garnish with sweetened whipped

cream and banana slices, If deaired.
15 Servings.
Nutrition information: 1/18 of recipe calories 400, calories from fat
170 Total Fat 19g, Saturned Fat
6g, Chalesterol 45mg, Sodium
230mg, Carbodydrate 56g, Dietary
Fiber 2g, Protein 5g.

OATMEAL DREAM DATES

One 8-ounce package pitted dates, coarsely chopped 1½ cups orange juice 2½ cups all-purpose flour 1½ cups firmly packed brown

sugar

In teaspoon sait (optional)

In teaspoon sait (optional)

In cups (3 sticks) margarine
or butter, chilled

2 cups Quaker oats (quick or
old-fashlonod, uncooked)

In cups flaked coconut, divid-

I cup chopped nuts

Heat oven to 350 degrees F. In medium saucepan, combine dates and orange juice. Bring to a boil; re-duce heat, Simmer 15 to 20 minutes or until thickened, stirring occa-sionally. Remove from heat; cool

slonally, Remove from best; cool slightly.

In large bowl, combine flour, surgar and salt. Out in margarine until mixture is crumbly, 8th in osts, 1 cup coconut and nuts; mix well. Reserve 4 cupe cat mixture for topping, set aside. Press remaining out mixture onto bottom of ungressed 13 by 9-inch beking pan. Spread date mixture evenly over crust to within 14-inch of edges. Sprinkle with reserved out mixture. Sprinkle with remaining 16-tup coconut, patting gently. Bake 35 to 40 minutes or until light guiden brown. Cool completely; cut into bars. Store tightly covered. 24 Bars Nutrition information: 16-21. Total Fat 182, Saturated Fat 1.3g. Cholesterol Omg. Sodium 140mg. Carbohydrate 33g. Dietary Fiber

Festive dishes match spring

Here are some recipes from the Pork Information Rureau of the National Pork Producers Council.

GOAT CHEESE, PEPPER AND BACON TART

1 (8- or 9-inch) pie shell 4 slices becon, cooked crispy and crumbled 1/2 red bell pepper, finely chopped

chopped 1/2 green bell pepper, finely chopped

4 ounces goet cheese 4 eggs

1 cup milk 1/2 teaspoon seasoned salt 1/2 teaspoon ground white pep-

1 teaspoon dried minced onlon

I testspoon dried minced onton Place pie shell in pie plats. In bottom of pie shell evenly scatter the crumbled becom and chopped peppers. In medium bowl, beat together the choses, eggs, mills, seasonings and onton. Pour over becom and peppers in pie shell. Bake at 320 degrees P. for about an hour, until set — knife inserted into custard haffersy between center and outer edge comes out clean — and lightly browned on top. Serve warm or at room temperature.

DILLED PEAS AND POTATOES VRAIGHETTE

1/2 cup olive oil
1/4 cup plus 2 tablespoons
whoe vinegar
2 tablespoons minced fresh

14 teasooon freshiv ground

teaspoon feshly ground black pepper
 teaspoon sait
 (18-ounce) package frozen pea pods
 k cup minced green onion
 small red potatoes, cooked and sticed

Combine first five ingredients in a jar with tight-fitting lid; shake to blend well. Blanch peas in boiling water for 2 minutes; drain well. Toes peas, green onton and pocators with dreasing; cover and let stand up to two hours, attring occasional-liv

ASPARAGUS SPEARS WITH CITRUS-GENGER DIP 2 pounds esperagus

% cup mayonnaise (if desired, use fat-reduced version) % cup sour creem (if desired, use fat-reduced version) 1 tablespoon distilled vinegar 1 tablespoon orange juice 1 teaspoon grated crange zast 1 gartic clove, peoled and

I tablespoon Dijon-style mus-

1 1/2 tablespoons grated fresh

ginger root 1 teaspoon soy sauce 1/2 teaspoon sugar Selt and pepper, to teste

Bnap tough ends off asparagus.

Poel stalks, if desired. In a large
skillet, bring about 1-inch of water
to boiling. Add asparagus and simmmer, uncovered, until barely, tender, about 4-5 minutes. Drain and dunk in los water until cold; drain, cover and chill until serving.

Meanwhile, combine well all re-aining ingredients in medium naining ingredients in medium viring bowl. Transfer to serving bowl, serve with asparagus spor cover and chill until serving

Easter leftovers make good eating

Wondering what to do with your Easter leftovers? Here are tips from the American Egg Board and Michigan State University Extension Service. Since hard cooking removes the protective coating from the shells, hard-cooked eggs

COOKING

CALENDAR

Send items to be considered for publication to: Keely Wygonik, Observer & Eccentric Newspa-pers, 36251 Schoolcraft, Livonia 43150, or by fax (313)591-7279.

CISSOS Meeting for people with Anaphyloxis, a little-threstoring stempt; nection, which into-threstoring stempt; nection, which into-threstoring stempt; nection, which medications and when exercise. Liber medications and what to do when a medical emergency occurs, 7:20 p.m. Mor. And 7:4 A Mort Health Balding, 500 W. Ann Aftor Trait, Port 19:242 or 2424 or

(313) 420-2005

MEMORD HEARTS

Yountees support group for people who have heart disease and their hamilies. Meets 7 p.m. on the third Tuesday of each month at Beaumont Hospital Administration Busing, Classroom 2, 13 Mile (3010) 557-5627

COOKING WITH MERES
Rochester Branch of the Women's National Farm & Garden Association is holdling an herb presentation, "Quick and
Easy Cooking with Herbar," Jam. Thurs.
May 4, Rochester Community House,
818 Boddow, National Cook 33, Cast for
resource of the Cooking Cooking

KITCHEN SLAMOR
Chocolate and the Art of Low-Fat Des-serts, featuring cookbook author, Allon Medich, 1 p.m. Sunday, April 23, Ro-

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instruction, and, Farmington Hiss.
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should be refrigerated in their shells in their cartons as soon as you've cooled them. Use them within aweek. Forget about freezing them because they don't freeze well. Fully-cooked, isflaver ham alloes will keep in the refrigera-

For more information on food handing, call the USDA's. Mest and Poultry hotline 1-800-535-4555.



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