

Stuff winter squash with fall's fruitiest flavors

Winter squash, the season's nutritional gold mine, is also the source of a wide variety of delicious recipes. You can bake it, puree it, grate it, saute it, and simmer it in soups and stews. Beyond all these uses, you can stuff squash with delightful fillings that can make it a wholesome side dish or a hearty entree.

Different varieties of winter squash have their own distinctive flavors and uses. Acorn squash, with its moist, firm flesh, holds its shape well. This, along with its moderate size, make it great for stuffing. Hubbard squash, particularly smaller varieties, also stuff well.

In general, when preparing stuffed squash, preheat the oven to 375 degrees F., cut the squash in half and scoop out the seeds. Place the squash flesh side down in a baking dish and pour in 1/4 cup water to cover the bottom of the pan. Bake the squash for 30 minutes while you prepare the filling.

For microwave preparation, pierce each squash in three to four places with a sharp knife, place them on a double layer of paper towels in the microwave, and cook on high for eight minutes or until just soft to the touch, rotating once during cooking. Let them stand for five minutes before cutting in half.

■ Acorn squash, with its moist, firm flesh, holds its shape well.

For filling, try a Mexican-style mixture of cooked and drained lean ground beef, diced onion, celery and zucchini, quartered cherry tomatoes and cooked kidney beans, seasoned with chili powder, cumin, and thyme. Or, make a seasonal stuffing of leftover turkey, chopped raw cranberries, diced onion and celery, and bread crumbs, flavored with marjoram and maple syrup.

For a meatless meal, stuff acorn squash with a multi-grain pilaf and diced papaya, seasoned with tarragon.

Once the filling is prepared, stuff into each squash half and return them to the baking dish (make sure there is still some water in the baking dish). Cover the dish with foil and return to the oven. Continue baking for one hour or until just tender.

For microwave preparation, place the filled halves on a microwaveable plate and cover loosely with wax paper or vented plastic wrap. Microwave on high for four to six minutes, or until heated through. Let them stand, covered, for two minutes.

Stuffed Winter Squash produced

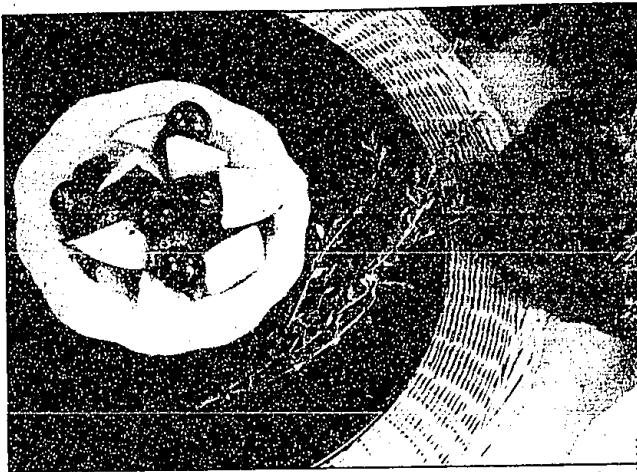
as a delicious stuffing, full of the season's fruitiest flavors — apple, cranberry and orange.

STUFFED WINTER SQUASH

- 1 winter squash
- 2 cups of apple (chopped or canned)
- 1 cup of cranberries
- 1 sectioned orange
- 1/4 cup of raisins
- 1/4 cup of brown sugar
- 2 teaspoons margarine

Halve the winter squash lengthwise and scrape out the seeds and stringy portion. Place both halves with the cut side down in a baking dish with 1/4 cup of water covering the bottom of the pan. Bake in the oven at 350 degree F. for one hour. While the squash is baking, mix the other ingredients in a bowl. Stuff the baked squash with the fruit mixture and bake at 350 degrees F. for an additional 20-30 minutes or until the squash is tender.

Each of the 4 servings contains 231 calories and 3 grams of fat. Recipe and information supplied by the American Institute for Cancer Research. For a free brochure on other healthy and festive recipes, send for a free brochure about "Celebrate Good Health." Send a stamped (55 cents), self-addressed envelope to the American Institute for Cancer Research, Dept. GH, Washington, DC 20065.



AMERICAN INSTITUTE FOR CANCER RESEARCH

Stuffed squash: Full of fall's fruitiest flavors — apple, cranberry and orange — stuffed winter squash is a season delight.

Eat lots of fall's crisp apples, they're so good for you



LOIS THIELEKE

Apples are a favorite fruit because of their delicious flavor, year-round availability, variety and versatility in preparation. An apple contains almost no fat or sodium, they are high in complex carbohydrates, contain fiber, potassium, trace minerals, Vitamins A and C, and many other vital nutrients. What's not to like about an apple, they are good for you.

Dietary research shows that apples may have many health benefits. Apples may actually help reduce serum cholesterol, high blood pressure, and the risk of colon cancer, and stroke. Apples can also play an important role in weight control because the fiber

gives you a full satisfied feeling after eating. Of course, these items are true when eating raw apples, not necessarily when eating apple pie. Apples are also called nature's toothbrush as they refresh the breath and teeth and massage the gums.

Apples can be eaten fresh, baked, stir-fried, canned, frozen or used as a garnish. There are many varieties so before buying apples decide how you are going to use them.

The best fresh eating apples are Macintosh, Cortland, Jonathan, Red and Golden Delicious, Winesap, and Ida Reds. Apple pie is best made from Jonathan, Macintosh, Rome Beauty, Nonhom Spy, Ida Red, Empire and Winesap. When baking all will work fine. For cooking choose a firm, tart apple and for baking a very firm apple. Bruised

■ Apples can be eaten fresh, baked, stir-fried, canned, frozen or used as a garnish. There are many varieties so before buying apples decide how you are going to use them.

apples can be used for jelly, apple butter, applesauce or cider.

When cooking apples use very little water so that more vitamins are retained within the fruit. To enhance the natural aroma, add a little spice or lemon to the apples, cover the pan but do not overcook. Adding sugar also serves to enhance the apples flavor but too much masks the characteristic scent and causes them to be mushy. If you're making a salad, dip the apple slices or rings in lemon, orange or pineapple juice to prevent browning.

Store apples at 32 degrees F. or

in the refrigerator to retain freshness and crispness. They ripen 10 times faster at room temperature than when kept chilled. Put them in tightly closed bags to prevent absorption of food odors and to maintain humidity. Apples also give off ethylene gas so do not store near lettuce, celery or broccoli, the gas will cause vegetables to rot. If you're storing apples in your garage, protect them with a blanket if it gets too cold. Apples like it cool but not below freezing. Measiness in stored apples may denote too long or improper storage.

Since apples can be stored for a long period of time, buy a quantity. Three medium apples (one pound) make one-and-one-half cups of applesauce. Six to eight medium apples makes a nine-inch pie. 46 medium-sized apples is one peck and one bushel will make 16-20 quarts of applesauce.

Everyone has their own favorite apple pie recipe so here are some other ways to add apples to your meals.

Add one half cup grated apples to each two cups of mashed squash, sweet potatoes or parsnips to give them more flavor and flair. This is great served with roast veal, lamb or pork.

A quick low-calorie dessert can be a cored apple microwaved in a little apple cider. Add apple slices to the hot breakfast cereal when microwaving in the morning.

Freezing apples or applesauce is very easy. Select a firm, crisp apple, avoid any with a mealy texture. After washing, peeling and coring, drop into ascorbic acid such as lemon juice to help keep their color. If you want chunky applesauce, peel and cut up the sizes you want to cook, while for smooth sauce, run the cooked apple, skin and core through a sieve (cooking the red skin will make a beautiful pink applesauce). Use sugar sparingly or you'll ruin a good thing. Pie filling ingredients can be mixed with the apples and frozen in amounts used for individual pies.

Michigan produces some of the best apples of course, eat them everyday.

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

ORCHARD-10
Corner of Orchard Lake Road & Ten Mile in Farmington
476-0974

Look For Our Insert
In Today's Paper For
Savings at Orchard-10 IGA

CPI Photo
The 1-HR Photo Specialist

11x14 Enlargement with frame

Save good Nov. 5 through Dec. 24.
Cannot be combined with other offers.
Available while supplies last.

Purchase a CPI SmartPak and Receive a
FREE Crayola Collectibles Ornament
Available while supplies last.

40% OFF 1-HOUR PRINTS
and \$1.00 Off Processing

No limit on rolls. Offer applies to regular one-hour price on first set of 4x6 color prints. C-41 process. Not valid with other offers, reprint orders or Panatomic 35 orders. Coupon must accompany order. Good through 1-20-96 at participating CPI Photo locations.

CPI Photo
Each Picture Is The Best It Can Be, GUARANTEED!
One-Hour Service On Enlargements And Reprints

Also Available:
double prints • wallet photos • passport photos • copies from prints
video transfer • photo CD transfer • film • albums & frames

18 area locations to serve you!

Call 1-800-368-3805 for the location near you.

Check us out on the internet: <http://www.cpi-photo.com>

ELECTION Specials!

Skatin' Station II

Turkey Skate Specials

Wednesday, Nov. 15th
25¢ admission 6:30 - 9:00 p.m.
(Skate Rental Extra)

plus **Garage Sale!!**

Skates • accessories • miscellaneous items
For more information call (313) 459-6400
8611 Ronda Drive • Canton



PEPPERIDGE FARM
THRIFTY STORES

How to
feast on a
Pilgrim's
budget



Look for our next big sales event:
November 11th • 12th • 13th
Sale Hours: Sat. 9-6:30 • Sun. 11-4 • Mon 9-7

20% OFF SALE*
with a minimum \$10.00 purchase. November 11-13, 1995

Just clip the coupon and bring it to your neighborhood Pepperidge Farm Thrift Store. There you'll find a veritable cornucopia of Thanksgiving goodies to stuff yourself - and your turkey - with. Among the irresistible: our wonderful dinner rolls, our great snacks for the children, our addictive cookies and cakes. And, of course, our mandatory stuffing. All at prices which, like Pepperidge Farm products themselves, are too good to say no to.

Enter to win a
Pepperidge Farm Goldfish Watch!
Goodies held Nov. 24th

LIVONIA
29115 Eight Mile Rd.
(810) 477-2046

BIRMINGHAM
1950 Southfield Rd.
(810) 642-4242

Discover marvelous merchandise, read
Malls & Main Streets



every Monday in your hometown newspaper.