

Blast off into summer with 'Apollo' recipes

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SPINACH FLORENTINE SOUP

2 tablespoons butter
2 quarts heavy whipping cream
2 quarts water or skim milk
1 tablespoon fresh garlic, minced

1 tablespoon fresh basil, chopped
1 teaspoon salt
1 teaspoon pepper
30 ounces fresh spinach, washed and deribbed
2 cups fresh mushrooms, sliced
1 large onion, chopped

1 cup St. Julian Grest White or Chardonnay
1/2 cup St. Julian Cream Sherry
Sauté spinach, onion, mushrooms and garlic until vegetables are soft. Add wine, sherry, basil, salt and pepper. Simmer for 30 minutes. Slowly add cream and skim milk (or water). Simmer for 45 minutes.

If necessary, thicken with a roux prepared by incorporating one tablespoon of butter and one tablespoon of white flour. Serves 8.
PENNE PUTTANESCA
2 tablespoons olive oil
1 garlic clove, minced
1 (16-ounce) can diced tomatoes, pureed in food processor

4 anchovy filets, coarsely chopped
1 small onion, chopped
1/4 teaspoon red pepper flakes
6 Kalamata olives, pitted and chopped
1 tablespoon drained capers
Grated Parmesan or Romano cheese
Sauté onion, garlic and pepper

flakes in olive oil until onion is soft. Add tomatoes and simmer for 30 to 40 minutes. Remove from heat and add remaining ingredients. Serve over cooked penne pasta. Top with grated cheese. Serves 6.

Recipes from Apollo Wine Bar and Trattoria.

Products of the humble soybean shine nutritionally



LOIS THIELEKE

Soybeans are the best source of plant protein and "shine" above the rest of the beans. Research shows that soybeans and soyfoods such as tofu, tempeh, miso, and soy milk appear to lower the risk of heart disease, breast and prostate cancer and osteoporosis. All good reasons to eat soybeans and soy products.

The Chinese have been eating soybean products for thousands of years, but soybeans have only

been appreciated in the United States for about 20. Soybeans do not hold much interest for many people who still have visions of "mystery meat" to cloud the acceptance.

The best known of all the soybean products is tofu. Tofu is made from soy milk to which a coagulating agent has been added, to separate the curds from the whey. The curds are then compressed into blocks and stored in water needing refrigeration or they can be vacuum-packed or processed in aseptic packages that need no refrigeration until opening.

Tofu ranges from soft to firm in consistency and is noted for its

ability to take on flavors of other foods. Tofu by itself tastes rubbery and flavorless, but crumbled into a pot of chili, a casserole, soup or stir-fried, it tastes good and most will not know they are eating tofu. You will need to read the label to see the nutrient contents, as they vary with each brand, but needless to say, tofu is a rich high-quality protein.

Tempeh is a traditional Indonesian food, a chunky tender cake of soybeans, that is rich in flavor. Tempeh has a smoky or nutty flavor and many people think it tastes like mushrooms. Tempeh is a fiber-rich food, since it is made from whole cooked soybeans.

Tempeh is usually found in the frozen food section of the store. Chunks of tempeh can be added to spaghetti sauce, sloppy joes, chili, soups and casseroles.

Miso is a rich salty condiment in which soybeans and a grain such as rice, salt and a mold culture are mixed, then traditionally aged for one to three years. Miso is used to flavor soups, sauces, dressings, pates and marinades. Since miso is high in sodium it is used sparingly. A tablespoon of miso can be mixed into a cup of hot water to make a low-calorie broth.

Soy milk is not just for babies, but can be added to make pancakes, waffles, cream soups, low-

er-fat custards and pumpkin pie. Soy milk is an excellent source of high-quality protein, B-vitamins and iron. It is the creamy milk of the whole soybean with a nutty flavor. Soy milk is also sold in a powder form that can be mixed with water. Store the powder in the refrigerator or freezer to keep the quality.

Soy flour is a very easy way to add some additional nutrients to baked foods. Soy flour can be a very inexpensive and cholesterol-free egg substitute in baked products.

Replace one egg with one tablespoon soy flour and one tablespoon water. Stir soy flour before measuring because it seems to

pack down in the container. Baked products containing soy flour tend to brown more quickly so shorten the baking time or lower the temperature and watch the product carefully.

There are many other soy foods such as soy sauce, soy grits, soy flakes, soy nuts, soy oil, textured vegetable protein (used to make bacon bits, and textured meat products) and of course bean sprouts. The health benefits of eating soybeans and soy products are mounting, try some soon.

Lois Thieleke of Birmingham is an extension home economist for the Cooperative Extension Service, Oakland County office.

Hold the mayo, but not flavor by using low-fat foods

Americans have a love-hate relationship with mayonnaise. We love it as a sandwich spread and as a dressing on many of our favorite salads. But we hate the amount of fat and calories it adds, not to mention the potential danger from spoilage in warm weather.

It's easy to forget condiments when we look for places to reduce the fat in our diets. But, according

to the American Institute for Cancer Research, substituting a tablespoon of mustard for a tablespoon of mayonnaise on your sandwich can save you 90 calories and 10 grams of fat.

Reduced fat versions can halve the fat and calories of regular mayonnaise, and you can further dilute the fat by mixing a tablespoon of low-fat mayonnaise with a teaspoon or two of any of the

following: mild vinegar (such as balsamic), plain yogurt, Worcestershire sauce, orange juice or even water.

When preparing tuna salad with mayonnaise, use a mixture of half low-fat mayonnaise and half nonfat yogurt to keep the mayo flavor with only a fraction of the fat. This kind of trade-off works for many salads, including potato salad and coleslaw. Or try substituting

a dressing made of one-half nonfat yogurt and one-half low-fat sour cream. A light vinaigrette made with a small amount of olive oil can be used for a totally new potato salad sensation.

GREEN GODESS SALAD DRESSING

1 cucumber (peeled, seeded and cut into chunks)

2 tablespoons fresh, chopped parsley (or 1 1/2 teaspoons dried)
1 scallion cut in 1-inch lengths
2 tablespoons oil
1 tablespoon vinegar (or lemon juice)
1 clove garlic
1/4 teaspoon hot pepper sauce

Puree until smooth and then add 1/2 cup plain low-fat yogurt. Blend on low speed, just until smooth (about 10 seconds). Serve immediately on your favorite summer salad, or cover and refrigerate for later.

Tex-Mex Colelaw gets zip from the mild tang of its dressing, but still manages to let the sweet taste of cabbage shine through.

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