

Brunch can make a festive change of pace

Step out of the ordinary breakfast routine with brunch — that delightful change of pace that combines some of the best foods from breakfast and lunch in a festive, slow-paced meal meant to be enjoyed on a Sunday, a holiday, or any special day that allows for leisurely dining. Like any other meal, however, a good brunch should emphasize wholesome fruits, vegetables and grains, and downplay fats and sugars.

Brunch would not be complete without some delicious bread — oat bran or rye bagels, sweet potato quick bread or low fat cornmeal muffins are just a few ideas.

Try a savory vegetable spread made with low fat cream cheese and a vegetable combination of finely grated carrots, red pepper, radishes and onion that have been cooked briefly over low heat to evaporate most of their moisture. Season with a bit of salt, finely chopped garlic cloves, and fresh chopped thyme, and refrigerate before serving.

If pancakes or waffles strike your fancy, try whole wheat yogurt waffles with fruit salsa (quartered strawberries, diced papaya, or peach, melon and pineapple, mixed with honey). Make apple French toast —

slices of thick French bread dipped in a lower-fat mixture of egg whites, skim milk, apple cider and a bit of sugar, cooked in a non-stick pan with spray-on vegetable oil; and topped with apple sauce or an apple compote. For low-fat omelets, substitute one egg with two or three egg whites for whole eggs. Fill the omelets with ingredients like shrimp, green beans, scallions, and sprouts. Or try sautéed sliced zucchini, mushrooms, chopped onion and tomato wedges. Garnish with fresh basil and a touch of Parmesan cheese.

When your brunch tends toward a luncheon, serve a chilled berry soup or a cold tomato and orange soup. Or start off with a vitamin-rich fruit cooler made by blending your favorite juices and fruits. Enjoy cantaloupe with pineapple juice and orange juice, or strawberries and watermelon with lemon juice.

Fresh fruit and vegetable salads are never out of place on a brunch menu. Try a colorful pen salad made with thawed frozen peas, diced sweet red peppers, chopped scallions, shredded non-fat mozzarella cheese and minced fresh basil. Dress with a mixture of 1/2 cup nonfat mayonnaise and 1/2

teaspoon Dijon-style mustard, and serve on a bed of Romaine lettuce. Or sample the season's nutritious produce with Spring Spinach Salad, a recipe from the American Institute for Cancer Research.

SPRING SPINACH SALAD

- 10 ounces fresh spinach, washed thoroughly, stemmed and torn in pieces
- 2 cups strawberries, halved or sliced
- 2 kiwi fruit, peeled and sliced
- 2 tablespoons wine vinegar
- 5 tablespoons part skim ricotta cheese
- 1 tablespoon plain low fat or nonfat yogurt
- 1/2 teaspoon dried herbs of your choice (basil, tarragon, or use 2 teaspoons fresh herbs)
- Dash pepper

Prepare the spinach, strawberries and kiwi fruit in a large salad bowl or individual salad bowls. Combine the remaining ingredients in a blender or food processor; puree until smooth without a trace of graininess, and serve with the salad.



Spring salad: Toss together a flavorful salad with fresh spinach, strawberries and kiwi fruit. The dressing is a combination of ricotta cheese, nonfat yogurt and herbs.

Each of the 4 servings contains 2 grams of fat and 86 calories. For a free booklet on how to

eat for lower cancer risk, send a stamped (65 cents postage), self-addressed envelope to the Amer-

ican Institute for Cancer Research, Dept. DG, Washington, DC 20069.

Recipe for 'hush puppy' casserole is a contest winner

HUSH PUPPY CHICKEN CASSEROLE

- 8 1/2-ounce box corn muffin mix
- 1 tbsp chili powder
- 4 boneless, skinless chicken breast halves, cut into 1/2-inch chunks

- 1-2 tablespoons olive oil
- 16-oz can oven-baked beans
- 14 1/2-oz can Mexican-style stewed tomatoes, undrained
- 1 tbsp smoky barbecue sauce
- 14 1/2-oz can dilled green

- beans, drained
- 1 tbsp maple syrup

Prepare corn muffin mix to batter stage, according to package directions. Set aside. Sprinkle chili powder on chicken chunks; toss with fork to coat well.

Heat oil in large skillet. Sauté chicken over medium heat, stirring frequently until opaque; drain fat. Reduce heat. Stir in beans, tomatoes, barbecue sauce and dilled green beans. Simmer mixture 5-10 minutes, stirring occasionally until

heated through. Spoon mixture into greased 9- by 13-inch baking pan. Spoon corn muffin batter on top of bean mixture around outside edge of baking pan. Bake in a 400-degree oven for 20-25 minutes or until topping is golden. Remove

from oven and brush lightly with maple syrup as desired. Makes 6-8 servings.

Nutrition facts per serving: 260 cal., 19 g pro., 32 g carbs., 4 g fiber, 6 g fat, 55 mg chol., 770 mg sodium.

GENEVA PRESBYTERIAN CHURCH (U.S.A.)
5835 Sheldon Road, Canton
(313) 459-0013

Maudy Thursday Service 7 p.m., April 4
Good Friday Service 7 p.m., April 5

EASTER SUNDAY

Sun Rise Service 7 a.m.
Easter Contata 9 a.m. & 11 a.m.

ST. JAMES PRESBYTERIAN CHURCH
25350 W. SUNRISE ROAD • REDFORD
(313) 534-7730

APRIL 4th • 7:30 p.m.
MAUNDY Thursday

APRIL 7th • 10:00 a.m.
EASTER SUNDAY

FIRST PRESBYTERIAN CHURCH
Main & Church Streets • Plymouth
HOLY THURSDAY 8:00 p.m. Communion
GOOD FRIDAY TENEBRAE 8:00 p.m.

EASTER MORNING 7:30 Communion
9:00 & 11:00 Worship

FIRST PRESBYTERIAN CHURCH OF FARMINGTON
810-474-6170
HOLY WEEK EASTER SERVICES
MAUNDY THURSDAY COMMUNION SERVICE 7:30 PM
FEATURING John Rutter's "Requiem"
COMMUNITY GOOD FRIDAY SERVICE 12:00 noon
EASTER SUNDAY
6:45 am Outdoor Sunrise • 9:00 a.m. & 11:00 a.m. Worship
Come to the corner of FARMINGTON RD. & ELEVEN MILE RD.

St. Paul's Presbyterian Church
27475 Five Mile Road • Wheatland Ancestral
(1 block west of Foster Road)
313/422-1470

Maudy Thursday 7:30 PM
Worship/Communion
featuring Requiem by John Rutter with orchestra

Good Friday 12:30 - 3:00 PM
Prayer, Meditation with Readings and Special Music
Come and Leave as you desire

Easter Sunday 8:00 AM
"Sunrise Surprise" A Dramatic Presentation
9:30 & 11:00 Traditional Worship

HE HAS RISEN

AS HE SAID

Grace Chapel
Giving the Reason for Life
27994 Haines • Farm. Hills • 810-484-0131
(SW corner of 12 Mile & Haines)

Sunday Services:
9:30 a.m. • Celebration Worship Service
11:00 a.m. • Heritage Worship Service
An Evangelical Presbyterian Church

JOIN US FOR OUR EASTER WEEK SERVICES!
Maudy Thursday, April 4th 7:00 p.m. • Communion Service
Good Friday, April 5th 12:00 - 1:00 p.m. • Service at Orchard Lake Methodist Church
Easter Sunday, April 7th 9:30 a.m. • Celebration Service
11:00 a.m. • Heritage Service

Your kids know all about the Easter bunny, isn't it time they learned the real meaning of Easter?

Don't let bunnies and baskets substitute for the real thing!

Celebrate the miracle of Easter. An empty grave and a risen saviour!

At **Providence Orthodox Presbyterian Church in Royal Oak** you'll discover how Easter can make a difference in your life. You'll learn about the mystery and depth of God's love in Jesus Christ. You'll find caring friends and practical help for many areas of your life.

Providence Orthodox Presbyterian Church
Call (810) 288-5339 for more information

Join in a Birmingham/Bloomfield Ecumenical Community

Good Friday Service
Friday, April 5, 1996
Noon to 3:00 p.m.
held at
First Presbyterian Church of Birmingham
1669 W. Maple Street

Arrive and Depart at 30 minute intervals
Many pastors and choirs from area churches will be participating!

Kirk in the Hills
Presbyterian Church
Maudy Thursday
April 4, Holy Communion, 8 p.m.
Good Friday
April 5, 1 p.m.
Easter Sunday
Festive music for brass and organ
April 7, 6:45 a.m., 9 a.m. and 11 a.m.

All are welcome!

Ministers
Norman M. Pritchard
Raymond B. Knudsen II
David J. Hanna

1340 West Long Lake Road, Bloomfield Hills, (810) 626-2515

TRINITY PRESBYTERIAN CHURCH
10101 W. Ann Arbor Rd. • Plymouth, MI (313) 459-9550
EASTER WEEK SERVICES
• MAUNDY THURSDAY-APRIL 4TH 7:30 P.M.
"Service of Shadows"
• GOOD FRIDAY-APRIL 5TH 12:00 P.M. TO 1:15
"The Way From the Cross"
• EASTER-APRIL 7TH
7:00 A.M. Sunrise Breakfast
8:00 A.M. "When Will Life Be Like After Death"
9:30 A.M. Lifeline Service-Same Message as Above
11:00 A.M. "What Will Life Be Like After Death"
• Also Special Music at Each Service

ROSEDALE GARDENS PRESBYTERIAN CHURCH, U.S.A.
9601 Hubbard, Livonia, MI 48150
The Rev. Ruth L. Billington

Palm Sunday.....March 31, at 10:30 a.m.
Maudy Thursday.....April 4, at 7:30 p.m.
Good Friday:
The Service of the Tenebrae.....April 5, at 7:30 p.m.
Easter Sunday.....April 7, at 10:30 a.m.

WARD EVANGELICAL PRESBYTERIAN CHURCH
17000 Farmington Road, Livonia • (313) 422-1150

April 4 - 7:30 pm
Maudy Thursday
Message by Dr. James N. McGuire
Tenebrae Service - Holy Communion

April 5 - 12 noon-3 pm
Good Friday
Community Tre Ore Services
"THE SEVEN LAST WORDS OF CHRIST"
A Sacred Cantata

Rev. Harold W. Edmonds
Dr. James N. McGuire
Mrs. Pamela H. Dodge
Dr. Bartlett L. Hess
Rev. David B. Brown, Jr.
Rev. John F. Quigley
Rev. James L. Killgore
Ward Chancel Choir and Solists

April 7 - 8:00, 9:15, 10:45 a.m. & 12:00 p.m.
Easter
Message by Dr. James N. McGuire
Concert of Prayer-Rev. David B. Brown Jr., Preaching

Easter service broadcast at 11 a.m. - WUFT-AM, 1030
Nursery Provided at all services.

Alternative Parking (Continuous Shuttle Service)
Stevenson High School located 1/2 mile west of church on 6 Mile Road. (8:30 a.m. - 1:30 p.m.)
Bentley Center located on 5 Mile Road east of Farmington Road
(8:00-9:30, 10:00-10:45, 11:45-12:15)