

Make lunches fun with S'mores and tasty sandwiches

See related story on Taste front.

S'MORES S'MORES
2 cups oats (quick or old-fashioned, uncooked)

1 1/2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt (optional)
1 cup (2 sticks) butter or margarine



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One 7-ounce jar marshmallow creme
1 cup (6 ounces) semisweet chocolate pieces

Heat oven to 350°F. Lightly grease 13 by 9-inch baking pan.

In large bowl, combine oats, flour, baking soda and salt; mix well. Add butter; blend with electric mixer on low to medium speed until crumbly. Reserve 1 1/2 cups oat mixture for topping; set aside. Press remaining oat mixture evenly onto bottom of pan. Bake 15 minutes.

Remove pan from oven to wire rack. Drop spoonfuls of marshmallow creme in rows across crust. With knife or spatula, carefully spread creme to within 1/4-inch of edges. (If marshmallow creme is difficult to spread, place baking pan in warm oven about 1 minute to slightly soften the creme).

Bake 25 to 30 minutes or until topping is light golden brown around the edges. Cool on wire rack 30 minutes. Cut into bars while warm. Serve warm or cool

completely and store tightly covered. Yield 2 dozen.

Recipes from Quaker Oats Company

TUNA FISH SALAD

1 13-ounce can solid white tuna in water
2 ribs celery, finely chopped
1 carrot, peeled and grated
2 tablespoons mayonnaise
2 tablespoons plain yogurt
1 tablespoon Italian or vinaigrette dressing
Salt and pepper
8 slices of bread
Chips and pickles for serving

Drain the liquid from the can of tuna. Empty tuna into a medium bowl and flake it with a fork. Add the celery and carrot.

Spoon in the mayonnaise, yogurt and dressing. Add salt and pepper to taste. Mix well and spread on the bread for sandwiches. Serve with chips and a pickle.

Makes 4 sandwiches.

Variations: The following can be mixed into the tuna salad to

give it more zip — lemon juice — curry powder — grated red onion — chopped dill — chopped hard-boiled eggs — raisins — chopped almonds or walnuts.

All Star Sandwiches

• Salad in a Pita Sandwich — Stuff a pita with lots of greens, shredded carrot, cucumber slices, sprouts, sliced red onion, and chopped tomato.

Add your favorite salad dressing, and if you like, some shredded Jarlsborg or crumbled feta cheese.

• Hero — Cut open a long loaf of Italian bread, lay it on a counter surrounded by cold cuts, cheese and condiments, and let the kids create their own.

• Peanut butter and jelly — For a different taste sensation, omit the jelly and add one of the following to a peanut butter and jelly sandwich: sliced banana, sliced apples, or apple butter.

Recipes from "Dad's Own Cookbook," by Bob Sloan (Workman Publishing, New York, 1993, \$12.95)

Dad shares lunchbox tips

Here are some lunchbox tips from Bob Sloan author of "Dad's Own Cookbook," (Workman Publishing, New York, 1993, \$12.95).

■ Remember, your children have to eat in front of other kids so don't turn their lunchboxes into exotic culinary adventures or the latest in macrobiotic cuisine.

■ Put lettuce between the

tuna fish and bread to keep the bread from getting soggy.

■ If your child's lunchbox will be sitting at room temperature for a while, prepare a sandwich that won't spoil in the heat, such as salami or peanut butter and jelly.

■ Use small, reusable plastic containers to save on plastic wrap and plastic bags.

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Combine vegetables, grains for exciting salads

See related Taste Buds column on Taste front.

SALAD OF SPINACH, YELLOW SPLIT PEAS AND CORN WITH CUCUMBER MINT DRESSING

1/3 cup yellow split peas
1 teaspoon olive oil
1 small red onion, cut in half and thinly sliced
2 tablespoons jalapeno pepper, minced
1 1/2 cups fresh corn kernels (2 small ears)
Salt and pepper to taste
Cucumber mint dressing (see recipe on Taste front)
12 cups torn spinach leaves (no 10 ounce packages)
2 large vine ripened tomatoes, seeded and diced

Place the split peas in a saucepan. Cover with water by 1/2 inch. Bring to a boil. Remove from heat and allow to stand, covered, for 30 minutes. Drain.

In a large non stick skillet, heat

olive oil over medium heat. Add onions and cook, stirring occasionally; until translucent, about 5 minutes. Add peppers, corn, the drained split peas and 1 cup water. Bring to a simmer, cover and cook until the split peas are tender but not mushy, about 5 minutes.

Drain. Cool to room temperature. Season with salt and pepper. Make cucumber mint dressing.

In a large shallow bowl, combine spinach, tomatoes and the cooled split pea mixture. Add the dressing and toss gently. Serve. Serves 6.

Each serving of the salad is 175 calories; 7 grams protein, 6 grams fat (0.9 grams saturated), 27 grams carbohydrates, 5 grams fiber

GRILLED VEGETABLE SALAD WITH CROUTONS & GARLIC-LEMON VINAI-GRETTE

Vinaigrette:
2 large heads garlic (whole bulbs)
1/3 cup fresh lemon juice
4 teaspoons olive oil, preferably extra virgin
1/4 cup coarsely chopped parsley
Salt and fresh ground pepper to taste
CROUTONS
2 cloves roasted garlic (from the dressing)

2 teaspoons extra virgin olive oil
1 tablespoon fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups 1/2 inch bread cubes, made from country styled bread

SALAD
2 plum tomatoes, cored and halved lengthwise
1 red bell pepper, quartered and seeded
1 medium Vidalia or other sweet onion, cut into 1/2-inch thick slices
1 small eggplant, cut into 1/2-inch thick rounds
5 small red potatoes, boiled
1 tablespoon extra virgin olive oil
Salt and fresh ground pepper to taste
1/3 cup pitted kalamata olives
8 cups torn lettuce or Romaine leaves

To make dressing: Preheat oven to 450 degrees F. Peel away as much of the papery skin from the garlic heads as possible. Set each head on a square of tin foil, bringing the foil up around the garlic. Add 1 tablespoon water. Enclose the heads completely in foil and bake for 35-40 minutes or until cloves are very soft. Let cool slightly.

Squeeze the garlic cloves from their skins into a blender and add

lemon juice, oil and 3 tablespoons water and process until smooth. Transfer to a small bowl, stir in parsley and add salt and pepper. Makes 2 1/2 cups.

To make croustons: Reduce oven temperature to 375 degrees F. In a bowl, mash 2 roasted garlic cloves with oil. Stir in lemon juice, salt and pepper; add bread cubes and toss to coat. Spread the cubes on a baking sheet. Bake until golden, about 15 minutes. Set aside to cool.

To make salad: Prepare a charcoal fire or preheat a gas grill. Place tomatoes, peppers, onions, eggplant and boiled potatoes in a large bowl. Add olive oil, salt and pepper and toss gently. Grill the vegetables over medium hot heat until softened and browned, about 5 minutes per side. Remove vegetables to a big dish when done.

When vegetables are cool enough to handle, cut into bite size pieces. In a bowl, toss the vegetables and olives with half the vinaigrette. On a platter, toss lettuce or Romaine with the remaining vinaigrette. Mound the vegetables in the center and top with the croustons. Serves 6.

The salad, vegetables and dressing are 220 calories per serving: 6 grams of protein, 9 grams fat (1.3 grams saturated fat), 35 grams carbohydrates, 3 grams fiber.

Recipes from "Lettuce in Your Kitchen," (William Morrow Publishers, copyright 1996, \$22.50)

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Observer & Eccentric

Sample fine wine at these tastings

Here are some wine tastings and seminars you won't want to miss.

■ The Great Fall Wine Tasting, Monday, September 9, 1996, 6:30-9 p.m. at Mon Jin Lau, 1515 East Maple Road, Troy, \$35 per person. Phone (810) 689-6709 for tickets.

■ The Great Wine Shootout, Tuesday, September 10, 1996, 7-9 p.m. at Relish, 3455 West 12 Mile Road, (between Drake and

Farmington Roads) Farmington Hills, \$20 per person. Phone Dennis Walsh 1-(888)-WINE-MEN for reservations.

■ Great Grape Harvest Wine Seminar, Mondays, Sept. 16 through Oct. 7, 7:30-9:30 p.m. at Birmingham's Townsend Hotel, \$99 per person for the series conducted by Eleanor & Ray Heist. Phone (810) 644-8448 for registration or more information.

■ Ann Arbor Art Center is

offering a wine tasting and appreciation course 7-9 p.m. Mondays beginning Oct. 7 at the Lord Fox in Dixboro. Join Dick Scheer, owner of Village Corner, on a guided tour through Burgundy, Bordeaux, and the upper Loire Valley in tastings of Chardonnay, Sauvignon Blanc, Semillon and Chenin Blanc. Pre-registration required. For more information, call (313) 994-8004 or stop by the Art Center, 117 W. Liberty, downtown Ann Arbor.

Wine selections and a dining tip

See related Focus on Wine column on Taste front.

Wine Selections

1994 Winery's chef Mary Evelyn suggests tarragon, chervil and marjoram as herbs complementing chardonnay. She recommends salmon, swordfish, shark, sturgeon and scallops as seafood matches.

1994 Raymond Reserve Chardonnay \$13.25 — very good value

1994 de Lorimer Chardonnay

\$13.50

1994 Simi Chardonnay \$14.75 — superior value

1994 Napa Ridge Chardonnay Reserve \$15 — superior value

1994 Chateau Souverain Winemaker's Reserve Chardonnay \$16

1993 Lockwood Reserve \$18 — big, oaky style

While Evelyn suggests salmon with chardonnay, we like it with pinot noir. The following are great.

1994 Gundlach-Bundschu Pinot

Noir \$14

1994 Sterling Winery Lake Vineyard Pinot Noir \$18

1994 Callaway Pinot Gris \$12 — fabulous, a must!

1995 Preston Marsanna \$18

1995 Callaway Viognier \$15

1995 Napa Ridge Chardonnay \$7.50

1995 Jaume Serra Macabeo (from the Penedes in Spain) \$5

Strawberry salad makes quick, low-fat meal

BY THE ASSOCIATED PRESS

Slim Strawberry Chef's Salad is a healthy main-dish choice for a quick weeknight meal. The salad is made with fresh strawberries, an assortment of fresh fruits and lean deli turkey. Each serving has 3 grams of fat and 194 calories.

SLIM STRAWBERRY CHEF'S SALAD

2-3rds cup fat-free sour cream

1/4 cup red-wine vinegar
2 green onions, sliced
2 to 3 teaspoons hot-sweet mustard
Salt and pepper, to taste
Butter lettuce leaves
2 pint baskets strawberries, stemmed
2 cups assorted fresh fruit pieces (grapes, kiwi, segments, pineapple chunks, orange and kiwi slices)
8 slices (1 ounce each) lean

deli turkey
1/2 cup alfalfa sprouts

To make salad dressing, in a small bowl whisk fat-free sour cream, vinegar, onions and mustard; season with salt and pepper. Set aside.

To assemble salad, line four dinner plates with lettuce. Top with fruits, turkey and sprouts, dividing equally. Serve dressing on the side. Makes 4 servings.