

After work meals are a breeze with cheese

Today's busy family schedules mean most people don't have time to spend hours in the kitchen to get dinner on the table. So Mr. Food, host of the nationally syndicated "Mr. Food" television program, offers quick, mouth-watering dishes with cheese that solve the dinner-time crunch and win approval from family and friends. Always convenient and great-tasting, cheese turns a simple meal into a simply great one!

Turn dinner time into a festa with zesty Taco Casserole. Satisfying the desire for something different, this dish is layered with crispy crushed tortilla chips, ground beef, chopped onions, garlic, an array of zippy spices and topped with flavorful Monterey Jack cheese.

Here are some tips for selecting, storing, and cooking cheese.

• When buying cheese, inspect the package and don't purchase if there's visible moisture or shrinkage of the cheese on the rind.

• All cheese should be stored at temperatures between 35 F. and 40 F. in tightly wrapped foil or plastic to protect it from drying out. Strong smelling cheeses like Limburger should be kept in a separate container to prevent

odors from transferring to other foods.

• Cheese will continue to ripen, no matter how carefully it is stored. Hard cheeses will generally keep for several months, whereas softer cheeses will keep from one to three weeks after opening, if stored in an airtight container.

• Mold may develop on the surface of cheese. Although most molds are harmless, some may produce toxins which could penetrate the cheese. To be safe, cut away 1/2 inch of cheese on all sides of visible mold. Use remaining cheese as quickly as possible.

• Shredded or grated cheese can be measured by weight or volume (four ounces of shredded cheese equals one cup).

• Shred, grate or cut cheese into small pieces to promote even blending in a short amount of time.

• Use low temperatures for a short period of time. High heat and long cooking tend to make cheese stringy and tough.

• When making a sauce, add cheese as the last ingredient and heat just until melted, stirring constantly.

Here are some recipes from

the American Dairy Association and Art Ginsburg, TV's Mr. Food.

TACO CASSEROLE

- 1 pound lean ground beef
- 1 small onion, chopped
- 1/2 teaspoon garlic powder
- 1 envelope (1.25 ounces) taco seasoning mix
- 1 can (8 ounces) tomato sauce
- 1 cup low-fat sour cream
- 1 cup low-fat cottage cheese
- 2 cups crushed tortilla chips
- 2 cups (8 ounces) shredded Cheddar or Monterey Jack Cheese

Preheat oven to 350 degrees F in a large skillet, brown ground beef, remove from heat and drain off any excess liquid. Add onion,

garlic powder, taco seasoning mix and tomato sauce; mix and set aside.

In a medium-sized bowl, combine sour cream and cottage cheese; set aside. Place half the crushed chips in bottom of 2 1/2-quart casserole dish that has been coated with nonstick vegetable spray. Add enough meat mixture to cover chips, then cover meat with half the sour cream mixture. Sprinkle with half the shredded cheese. Repeat layers. Bake, uncovered for 30 to 35 minutes, until cheese melts and casserole is heated through. Makes 4 servings.

QUICHE ITALIANO

1 9-inch deep-dish frozen pie crust, thawed

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- 1 1/2 cups (6 ounces) shredded Mozzarella cheese, divided
- 1/2 cup spaghetti sauce
- 1/3 cup (1 ounce) pepperoni slices
- 1/4 cup chopped green bell pepper
- 1/4 cup chopped onion
- 2 eggs
- 3/4 cup heavy cream
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Preheat oven to 350 degrees F.

Bake pie crust for 6 to 8 minutes, until set; allow to cool. Layer pie crust with 3/4 cup of cheese, then spaghetti sauce, pepperoni, green pepper, onion and remaining 3/4 cup cheese.

In medium-sized bowl, combine eggs, cream, salt and pepper; mix thoroughly and pour over filling. Place on cookie sheet and bake for 45 to 60 minutes, or until top is golden and knife inserted in center comes out clean. Cool for 15 minutes; cut into wedges. Makes 6 to 8 servings.

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Dentistry in the 90s
by Herbert M. Gardner, D.D.S. & Martha P. Zinderman, R.N., D.D.S.

TOOTHBRUSH SELECTION

Because brushing and flossing have such a great effect on oral health, toothbrush selection is no small matter. Brushes that come with the American Dental Association's seal of approval are awarded by dental hygienists to see that they are effective in removing plaque. While brushes with stiff bristles may seem to promise greater tartarum removal, they are likely to be too hard on gums. A gentler brush with soft, rounded bristles is preferred if reaching the molar and the inside surfaces of teeth pose a problem, if they help to select a brush with an angled and/or tapered head. Beyond toothbrush features, attention should be paid to how much time is spent brushing teeth. If less than two minutes is spent at this task, an electric

toothbrush should be considered. At LIVONIA VILLAGE DENTAL ASSOCIATED, we offer a wide range of dental services. Remember, preventive dentistry is the least expensive and most convenient way to retain your smile. We are located at 19171 Merriman Road, where we provide complete, high quality dental care, using the most modern procedures, and utilizing an extremely qualified staff, in a warm and caring environment. Please call 478-2110 to schedule a convenient appointment. Times are our business. Mon., Tue., Thu. & Fri. 8:30 a.m. - 5:00 p.m.

P.S. Be sure to replace a bacteria-laden toothbrush after a bout with a cold so that it will not reintroduce germs to the system.

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Arthritis Today
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ARTHRALGIAS

How long should you hurt? What if you begin to experience pain in hands, or, not only in your hands, but in the shoulders, back, knees and hips? The first day of such pain may be minor, reasonably, that you are all with a transient virus, or perhaps paying a price for overexercise. However, if the pain continues, you need guidelines to know how long to treat the problem yourself, and when serious medical help is in order.

As episodes of aching occur to nearly everyone, you need not be alarmed if you experience arthralgia if you hurt, but you can sit put on rings, wear your shoes without discomfort, and undertake such tasks as tying your tie, buttoning your shirt, and gripping the steering wheel. Then you are likely to be in the midst of an episode that will resolve spontaneously.

If your pain is worse in the morning, if you cannot grip a brush, and if aching on bare feet adds to your pain, then you should rest more than a week before setting up an appointment for a doctor's evaluation.

If aching is accompanied by fever and rash, you can assume you have caught a virus and the ache and fatigue as the virus recedes. If the pain, rash and fever continue for more than 10 days, then a medical evaluation is in order.

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