

For breakfast, or baking oats are awesome

See related story on Taste front.

APRICOT HONEY OATMEAL

- 3 1/2 cups water
- 1/2 cup chopped dried apricots
- 1/3 cup honey
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt (optional)
- 2 cups oats (quick or old-fashioned, uncooked)
- In 3-quart saucepan, bring water, apricots, honey, cinnamon

and salt to a boil. Stir in oats; return to a boil. Reduce heat to medium; cook about 1 minute for quick oats (or 6 minutes for old-fashioned oats) or until most of the liquid is absorbed, stirring occasionally. Let stand until of desired consistency. Serves 4.

Variation: Substitute raisins, dried peaches or pears, dried cranberries or blueberries, dried apples, dates or diced mixed dried fruit for apricots.

Recipe from The Quaker Oats Company

OATMEAL PANCAKES

- 2 eggs
- 1/2 cup cottage cheese
- 1 tablespoon oil
- 1/4 cup rolled oats or 2 tablespoons rolled oats and 2 tablespoons wheat germ
- 1/8 teaspoon salt

Place all ingredients in a blender or food processor and whirl for 6 to 8 seconds, no more. Drop batter by tablespoons onto a hot greased frying pan. Turn when

pancakes bubble, and cook one minute more. Serve with jam, fruit preserves, or fresh berries. Makes 6 to 8 pancakes.

Recipe from "River Road Recipes II, by the Junior League of Baton Rouge, published in "Oats! A Book of Whimsy" by Shirley Streshinsky & Maria Streshinsky, published by Celestial Arts.

SUSAN'S OATMEAL BRULEE

- 1 cup rolled oats, quick or old-fashioned
- 1 3/4 cups water

- 1 apple, thinly sliced
- 4 tablespoons brown sugar
- Cream or milk

Cook oats with water for about five minutes or until done. Pour cooked oatmeal (mixed with raisins, chopped prunes or walnuts if you wish) into the bottom of individual ramekins or a shallow baking dish. Layer the top with apple slices. Sprinkle brown sugar over it all and put it under the broiler for a few minutes, until sugar melts and hardens. Add cream or milk. Makes 2 large portions.

Recipe from Susan Rosenblum Rabens, published in "Oats! A Book of Whimsy" by Shirley Streshinsky & Maria Streshinsky, published by Celestial Arts.

YOUR CLASSIC OATMEAL COOKIE

- 1 cup brown sugar
- 1 cup white sugar
- 1 cup butter
- 2 eggs
- 2 teaspoons vanilla
- 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 1/2 cups rolled oats, quick or old-fashioned
- 1 cup raisins

Preheat oven to 350°F degrees. Cream sugars and butter together.

COOKING CALENDAR

Send announcements for Cooking Calendar to Keely Wygonik, Taste Editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48160, or fax them to (313) 591-7279.

TRICOUNTY CELIAC SPRUE SUPPORT GROUP
Support group for persons who have been diagnosed with Celiac

Beaten eggs and vanilla. Sift together flour, baking powder, and salt and add to butter mixture. Stir in oats and raisins and blend well. Drop large tablespoonfuls onto an oiled cookie sheet and bake for 10 to 15 minutes. Makes about 4 dozen cookies.

Recipe from "Oats! A Book of Whimsy" by Shirley Streshinsky & Maria Streshinsky, published by Celestial Arts.

OATMEAL-CHOCOLATE CHIP DROPS

- 1 cup butter
- 2 egg yolks
- 1 cup powdered sugar
- 2 cups flour
- 1/2 cup rolled oats, quick or old-fashioned
- 1 1/3 cups semisweet chocolate chips

Preheat oven to 325°F. Beat yolks and butter together. Add sugar and flour. Stir in oats and chocolate chips. Drop by teaspoonfuls on baking sheet and bake 10-15 minutes. After cookies have cooled, sprinkle with more powdered sugar. Makes about 40 cookies.

Recipe from Susan Rabens, published in "Oats! A Book of Whimsy" by Shirley Streshinsky & Maria Streshinsky, published by Celestial Arts.



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M-CARE SENIOR PLAN INFORMATIONAL MEETINGS:

Location: Bill Knapp's Restaurant 36650 Grand River Ave. Farmington Hills	Location: Bill Knapp's Restaurant 2078 E. Big Beaver Road Troy	Location: Bakers Square Restaurant 26660 Greenfield Road Oak Park
Times: January 2 - 9:30 AM January 9 - 9:30 AM January 16 - 9:30 AM January 23 - 9:30 AM January 30 - 9:30 AM	Times: January 2 - 2:00 PM January 9 - 2:00 PM January 10 - 9:30 AM January 16 - 2:00 PM January 23 - 2:00 PM January 24 - 9:30 AM January 30 - 2:00 PM	Times: January 8 - 2:00 PM January 15 - 9:00 AM January 22 - 2:00 PM January 29 - 9:00 AM
Location: Bakers Square Restaurant 825 Bowers Birmingham	Location: Bill Knapp's Restaurant 27925 Orchard Lake Road Farmington Hills	
Times: January 8 - 9:00 AM January 15 - 2:00 PM January 22 - 9:00 AM January 29 - 2:00 PM	Times: January 3 - 9:30 AM January 17 - 9:30 AM January 31 - 9:30 AM	

Refreshments will be served. Reservations are recommended. No cost or obligation. Call (800) 810-1699 for reservations or to schedule a home appointment.

The M-CARE Senior Plan is a product of M-CARE, a Health Maintenance Organization (HMO) with a Medicare contract. Anyone with Medicare may apply, including those under age 65 entitled to Medicare on the basis of Social Security Disability Benefits. Members must continue paying Medicare premiums. Senior Plan Members must use M-CARE Plan Providers and contracted pharmacies. An M-CARE Sales Representative will be present at the informational meeting and provide more information and application forms. *Persons receiving Medicare benefits for End-Stage Renal Disease (ESRD) or Hospice Care are not eligible for the M-CARE Senior Plan.

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Oats from page B1

oatmeal during January than any other month. In January 1996, Americans stocked their pantries with 24 million pounds of Quaker oatmeal, up 20 percent from 1995. You'll find oatmeal in 80 percent of American pantries — either quick, old-fashioned or instant. We eat oatmeal as a breakfast cereal 89 percent of the time; 11 percent of the time we use oatmeal as an ingredient. Of Americans who bake, 75 percent use oatmeal in baking and 77 percent of those who bake with oatmeal bake oatmeal cookies.

Oatmeal is also very good for you. Maria Streshinsky researched the healthful aspects of oatmeal for the book, "The Mighty Food and Drug Administration has finally caught on to what our mamas knew all along," she writes. "Hello??? In January of 1996, after reviewing the results of 30 years of research and 41 clinical trials, the FDA proposed the first food-specific health claim — for oatmeal, of course."

The proposed FDA claim reads: "Diets high in oatmeal/bran and low in saturated fat and cholesterol may reduce the risk of heart disease. This claim is expected to be approved some time this month."

Emerging research also suggests that one nutrient, soluble fiber, may also help to smooth out the rise in blood glucose levels. This is good news for individuals with diabetes. Oatmeal and oat bran are good sources of soluble fiber.

If you're dieting, eating a bowl

of oatmeal for breakfast can help you reach your weight-loss goal. Researchers have also found oatmeal to be twice as filling as white bread, three times as filling as a doughnut and almost five times as filling as a croissant. Those who eat oatmeal for breakfast feel full long into the morning, and have less temptation to overeat at lunch.

In their book the Streshinskys note: "One cup of oatmeal (that's 1/2 cup dry oats) contains 150 calories, 27 grams carbohydrate, 5 grams protein, 4 grams dietary fiber (both soluble and insoluble), and only 3 grams of naturally occurring fat. They also contain more protein than any other major grain."

Shirley Streshinsky raised her children in California, and "tried her very best to encourage them to eat oatmeal. They would if they could have brown sugar on it," she said.

"Oats! A Book of Whimsy" was "my little labor of love," said Shirley. "My daughter and I did it together. It was a very easy collaboration."

Like oatmeal, their book nourishes the soul. In addition to the historical and nutritional aspects of oatmeal, readers will find recipes, suggested cooking methods, quotes, poems and anecdotes about oatmeal. There's even information on using oatmeal to pamper your skin.

If the memory of a New Year's Day hangover lingers, try "Oatmeal topped with fried onions?" The Germans tout it as a cure for a hangover.

Wines from page B1

Lockwood. It shows in the portfolio of wines at reasonable prices. The 1995 Lockwood Sauvignon Blanc \$11 is a pleasurable white wine with fresh, bright fruit flavors in the tropical spectrum. Its balanced acidity makes it a great match for seafood.

For an alternative to chardonnay, there's the Lockwood Pinot Blanc \$15 tantalizing the palate with vanilla, toasty oak and a creamy texture. Two chardonnays, an estate and reserve are made. The 1995 Lockwood Estate Chardonnay \$14 is toasty, delicious and very well priced.

Because we're finding many of the merlots currently on the market flabby and lacking good mouth structure, we were delighted with the 1994 Lockwood Merlot \$19. If you don't like your merlots flat and flabby, take this tip from Penzance.

Look at the young wine in bright light over a white background. If it has more purple hues than red ones, it will be flabby. If you remember some elementary chemistry, the reason is that the pH of a purply wine is too high and the wine lacks acid. When acid is in balance, the hues are more ruby and the wine comes across as having solid substance. Both the 1993 Lockwood Estate Cabernet Sauvignon \$16 and the 1993 Lockwood Partner's Reserve Cabernet Sauvignon \$23 are intensely fruity, well-structured and complex examples. The spicy oak and upfront juicy fruit of the Reserve makes it well worth the extra cost.

Look for Focus on Wine on the first and third Monday of the month in Taste. To leave a voice mail message for the Healds, dial (313) 953-2047 on a touch-tone phone, mailbox 1864.