Low-fat dishes are pleasers

See Chef Larry Janes column on Taste front. Here's a casserole idea that the entire family will en-joy!

SCALLOPED CHICKEN

SCALLOPED CHICKEN
2 this cellary, finely chopped
6 green onlors, finely chopped
4 sprigs persely, finely
chopped
2½ cups low-fat packaged
stuffing mix
1 (14½ ounce) can fat-free
chicken stock
2 tablespoons comstarch
¼ cup skim milk
Dash sast and fresh ground
peoper

pepper
3 cups cooked chicken meat,
skinned, boned and diced
1/5 cup dry bread crumbs
1 tablespoon corn oil marga-

rine, metted nno, mented
Heat ¼ cup of the water in a skillet over low heat. Add the celery
and green onions and paraley and
cook for 5 minutes. Place the stuffing mix in a large bowl. Add the
vegetables and their cooking liquid

plus an additional 3 tablespoons of water and mix lightly with a fork. Preheast the oven to 375 degrees F. Spray a 9 by 13-inch baing dish with non-atick vegetable spray. Place the stiffing mixture in the bottom of the dish and set aside. To make the sauce, warm the chicken broth in a medium saucepan over medium best. Disasive the cornstarch in the skim milk and add to the broth. Cook alowly, whisking until mixture slightly thickens. Sit in sail and pepper. Pour half the sauce mixture over the stuffing. Place chicken pieces on top and cover with remaining sauce. Combine the dry bread crumbs with the margarine and sprinkle over the tup. Bake, uncovered, until golden, about 25 minutes. Serves 6 (I cup seach)

Each serving is 200 calories, 9 gr. fat, 65 mg. cholesterol.

CHICKEN PIE

3 cups cubed, boneless and skinless cooked chicken breast

2 cups chopped cooked broc-

coll
One (10% ounce) can reduced
fat cream of chicken soup
1 cup fat-free chicken broth
1½ cups self-rising flour
1½ cups buttermilk

192 cups butterman 94 cup liquid egg substitute 2 tablespoons com oli margarine, melted

2 tablespoors com oil margarine, meited
Preheat the oven to 350 degrees
F. Spray a 9 by 13-inch baking dish
with non-stick vegetable apray.
Sprasd the chickna and broccoli
over the bottom of the prepared
dish. Combine the soup and the
broth and pour over the top.
In a medium bowl, combine the
flour, buttermilk, egg substitute
and margarine and mix well. Spread
evenly over the top. 16 the dish and
bake, uncovered, in the preheated
oven until golden brown, about 1
hour. Serves
Each serving contains: 326 colorries, 6gr, fat, 65 mg, cholesterol.
Recipe source: Both recipes from
"Cook it Light One Dish Media" by
Jeanne Jones. (Copyright 1996,
Published by Macmillon, \$23)

COOKING CALENDAR

Send items to be considered for publication to: Keely Wygonik, Observer & Eccentric Newspapers, 36251 Schoolcroft, Livonia 48160, or by fax (313)591-7279.

emonstrations
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The voice of public education

When you only have a hammer, every problem is a nail

children see the truth in this old proverb borne out every day. Some of our young people have come to believe that the hammer—violence and force—is the only effective way to solve problems. And they're learning this from a very powerful and compelling teacher—one with whom they willingly spend as much as 30 hours a week. That teacher is television.

Any veteran teacher will tell you that kids have changed over the past 30 years or so. They are more profane, more prone to acts of violence, and more sexually precoclosus. Is it any wonder? More than 90 percent of frograms during children's prime viewing hours are violent. This does not mean that violence on television is the only motivator of aggressive or violent behavior, fractured familles and fragmented communities also have a major impact on the lives of our children. But the hypnotic eye of TV is simply too powerful to dismiss or ignore.

That is why, as parents and as public school employees, we welcome the new hard-hitting report, the National Television Violence Study, sponsored by cable TV. It found the violence on TV both pervasive and harmful, particularly to young children between the ages of 5 and 8 who watch for long periods without any kind of reality-check' explanation. Children's programs, such as cartoons, pose speechs of acterness such as cartoons, pose speech of acterness such as cartoons, pose speech of acterness of programming counters.

On the violence of two long-term engality eiters show violence in a "Internal life it's not so easy—the effects don't go alway. According to the American Academy of Child and Adolescent Psychiatry, hundreds of studies on the effects of TV violence on children show that children may:

Decome Immune to the horror of violence**.

children show that children may:

• become 'immune' to the horror of

• bloenee 'immune' to the horror of

• donatify with certain characters, victims

and/or victimizers.

There are significant opportunities

absolute importance of helping children

become more critical TV watchers and of

potecting them from becoming casualites in

the broadcasters' battle for the marketplace.

• Set limits on the time children spend in

front of the TV, regardless of content,

because it keeps them from more

beneficial activities such as reading, playing or socializing with friends and being physically active. Pay attention to the programs they're watching. Watch with them. Point out that although the actor is not really hurt or willed, such violence in real life causes pain and death. Set an example; change the channel or turn off the TV when an offensive or violent program comes on.

off the TV when an offensive or violent program comes on.

To offset peer pressure, talk with teachers and other parents and agree to enforce similar TV viewing standards. Also encourage and support local school programs promoting conflict resolution. Such programs have proven perceivally valuable for your conflict resolution. Such programs have proven perceivally valuable for your content provided.

The program when you are offended or pleased by something that has been aired. The viewing profit was to the program when you are offended or pleased by something that has been aired. The viewing when you were considered to the Union address, President Clinton called for the TV and movie Industry to produce programming that they'd be comfortable showing their own children. President Clinton, this past week, signed into law the Telecommunications Act of 1996, which—among other things—provides for a V-chip, which allows parents to lock out violent programs. There is growing public support for the V-chip and lawmakers are asking the entertainment industry to quickly adopt a rating system for TV shows to help faciliate the V-chip's program-blocking capability. Federal Communications
Commmission Chairman Reed Hundt favors putting some teeth into the Children's Television Act of 1990 by requiring three hours of educational programming weekly from each network (the current requirement is a mere half-hour per week most precious resource. We don't eed them garbage: why should we let them watch 17 Make your volce heard on this important topic by e-mail to kidstyoff.cog ov or write to Secretary, ECC. 1919 M Street, NW, Washington, D.C. 20554.

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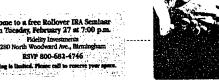
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