

White House cookbooks feature presidential recipes

See related story on Taste front.

LAYERED TURKEY ENCHILADA CASEROLE

1 can (16 ounces) tomato sauce
1 can (4 ounces) diced green chilies
1 clove garlic, minced
1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon oregano
1/4 teaspoon pepper
9 corn tortillas
1/2 pound cooked turkey, cut into 2-inch by 1/4-inch by 1/4-inch strips
6 to 8 green onions, coarsely chopped
1 package (10 ounces) frozen corn kernels, thawed
2 1/2 cups grated cheddar cheese (about 3/4 pound)
Preheat the oven to 375 degrees F. Lightly butter a shallow 1-quart baking dish.
Mix the tomato sauce, chilies, garlic, chili powder, cumin, oregano and pepper together.
Put 3 of the corn tortillas, overlapping them, on the bottom of the baking dish. Spread them with 1/3 of the tomato mixture.
Then, cover the tomato mixture with half of the turkey, green onions and corn. Sprinkle with 1 cup of the cheddar cheese. Top the cheese with 3 more tortillas, half of the remaining tomato mixture, all of the remaining turkey, green onions and corn and 1 cup of the

cheese.

Top the cheese with the remaining 3 tortillas, the remaining tomato mixture and the remaining 1/2 cup cheese. Bake it, uncovered, for 25 minutes and serve the casserole hot. Serves 6.

MACARONI AND CHEDDAR BAKE

1 1/2 cups uncooked small elbow macaroni (about 1/2 pound)
1 cup cottage cheese
1 tablespoon Dijon mustard
2/3 cup sour cream
1/2 teaspoon pepper
2 cups grated sharp cheddar cheese (8 ounces)
1 package (10 ounces) frozen peas
3 tablespoons minced fresh chives or green onions (optional)
Preheat the oven to 400 degrees F. Butter a 1 1/2 quart baking dish.
Cook the macaroni according to package directions; drain.
Meanwhile, put the cottage cheese and mustard in a food processor and process until it's smooth. Put this mixture into a large bowl and stir in the sour cream and pepper. Then, stir in the cooked macaroni, 1 1/2 cups of the cheddar cheese, the peas and the chives, if desired. Mix it well.
Put this mixture in the baking dish and sprinkle it with the remaining 1/2 cup cheddar cheese.
Bake it for 25 minutes or until it's lightly browned. Serves 6.

Preheat the oven to 400 degrees F. Butter a 1 1/2 quart baking dish.

Cook the macaroni according to package directions; drain.

Meanwhile, put the cottage cheese and mustard in a food processor and process until it's smooth. Put this mixture into a large bowl and stir in the sour cream and pepper. Then, stir in the cooked macaroni, 1 1/2 cups of the cheddar cheese, the peas and the chives, if desired. Mix it well.

Put this mixture in the baking dish and sprinkle it with the remaining 1/2 cup cheddar cheese.

Bake it for 25 minutes or until it's lightly browned. Serves 6.

Recipes from "Hail to the Chef: A Taste of Power: The Presidential Recipes of Russell Kramer" Written by Tom Connor and Jim Downey (Time-Life Books, November 1996; \$12.95)

LOWER-FAT VERSION HILLARY RODHAM CLINTON'S CHIP COOKIES

1 1/2 cups unsifted all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking soda
2/3 cup reduced-fat stick margarine
1 cup firmly packed light brown sugar
1/2 cup granulated sugar
1 teaspoon vanilla
1 teaspoon butter flavoring
1/2 cup egg substitute
2 cups old-fashioned rolled oats
10 ounces mini chocolate chips
Cooking Spray
Preheat oven to 350 degrees F. Combine flour, salt, and baking soda in one bowl. In a separate bowl, beat together margarine, sugars, vanilla and butter flavoring until creamy. Add egg substitute, beating until light and fluffy. Gradually beat in flour mixture and rolled oats. Stir in chocolate chips.
Drop batter by well-rounded teaspoonfuls onto baking sheets coated with cooking spray. Bake 8-10 minutes or until golden. Cool cookies on sheets on wire rack for 2 minutes. Remove cookies to wire rack to cool completely.

Preparation time: 20 minutes; Baking time: 8-10 minutes per pan.

Nutrition information: Servings per recipe 64 - Serving size: 1 cookie. Calories 87, from protein 5 percent, from carbohydrate, 64 percent; from fat 31 percent.

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LOWER-FAT BARBARA BUSH SCOTCH SHORTBREAD

2 cups sifted all-purpose flour
1/4 teaspoon baking powder
1/8 teaspoon salt
3/4 cup reduced-fat stick margarine
3/4 cup sifted powdered sugar
1 tablespoon light corn syrup
Cooking spray
2 tablespoons granulated sugar
Sift flour with baking powder and salt. In a separate bowl, cream margarine and powdered sugar until light and fluffy. Beat in corn syrup. Gradually mix in flour; mix well.

Refrigerate dough until chilled, about 45 minutes. Press dough into ungreased 8-inch by 8-inch by 2-inch baking pan coated with cooking spray. Prick top of dough with fork. Sprinkle with granulated sugar. Bake at 350 degrees F. for 35 to 40 minutes or until top is lightly browned. Cut into 16 squares while warm.

Preparation time: 10 minutes;

Chilling time: 45 minutes; Baking time: 35-40 minutes.

Nutrition information: 16 servings - 1 bar. Calories 120; from protein: 7 percent; from carbohydrate: 63 percent; from fat 30 percent.



TIME-LIFE BOOKS

Presidential recipes: Russell Kramer (Jack Lemmon) one of the stars of "My Fellow Americans," shares his recipes in "Hail to the Chef: A Taste of Power, the presidential recipes of Russell Kramer."

Chilling time: 45 minutes; Baking time: 35-40 minutes.

Nutrition information: 16 servings - 1 bar. Calories 120; from protein: 7 percent; from carbohydrate: 63 percent; from fat 30 percent.

Recipes from the "Revised & Updated Centennial Edition of the White House Cookbook," by Patti Bazel Geil and Tami Ross, (Chronimed Publishing, copyright 1996, \$13.95).

Celebrate Washington's birthday with festive cherry dishes

See related story on Taste front.

BLACK FOREST UPSIDE-DOWN SUNDAE

1 cup maraschino cherries, drained
1 quart vanilla ice cream, softened
1 jar (11.5 ounces) fudge sauce
10 filled chocolate cookies, (such as Oreo's) crushed
Maraschino cherries with stems (garnish)
Arrange 12 whole cherries on bottom of 6-cup gelatin mold or bowl. Chop remaining cherries; fold into softened ice cream. Spoon half of ice cream mixture into bottom of mold.
Spoon fudge sauce over ice cream; cover with remaining ice cream. Sprinkle cookie crumbs over top of ice cream and press lightly with finger to smooth. Freeze 4 to 6 hours or until firm. Unmold onto chilled plate. If desired, garnish with maraschino

cherries with stems. Can be made in advance. Makes 8 servings. Recipe from: National Cherry Foundation.

CHERRY NUT STICKY BUNS

1 cup packed brown sugar
1/2 cup chopped walnuts
1 teaspoon ground cinnamon
1/2 cup butter or margarine, melted
1 cup maraschino cherries, drained and halved
1 package (3 pounds) frozen white rolls, thawed
Combine brown sugar, nuts and cinnamon until blended; set aside. Spoon 1 teaspoon melted butter into bottom of each greased muffin tin; sprinkle with 1 tablespoon brown sugar mixture.

Arrange 4 cherry halves in each tin. Cut each roll in half; place 4 halves of dough over cherry mixture in each muffin tin. Set aside in warm place and allow to rise 1/2 hour or until doubled in size. Bake at 350 degrees F. 20 to 25 minutes or until golden. Cool on wire rack

10 minutes; invert onto serving platter. Makes 18 buns. Recipe from: National Cherry Foundation.

MEATBALLS IN CHERRY SAUCE

1 (16 ounce) can dark, sweet, pitted cherries. Drain and reserve liquid
1/4 cup orange juice
2 tablespoons soy sauce
1/4 teaspoon Worcestershire sauce
1/4 teaspoon orange rind, grated
3 tablespoons vinegar
1 tablespoon cornstarch
3 tablespoons brown sugar
3 tablespoons lemon juice
Pour cherry syrup into large saucepan. Add remaining sauce ingredients except cherries; mix well. Cut some cherries into halves and some into quarters. Add to sauce. Cook, stirring until clear and slightly thickened; set aside.

MEATBALLS
1 pound lean ground beef or

10 minutes; invert onto serving platter. Makes 18 buns. Recipe from: National Cherry Foundation.

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MEATBALLS
1 pound lean ground beef or

1/2 cup soft bread crumbs
1 egg
2 tablespoons minced onion
1/4 cup water chestnuts, finely chopped
2 tablespoons milk
3/4 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon garlic salt
1 teaspoon Worcestershire sauce
Mix all ingredients well. Shape into 36 balls. Brown slowly in ungreased skillet. Drain well. Add to sauce. Simmer gently 10 to 15 minutes. Serve hot with cocktail picks.

WILD RICE CASSEROLE WITH DRIED CHERRIES
1/3 cup butter
1 cup diagonally cut celery
3/4 cup chopped green onions
1/3 cup minced, fresh parsley
2 cups chicken broth
1 1/2 cups water
1 egg
1 teaspoon salt
1 teaspoon fresh marjoram
1 teaspoon fresh basil
1/2 cup long-grain white rice
1 cup dried cherries
Melt butter in large saucepan; add celery, green onions and parsley. Sauté until tender. Bring chicken broth and 1 1/4 cups water to boil; add to sautéed vegetables with wild rice, salt and marjoram. Cover and bake in 350 degree F. oven for 1 hour. Stir in long-grain white rice and 1/4 cup water; cover.

Cook additional 20 minutes; stir in cherries. All water should be absorbed and rice tender. Fluff casserole with fork. Makes 6 servings.

IMPOSSIBLE CHERRY PIE

1 cup milk
1/4 teaspoon almond extract
1/2 cup Bisquick
2 tablespoons margarine
2 eggs
Heat oven to 400 degrees F. Beat together first 6 ingredients until smooth. Pour into 10-inch greased pie pan. Spoon cherry pie filling evenly over the top. Bake 25 minutes. Take out of oven and top with Streusel Topping. Bake again, until brown, about 10 minutes. Cool and refrigerate.

Recipes from "600 Very Cherry Recipes" compiled for the Elk Rapids Rotary Partners, Elk Rapids, Mich. by Marjory Ann Velquette and Julia Pollister Amos (Published by Walter's Cookbooks, MN.)

Cookbooks

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hugs beating batter for a cake? According to the authors, that was one of the instructions for making a cake that called for 20 eggs.

The updated recipes by Patti Bazel Geil and Tami Ross are in keeping with the spirit of the originals, but with less fat.

The authors even cut the fat in Hillary Rodham Clinton's Chocolate Chip Cookie Recipe, and Barbara Bush's Scotch Shortbread.

Recipes, history, White House etiquette, and household hints from the 1890s are served up in equal measure in the "White House Cookbook."

There are original photos and illustrations from the 1890s, which, along with the descriptive prose, help you visualize what it must have been like in the White House during President Grover Cleveland's time.

For those of us cooking during

President Jefferson Clinton's time, the Revised & Updated "White House Cookbook," will be the beginning of some memorable meals.

There are no secrets. Notes on preparation and cooking time eliminate a lot of guesswork.

And those watching their fat will appreciate the nutritional information that follows each recipe.

Focus on Wine

from page B1

expressive red fruits and gentle spice notes. With soft tannins, there's phenomenal richness for the price.

Cabernet lovers will be happy with the generous, juicy ripe fruit and soft, round structure of 1994 Seaview Cabernet Sauvignon. At \$10, as with all these Seaview pours, run don't walk to your nearest wine merchant and get some!

Let's consider the reserve category with all wines priced in the low \$30 range and tasting wondrous

The 1994 Edwards & Chaffey Chardonnay was 1/3 barrel fermented in new French oak. Its rich vanilla character harmonized with tropical fruit offers a generous fruit punch up front, but finishes elegant and lengthy.

Lush, red fruit with spice cabinet notes and well-integrated oak is the hallmark of 1994 Edwards & Chaffey Shiraz. Vanilla characters from new French oak and the wine's spiciness support each other. As the

wine opens in the glass, spicy cigar box aromas develop. The pick of the vineyards is highlighted in 1994 Edwards & Chaffey Cabernet Sauvignon where rich oak and classic fruit are abundant.

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

Starting the day on a healthy note

By JUDY MURRAY

(NAPS) - It only takes minutes to serve a healthy breakfast and eating one can make a dramatic difference in your energy levels.

A healthy breakfast can be as simple as cutting half a melon, then adding some whole wheat toast topped with low-sugar jam. Or eating a healthy cereal with a sliced banana and skim milk.

Even vitamin-packed muffins are a quick fix if you have a microwave.

A microwave can help you get a head start on a healthy day. When looking for a microwave, choose a line offering a wealth of features, such as Samsung Electronics. From their compact models to the Full-Size version with nine instant pads for cooking, these state-of-the-art microwaves offer cooking convenience. Family-Size microwave

ovens have ten power levels for all cooking needs and four-stage sequence programming. Mid-Size microwaves offer ten power levels, eight instant cook pads and auto weight defrost.

Here's a microwave recipe for apple bran muffins that's on the breakfast table in minutes.

APPLE BRAN MUFFIN

1 cup buttermilk
1 cup All-bran cereal
1/4 cup EggBeaters or any egg substitute to equal one egg
2 tablespoons cooking oil
1/4 cup sugar
1/2 cup flour
3/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
3/4 teaspoon baking soda
1/4 teaspoon salt
1 medium-sized apple, cored and chopped
In mixing bowl, combine buttermilk and cereal and mix well. Let stand 5 minutes or until milk is absorbed. Beat in egg and oil. Add sugar and mix well. Mix in flour, cinnamon, nutmeg, soda and salt just until the batter is moistened. Fold in apple pieces.
Spoon batter into paper lined* microwave muffin cups, filling cups about 2/3 full. Microwave on High power, uncovered, 2 1/2-4 minutes or until a toothpick comes out clean. Repeat with remaining batter.
Makes 12 muffins.
* Use 2-paper liners for each muffin, the bottom liner will absorb excess moisture from the muffins.

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