

Chili from page B1

also makes it possible to cook the meat in the microwave and not bother draining it. You see, I am a lazy cook.

You could cook this chili in a skillet on top of the stove, but using the microwave halves the cooking time.

When you cook low fat, you need to increase the seasoning. I'm sure you know that fat carries the flavor in a recipe. Be sure to taste the chili before you serve it. You may need to adjust the seasonings to satisfy your taste buds.

I love corn muffins with my chili. So while the chili is cooking, I make a batch of my favorite corn muffins - but not from scratch. Remember, I love shortcuts. I read the labels of ready prepared mixes in the market and picked the one that had only one gram of fat and no saturated fat before it was prepared. To keep it that way I substituted evaporated skim milk, egg whites and Fleischman's 5-

Calorie Fat Free Spread for the whole milk, margarine and egg called for in the package directions. I also added 3/4 cup of drained whole kernel corn. The food values for one muffin are: Calories: 140, Fat 1g, Saturated Fat 0, Sodium 260mg, Cholesterol 0.

Food Exchanges: 2 breads.

My patients loved the corn muffin addition to the Chili Souper Supper recipe. They enjoyed the moistness and crunchiness that the corn added.

Muriel O. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter filled with recipes and nutrition tips. To subscribe, send a check or money order for \$12.50 to Eating Younger, P.O. Box 69021, Pleasant Ridge, MI 48069.

Look for Muriel's column in Taste on the second Sunday of the month.

Organic from page B1

of organic produce. During the Michigan growing season it's a bit easier to find organic at reasonable prices.

Glenn speculates that in his lifetime all produce will become "totally organic." Insects are becoming resistant and immune to our 20th century pesticides. Speaking in the short term, it will be costly to convert conventional farming methods to organic, but in the long term it will prove to be a savings.

Glenn believes there is a huge difference in nutritional value as well as flavor with organic, although neither of these claims have been substantiated as fact by U.S. agencies.

Glenn's wish for the present is to perhaps reform the present U.S. farm subsidy programs, provide more education and aid for farmers and that big organic producers who have the market locked up so to speak, find ways to make it affordable to all who

have an interest.

Glenn has generously offered to send a listing of local co-ops and stores where you are most likely to find some good organic supplies. Send a stamped, self-addressed, envelope to: Glenn Prentice, 7655 Paul Mar, Clinton Township, MI 48036.

Standards

The name "organic" is often slapped on everything from frozen dinners to alcohol. Presently, 11 states, not including Michigan, have their own set of standards, and there are at least 33 different organizations that have varying levels of non-uniform standards and regulations for certification.

Once again, the consumer is left not knowing what claims are true. In my research I found some interesting information in the Tufts Diet and Nutrition Letter dated April 1996.

It states that "we are living in

a Catch 22." At the same time we are being advised to consume more fruits and vegetables to lessen the likelihood of cancer, we are reading headlines about pesticide residues seeping into our public streams and ecosystems.

A few realities...

■ Even crops grown in the most pristine organic setting can contain chemical residue.

■ Many farmers who have not gone totally organic have cut their pesticide use through a system called Integrated Pest Management.

■ The presence of pesticides does not mean it's necessarily concentrated enough to do harm.

■ Now don't forget there are for greater health risks in the American "home of the free and land of the fat." Let's cut back on fat, sugar and alcohol. These are far greater health risks leading

to numerous medical problems, diseases and cancers.

■ Children are not more at risk than adults. Their heightened metabolic rate aids them in excreting toxins more quickly than adults.

Here are some tips:

■ Rinse all fresh produce thoroughly.

■ Peeling the outer skins helps rid produce of pesticides since they tend to remain under the skin.

■ Organics tend to spoil more quickly.

■ Buy only the produce you need for a few days.

Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoolcraft College's Culinary Arts program, Kelli is a part-time instructor at the college. Look for her column in Taste on the second Sunday of the month.

Celebrate Columbus Day with these pasta dishes

See related story about pasta on Taste front.

This recipe works well in a breadmaker. If you don't have one you can make it by hand.

SEMOLINA & WHEAT PASTA

- 1 cup whole wheat flour
- 2 cups semolina flour
- 4 egg whites
- 1 teaspoon salt

3 tablespoons water

For using a breadmaker:

Combine all ingredients in the pan of a breadmaker that makes at least a 1 1/2 pound loaf. Set the breadmaker on its dough setting. Look in during the mixing stage and add a little more water if needed, just enough to make a stiff dough.

Let dough stay in breadmaker

until it is completely done with its cycle, usually about 1 1/2 hours.

For making dough by hand

Combine flour and salt. Add eggs and water. Mix to make a stiff dough. Knead 10 minutes. Cover dough and let stand one hour.

Forming the dough:

Roll out dough very thin on a floured surface and cut into desired shapes. Cook in rapidly boiling water for 2-3 minutes, or until al dente. Serve with your favorite sauce.

Serves eight.

Nutrition information per serving: Calories 197.5, Protein 9g, Fat 0.8g, Sodium 295.38mg, Carbohydrates 40.65g. Percent of calories from fat: 3.65

Recipe compliments of Peggy Martinelli-Everts and HDS Services.

We reduced the amount of oil originally called for in this recipe, and found it doesn't diminish flavor. Remember to use the freshest ingredients possible. Fresh, ripe plum tomatoes and fresh parsley and basil really make a difference.

TAGLIOLINI ARRAGOSTA

- Ingredients
- 2 garlic cloves
  - 1 tablespoon extra virgin olive oil (original recipe called for 5 tablespoons)
  - 6 cups plum tomatoes,

- chopped
- 1/2 cup tomato puree
- 1 teaspoon salt
- Pinch of pepper
- Pinch of hot pepper seeds (optional)
- 2 sprigs of parsley
- 6 basil leaves
- 2 live lobsters (approximately 1 pound each)
- 1/4 of a 1 pound package (4 ounces) Tagliolini pasta (a flat thin pasta, similar to linguini only finer)
- Water for boiling, with 1 teaspoon salt added to it

In a large heavy bottomed pot, saute two pooled garlic cloves on medium heat until golden in 100 percent pure extra virgin olive oil. Slowly add plum tomatoes, tomato puree, salt and pepper, hot pepper seeds, basil and parsley. Simmer for 15 minutes, uncovered. Drop in live lobsters into the sauce so

juices fuse and lobster cooks. After 12 minutes take lobster out and keep warm. Allow sauce to cook another 15 minutes.

Meanwhile, cook tagliolini in rapidly boiling salted water. Drain and in another pot, mix pasta and enough sauce to sufficiently coat (to taste). Reserve remaining sauce for another day.

Add lobster to pot of pasta and sauce and saute for one minute. To plate, divide pasta on two dishes. Place lobster on top of pasta. Serve immediately with lobster crackers, bibs and towels. Serves 2.

Nutrition information per serving: Calories 472, protein 31g, fat 12g, sodium 1,352mg, carbohydrates 60g. Percent of calories from fat: 23.

Recipe compliments of Cafe Cortina.

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