

Kids can bake up a winner

If the excitement of summer vacation has been replaced by cries of "Mom, what can I do?" head for the kitchen and get baking!

"Baking is a wonderfully creative outlet for children, and baking gives busy parents the chance to spend quality time with their kids while having fun themselves," said Cindy Bishop, manager of the Quaker Oatmeal Kitchens.

Since kids (and most grown-ups) love cookies, cookies make an appealing baking project. A drop cookie such as the ever-popular oatmeal tends to be the easiest kind of cookie to mix and bake. This tried and true cookie classic also offers plenty of opportunity for junior bakers to come up with their own recipe.

Oatmeal Peanut Butter Cup Cookies, for example, started out as a basic oatmeal cookie. The addition of cocoa and miniature peanut butter cups turned them into a kid-pleasing chocolate-peanut butter delight. Moms can accompany these jumbo-size cookies with a glass of cold milk and a big hug.

The Quaker Oats Co., sponsor of the sixth annual "Bake It Better with Quaker Oats" Recipe Contest, is looking for creative recipes for cookies and other baked products.

The contest has three categories: Cookies, Muffins/Breads and Just For Kids. New this year, the Just For Kids category is open to any adult-child duo. Recipes entered in this category should be recipes for cookies, muffins/breads and desserts that have special kid appeal.

Contest rules limit ingredients to 12 (excluding water and salt). Cookie recipes must use at least 2 cups of either quick or old-fashioned Quaker oats; all other re-



QUAKER OATS

Cookie classic: Enjoy a lazy summer afternoon with an Oatmeal Peanut Butter Cup Cookie and frosty cold glass of milk. Cocoa and miniature peanut butter cup candies are kid-pleasing additions to this classic oatmeal cookie.

Recipes must use at least 1 cup of oats.

Finalist recipes will be kitchen-tested and judged by a panel of food professionals on the basis of taste, convenience, appearance and creativity. The recipe judged "best of contest" will win the \$10,000 Grand Prize. Three first prize winners, one in each category, will win \$2,000, and six semifinalists each will win \$500. Cookie lists and baking cookbooks will be awarded to 50 runners-up.

To receive the official contest rules, tips for baking with kids, and a free set of recipe cards featuring past contest winners, send a stamped, self-addressed envelope to: Quaker Oatmeal Contest Rules, P.O. Box 1370, Barrington, IL 60011. Deadline to enter is October 31.

OATMEAL PEANUT BUTTER CUP COOKIES

1 1/2 cups firmly packed brown sugar
1 cup (2 sticks) margarine or butter, softened
1/4 cup peanut butter
2 eggs
2 teaspoons vanilla

1 1/2 cups all-purpose flour
1/2 cup unsweetened cocoa powder
1 teaspoon baking soda
1/4 teaspoon salt (optional)
2 cups Quaker oats (quick or old-fashioned, uncooked)
One 9-ounce package miniature peanut butter cup candies, unwrapped, each cut into six pieces

Heat oven to 350 degrees F. In large bowl, beat together sugar, margarine and peanut butter until creamy. Add eggs and vanilla; beat well. Add combined flour, cocoa powder, baking soda and salt; mix well. Stir in oats and candy pieces; mix well.

Drop by scant 1/4 measuring cupfuls onto ungreased cookie sheet, about 2 inches apart. Bake 12 to 14 minutes or until cookies are slightly firm to the touch. Cool 1 minute on cookie sheet; remove to wire rack. Cool completely. Store tightly covered. Makes 3 dozen.

Nutrition information: 1 cookie
Calories 190, Calories from fat 100, Total fat 11 g, Saturated fat 3.5 g, Cholesterol 13mg, Sodium 150mg, Carbohydrate 29g, Dietary Fiber 2g, Protein 4g

COOKING CALENDAR

Send items to be considered for publication to: Keely Wygonik, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313)591-7275.

Cooking demonstrations

BREAD BACKGROUNDS
Local author Barbara Norman, author of "What Can I Do With My Bread Machine?" will be at Borders Books and Music in the Novi Town Center, off Novi Road, (south of I-96) 7 p.m. Monday, August 7.
(810) 341-0780

ROSESPICE HOSPITAL
Chef Larry Jensen talks about cooking with beans, 7 p.m. Wednesday, August 16 at the RoseSpice Center for Health Improvement, 37350 Grand River, Novi. The

cost is \$5 and includes recipes and samples. Pre-registration, seating is limited.
(810) 477-8100

SUPERIOR FISH
Cooking demonstration by Oxford Inn, 10 a.m. to noon, Saturday, August 12, Superior Fish Company, 309 E. 11 Mile Road, Royal Oak.
(810) 541-4632

Classes

LEONORE'S NATURAL CUISINE
Cooking school, natural cuisine, step-by-step instruction, recipe hand-outs, 22899 Inverness, Royal Oak, Farmington Hills.
(810) 478-4435

Dieting

NUTRITIONAL TUNE-UP
Get your diet in gear. Focus on vegetarian, low-fat, low-cholesterol, or diabetic menus. Cost \$25 for individual counseling. Offered by RoseSpice Hospital.

(810) 477-8100

Support Groups

FOOD ALLERGIES
Meeting for people with Anaphylaxis, a life-threatening allergic reaction, which can be caused by foods, insect stings, medications and even exercise. Learn about the signs and symptoms, and what to do when a medical emergency occurs. 7:30 p.m. fourth Monday of the month, Astor Health Building, 960 W. Ann Arbor Trail, Plymouth. For information, call (810) 662-9424 or (313) 420-2605

SENIOR MEALS

Volunteer support group for people who have heart disease and their families. Meets 7 p.m. on the third Tuesday of each month at Beaumont Hospital Administration Building, Classroom 2, 13 Mile Road, Royal Oak.
(810) 527-5527

Kids warm up to summer snacks

During the warm summer months, kids often look for the appetites of the heat. Getting them to come in and eat often becomes a chore since kids find it much more fun to stay outside and play than to come in and eat.

"While it can be challenging, it's important that children eat a balanced diet to support their rapid growth and development," said Fay Fitzgerald, coordinator of the Henry Ford Heart and Vascular Institute's Heart Smart program.

By taking the time to provide interesting and healthy meals and snacks, you can establish Heart Smart eating patterns that will last a lifetime. Try some of these easy tips from Fitzgerald for fun and healthy summer snacks:

- Include kids when you purchase and prepare meals and snacks.
- Encourage kids to eat vegetables by cutting them into fun shapes and serving them with a low-fat or nonfat dressing as a dip.
- Try pretzels, popcorn and cold cereal — all are good snacks from the bread group.
- Make your own pita chips by splitting pita bread in half and splitting it into bite size pieces. Bake them on a cookie sheet, sprayed with vegetable oil cooking spray at 325 for 8-12 minutes. Serve with salsa.

For older children, make kabobs by alternating different colored low-fat cheese cubes with fresh vegetables. The cheese should contain no more than 2-3 grams of fat per one ounce serving.

- For special snacks, try vanilla wafers, graham crackers, Fig Newtons, low-fat granola bars, pretzels, popcorn or low-fat yogurt — All are good food choices with kid appeal.
- Spread a little bit of peanut butter on sliced apples and sprinkle cinnamon on top.

OAT CHOCOLATE CHIP COOKIE

1/4 cup light corn syrup
1/4 cup brown sugar
2 tablespoons vegetable shortening
3 egg whites whipped to stiff peaks
3 tablespoons water
1 teaspoon vanilla
1/2 cup plus 3 tablespoons sifted enriched all-purpose flour
1/4 cup instant nonfat dry milk powder
1/4 cup plus 1 tablespoon reduced calorie vanilla pudding mix
1/2 teaspoon baking soda
2 cups quick oats (uncooked)
1/4 cup All-Bran cereal (other bran cereals may be substituted)
1/2 cup semi-sweet chocolate pieces, miniature or regular non-stick vegetable spray
In a 1 1/2 quart bowl, cream corn syrup, brown sugar and shortening with an electric mixer on low speed until mixture is smooth and creamy. Add beaten egg whites, water and vanilla. Mix on medium speed for one minute or until smooth. Stir together flour, nonfat

dry milk, reduced calorie pudding and baking soda.

Add to dough and mix two minutes on low speed or until thick and fluffy. Stir in oats, bran, and chocolate chips until well mixed. Place rounded teaspoons of dough about 1 inch apart on a cookie sheet that has been sprayed with vegetable spray. Slightly flatten cookies with fork. Bake at 350 degrees F. for 8-10 minutes. Cookies will be full and puffy. Yield: 48 cookies.

Nutrient Analysis: Calories 46, Fat 1.5 g, Cholesterol trace, Sodium 36 mg.

SLOPPY JOE

8 ounces ground turkey
8 ounces, lean ground beef
1 small onion
1 stalk celery
6 ounces can tomato paste
1/4 cup ketchup
1 tablespoon prepared mustard
1 tablespoon vinegar
1 tablespoon sugar
1 can Chicken Gumbo concentrate soup
1 tablespoon barbecue sauce
8 Hamburger buns
Brown ground turkey and ground beef, drain fat.

Add onion and celery, cook until soft. Add tomato paste, ketchup, mustard, vinegar, sugar, chicken gumbo soup concentrate and barbecue sauce. Bring to boil. Simmer 5 to 10 minutes.

Serve on hamburger buns. Yield: 8 servings.
NUTRIENT ANALYSIS PER SERVING: Calories 255, Fat 6 g, cholesterol 40 mg, sodium 715 mg

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