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 diming. Like
eny other meel, however, a good
brunch should emphasize wholesome fruits, vegotables and
grains, and downplay fats and
sugars.

Brunch would not be complete
without some delicious bread —
oat bran or rye bagels, sweet
potate quick bread or low fat
cormueal 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 popper,
radishes and onion that have
been cooked briefly over low heat
te evaporate most of their mois-

radishes and onton that have been cooked briefly over low heat to evaporate most of their moisture. Sosson with a bit of salt, finely chopped garlic cloves, and tresh chapped thyme, and refrigerate before serving.

If pancakes or waffles strike your fancy, try whole wheat yogurt waffles with fruit salts quartered strawberries, dieed papays; or peach, melon and pineapple, 'mixed with honey). Make apple French toast --

alicos of thick French bread dipped in a lower-fat mixture of egg whites, akim milk, apple cider and a bit of sugar; cosked in a non-stick pan with spray-on vegetable oil; and topped with apple sauce or an apple compote. Per low-fat omelets, substitute one egg with two or three agg whites for whole eggs. Fill the omelets with ingredients like shrimp, green beans, scullions, and sprouts. Or try sauteed sliced zucchint, mushrooms, chopped onion and tomato wedges. Carnish with fresh basil and a touch of Parmesan chesse. When your brunch tends toward a lunchoon, sorve a chilled berry soup or a cold tomate 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.

and watermelon with lemon juice.

Fresh fruit and vegetable sal-ads are never out of place on a brunch menu. Try a colorful peasall with the peasall made with thawed frozen peas, diced sweet red peppers, chopped scallions, stredded non-fat mozzarella cheese und minced fresh besil

Dress with a mixture of 1/2 cup nonfat mayonnaise and 1/2

teaspoon Dijon-style mustard, and sorve on a bod 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 stemmed and to pieces

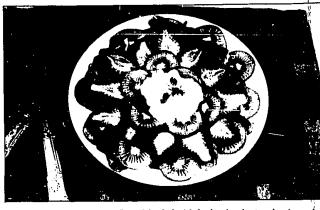
2 cups strawberries, halved or sliced

or siliced 2 kiwl fruit, peeted and siliced 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, tar-ragon; or use 2 teaspoons fresh herbs)

Prepare the spinach, strawber-ries 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



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

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

Recipe for 'hush puppy' casserole is a contest winner

HUSH PUPPY CHICKEN CASSEROLE

UASSEROLE

8½-ounce box com muffin mix

1 this pichili powder

4 boneless, skinless chicken
breast halves, cut into ½inch chunks

16-oz can oven-baked beans 14½-oz can Mexican-style stewed tomatoes, undrained

1 tosp smoky barbecue sauce 14½-oz can dilled green

Prepare corn muffin mix to batter stage, according to package direc-tions. Set aside. Sprinkle chili pow-der on chicken chunks; toss with fork to coat well.

Heat oil in large skillet. Saute chicken over medium heat, stirring frequently until opaque; drain fat. Reduce heat. Stir in beans, toma-toes, barbecue saute and dilled green beans. Stimmer 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. Remo

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

JOIN US FOR OUR EASTER WEEK SERVICES!

Magney Thursday, April 4th 7.00 pm. - Communion Service

Methodist Church

Earler Breeday, April 7th

9:30 a m. + Celebration Service

11:00 a m. + Heritage Service

Good Friday, Auril 5th 12:00 - 1:00 p m. - Service at Orchard Lab.

GENEVA PRESBYTERIAN CHURCH (U.S.A.)

(313) 459-0013

Maundy Thursday Service 7 p.m., April 4

Good Friday Service 7 p.m., April 5

EASTER SUNDAY Easter Contata 9 a.m. & 11 a.m.

Sun Rise Service 7 a.m.

St. Paul's Presbyterian Church 27475 Fre Bule Road — Wheelchan Accessible 41 block west of Inlater Roads 313/422-1470

Maundy Thursday 7:30 PM

Good Friday 12:30 - 3:00 PM Prayer , ... Solitation with Rendings and Special Music Come and Leave

Easter Sunday 8:00 AN "Sunrise Surprise"
A Dramatic Presentation
9:30 & 11:00

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 discover how heatter can make a uniform to you. Many 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

Xirk in the Hills Bresbyterian Church

Maundy 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

ST. JAMES PRESBYTERIAN **CHURCH**

25350 W. SIX MILE ROAD • REDFORD (313) 534-7730

APRIL 4th • 7:30 p.m. MAUNDY Thursday APRIL 7th • 10:00 a 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



Giving the Reason for Life

27996 | Caleted · Form. | Lills · \$10-413-0151 (NF. corner of 12 Mile & Hislated)

Sandey Services: 9.30 a.m. - Calebrative Worship Service 11:00 a.m. - Hrritage Worship Service As Evagelical Production Charch

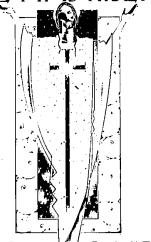
FIRST PRESBYTERIAN CHURCH OF FARMINGTON 810-474-6170 HOLY WEEK EASTER SERVICES MAUNDY THURSDAY COMMUNION SERVICE 7:30 PM

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.

Grace Chapel



Good Friday Service Friday, April 5, 1996 Noon to 3:00 p.m. held at

First Presbyterian Church

Ioin in a Birmingham/Bloomfield

Ecumenical Community

of Birmingham 1669 W. Maple Street

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

TRINITY PRESBYTERIAN CHURCH

10101 W. Ann Arbor Rd. • Plymouth, MI (313) 459-9550

01 W. Ann Arbor Rd. • Plymouth, MI (31) 459-9

EASTER WEEK SERVICES

• MAUNDY TUESDAY-APRIL 4711-7:30 P.M.

Service of Shadows

• GOOD FRIDAY-AIPRIL 5711-12:00 P.M. TO 1:15

• EASTER-APRIL 7711

8:00 A.M.-What Will life Be Like After Death

9:30 A.M.-What Will Life Be Like After Death

11:00 A.M.-What Will Life Be Like After Death

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. Maundy ThursdayApril 4, at 7:30 p.m. Good Friday: The Service of the TenebraeApril 8, at 7:30 p.m.

Easter SundayApril 7, at 10:30 .am. CONTRACTOR CONTRACTOR

WARD EVANGELICAL PRESBYTERIAN CHURCH

17000 Farmington Road, Livonia • (313) 422-1150

April 4 - 7:30 pm Maundy Thursday

Message by Dr. James N. McGuire Tenebrae Service - Holy Communion

Community Tre Ore Services
THE SEVEN LAST WORDS OF CHRIST
A Sacred Cantata



Filday

THE SEVEN LAST WORDS OF CHRIST A Seried Canada Rev. Harold W. Edmonds Sacred Canada Dr. Lames N. McCuire Dr. L. Edward Davis Rev. Dr. Lames N. McCuire Dr. L. Edward Davis Rev. Dr. Lames L. Liesa Rev. David B. Brown, I. Rev. John F. Quijey Rev. Jennes L. Killoor Rev. Jennes Rev. David B. Brown Jr. Jeaching Concert of Prayer-Rev. David B. Brown Jr., Preaching Con

Easter service broadcast at 11 a.m., WUFL-AM, 1010 Nursery Provided at all services.

registery revisions an inverses, rhing (Continuous Shuttle Service) di Bringol located 1/2 mile west of charmon of Mile Road. (8:30 a m -1:30 p m.) rocated on 5 Mile Road east of Familington Road (8:40-9:20, 10:05-10:45, 11:45-12:15)