Prepare delicious meals 'Lickety-Split'

See related story on Tasto front.

Recipes compliments of nutri-tion expert Zonya Feco, from her newly published book, 'Lickety-Spite Meals For Health Con-scious People on the Gol' (ZHI Publishing, Walled Lake, \$29.95.)

Here's one of Foce's 1-Minute Mini-Meals

QUICK NACHOS

Spread 20 Baked Tostitos on a

Sprinkle with 1/4 cup of reduced fat shredded cheddar cheese.

Microwave on high 45 to 60 seconds.

Eat with fat-free refried beans

and salsa along with baby carrots and fruit juice. Serves 1.

This is one of Foco's Oven # Exercise # Eat dishes, While it

CHICKEN AND VEGETABLES

IN FOIL

Preheat oven to 400°F Tear off 2 large pieces of foli just larger than the size of a cookle sheet

4 skinless, boneless chicken

4 medium potatoes, scrubbed or peeled, thinly sliced

box (10 oz) frozen Brussels sprouts or cabbage wedges or broccoll/cauliflower mix

1 box (10 oz) frozen carrots

8 grinds fresh ground pepper

Spread 1/2 of the sauce in the

Loyer chicken, potatoes, and onion on foil in order given. Spread

st (halves)

1 onlon, sliced into rings

per. Place the remaining foil on top. Seal with double folds. Place 1 cup bottled barbecue sauce in oven and set timer for 75 minor 3/4 cup lite or fat-free Italian dressing

add to foil.

Serve with rolls (if you choose to) and frozen grapes.

Place frozen vegetables in a trainer and run hot tap water wer them for 1 minute. Drain and

Sprinkle with fresh ground pep-

to) and frozen grapes.

Super Time Saving Tip: Skip prepping the potatoes and onion by using 4 cups of Ore Ida Potatoes O'Brien. (A hash brown product, I call for frequently). It has no fat, just chopped potatoes, onions and peppers, tastes great, and saves you loads of time. Serves 4.

Nutrition information for 1/4 of the recipe: Calories 400, Fat 3 g, Fiber 10 g, Sodium 660 mg, Total Carbohydrate 58 g.

Calories from Fat 8 percent, Sat-urated Fat < 1 g, Cholesterol 68

mg, Protein 35 g, Sugars 16 g.

TURKEY JOES

- 1 pound extra-lean ground turkey breast 1 onion, chopped 1 can (16 oz) Sloppy Joe sauce (Manwich)
- 6 whole-wheat hamburger buns

Brown turkey and onion in a nonstick skillet.

Add Manwich to the skillet. Cover and cook over medium high heat and simmer for 3 more min-utes.

Ladle 1/6 of the batch on top of

each hamburger bun.

Serve with Sunshine CarrotRalsin Salad and applesauce on
the side. Serves 6.

Nutrition information for 1 urkey Joe with bun;

Calories 275, Fat 2.5 g, Fiber 4.5 g, Sodium 795 mg, Total Carbohy-

percent, Saturated Fat < 1 g, Cholesterol 36 mg, Protein 25 g,

SUNSHINE CARROT-RAISIN

- SALAD 1/3 cup plain non-fat yegurt
- 1 toblespoon sugar 3 toblespoons Miracle Whip
- 1/4 teaspoon vanitia
- 3 dashes cinnamon
- dashes nutmeg 1/2 cup raisins
- 1 can (8 oz.) pineapple tidbits, in its own juice, drained
- 3 cups finely shredded carrots (about 5 medium or 45 baby carrots) Optional Additions:
- 2 tablespoons shredded

coconut (remains less

Wine from page B1

Good-for-you vegetable dishes taste good, too

See related story on Taste

See related sury or.

Join Nanette Cameron for the
Living Better Sensibly vegetarian series offered in March 7-8:30
pm. Thursdays or noon to 1 p.m.
Fridays. The cost is \$35 per person. Space is limited. Call (248)
539-9424 for information.

HEARTY VEGETARIAN SOUP

- 1/4 pound dry Ilma beans 1/4 pound dry great northern
- 1/3 cup barley
 1/2 pound sliced fresh mush
- 2 medium onlons, diced
- 2 stalks celery, diced 2 stalks celery, chopped 4 medium potatoes, peeled
- 4 cloves gartic
- 2 carrots, chopped
- 12 cups water 6 tablespoons vegetable oil 1/4 cup flour

Salt to taste Freshly ground black pepper to taste

center of the foil

2 vegetarian bouillon cubes

Rinse the beans, cover them with water and let them soak at least 6 hours, (or overnight); then

drain.

In a large soup pot, cook the onions in the vegetable oil, stirring occasionally, as the onions start to brown, add the mushrooms and continue to stir. When the mushrooms brown stir in the diced celery, and the barley. Add the flour, stirring quickly. Don't let it burn.

Don't in the sates and bring to a

Pour in the water, and bring to a boil on high heat. Add the beans, remaining celery, garlic, vegetari-an bouillon, salt and pepper, and simmer on low medium heat for at least an hour (until the beans are soft). Add the potatoes and more salt if required, and simmer for at least another hour. Serve, sprinkle each bowl with fresh chopped

paraley. This soup tastes even the next day. Recipe by Avi Bar-Lev, Mar-jorie Marriott's son-in-law.

FETTUCCINE ALFREDO

- 1 (10.5 oz.) package tofu 5 tablespoons grated soy
- 1-2 tablespoons oil
- 1 tablespoon dried parsley 1/2 teaspoon garlic powder
- 1/4 teaspoon white pepper 1 tenspoon basil

In a blender or food processor, combine all ingredients. Blend until creamy, about 30 seconds on high. Heat sauce and serve over hot cooked fettuccine (or any other

EGGLESS EGG SALAD

- 14 ounces firm tofu 1/2 cup finely chopped colory
- 1/2 cup finely chopped red

1/3 cup soy mayonnaise 1/2 to 1 tablespoon honey 1-2 tablespoons Dilon of

Crumble tofu with fork, Add crymble to the wint for. And vegetables. Combine mayonnaise, honey, and mustard. Mix with tofuvegetable mixture until evenly distributed and well moistened. Serves 4.

VEGETABLE RICE

- 1 large, or 2 medium onlons

- 1 can (16 oz.) diced toma-

2 cups cook white rice

Heat olive oil in wok or fry pan.

Early Bird

Special

1 P.M. 'til 4 P.M.

16 OZ.

PRIME

RIB

\$11.95

Serve over hot rice. Serves 4 T-Bones Steak & Seafood Bonse

SUNDAY : MONDAY

Small amount of olive oil

ROUPON - COUPON - COUPON - COUPON - COUPON - COUPON

at T-Bones

4 P.M. 'til

CLOSE 14 OZ.

N.Y.

STRIP

\$11.95

- package silced mushrooms
 green pepper (diced)
 package frozen stir-fry vegetables

Add onions, mushrooms, and green peppers and cook until tender. Add stir-fry vegetables and heat mixture thoroughly.

Finally, add diced tomatoes and stir mixture until it is blended and

but what's the place got to do with it? For chardonnay, just about everything that has to do with flavors. If you want to take the tast etset, you'll need one bottle each of 1996 Indigo Hills Chardonnay \$10, 1996 Anapamu Chardonnay \$12, 1996 Zabaco Chardonnay \$12, 1996 Zabaco Chardonnay \$18. All wines were barrel fermented and went through malolactic fermentation to obtain a rounder mouthfeel.

Indigo Hills Chardonnay is 87 percent Mendocino-grown grapes. Because this is a cool climate, one can easily taste citrus notes and appley crispness. Thoukis indicated. The majority of oak was American because we didn't want to overpower the gentle frait with a lot of vanilla from French oak.

"Anapamo Chardonnay comes from cool climate Montercy, but there's a big difference in soil conditions that make it very different from Mendocino. The fruit leans toward tropical elements and can handle 34 percent French oak can handle 34 percent French oak chardonnay as citrusy

Have You

Tried

T-BONES

Yet?

FREE

APPETIZER

(Up To

\$5 Value)

With Purchase

1 tablespoon peanut butter

In a medium-sized bowl, mix yogurt, sugar, Miraele Whip, vanilla, cinnamon, nutmeg and raisins together to form the dress

Reserve pineapple fuice. Mix pineapple into dressing.

Use a food processor to shred carrots. Stir into dressing, Chill salad until ready to serve.

For a nice variation, add either 2

Nutrition information for

tablespoons shredded coconut or 1

tablespoon peanut butter as an

and appley, he added ripe tropical fruits. "Notice how much fuller the mouthfeel is," he added. The fruit can handle 98 percent, predominantly French oak." We liked the bigger toastier finish also.

From the Napa Valley. Marcelina Chardonnay featured concentrated fruit flavors with lots of richness, well-complementing 100 percent French oak. Vanille and caramel hints over tropical fruit tones make this wine, with generous body, finish in grand style.

Now, if you don't find one of these styles, derived from a specific growing place, particularly pleasing, perhaps you don't like-chardonnay. That's OK, go out and find a wine you do like, but notice its roots, the place it was grown. It has everything to do with the taste.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Heddisd, did (734) 953-2047 on a touch-tone phone, mailbox 1864.

Share your Easter, Passover recipes

Christians celebrate Jesus' resurrection during Easter. Jews celebrate their freedom from forced slavery and the Exodus of Hebrews from Egypt. For Christians and Jews, these holidays are a celebration of their faith, family and the promise of spring. By breaking bread together we celebrate our faith, reaffirming; the freedom to practice our religion and our traditions. What are your Easter and Passover food traditions? Do you have a favorite recipe to share?

have a favorite recipe to share? Tell us about the recipe, and why it's a family tradition.

Tell us about the recipe, and why it's a family tradition. Send your recipe, and a couple of sentences, which explain why it's so good, by Monday, March 16. Please include your daytime phone number so we can call you if we need to. We'll pick two readers to feature in the Sunday, March 29, issue of Taste. In addition to being photographed and interviewed for our story, you'll receive an apron and a copy of 'The Passover Table,' by Susan R. Friedland or 'The Frustell Company of the Passover Table,' by Susan R. Friedland or 'The Frast Past, Present and Future,' by Juff Smith, in addition to our thanks. Send recipes to Keely Wygonik, Taste Editor, Observer & Eccentric Newspapers, 36251
Schooleraft, Livonia, MI 48150, or lax (734) 691-7279.





