Salmon salad wins first prize **Nutrition** from page B1

BY REIN WIGONIK

TATT WHITE

Most main dish salads are made with chicken, but Sandra Biagini, winner of a contest sponsored by the American Heart Association of Michigan, made one with salmen and beans that wowed judges.

"The flavor was an interesting combination of salmen and canns. Most of the recipes were for chicken salad with sweet and sour salad dressing," and registered dietitian Muriel Wagner of Southfield who judged the continuing Catherine Goldberg of the Vising Nurse Association of Southeast Michigan, and Elaine Horowitz, a registered nurse with the continuing education department at Providence Hospital.

Blagini, a Clarkston resident,

Biagini, a Clarkston resident, won a gift certificate for two for lunch at the Golden Mushroom

to Muriel Wagner's "Eating Younger" newsletter, Runnersup also received a newsletter subscription and a cookbook.
Bingint's rectpe is easy to make with ingredients you can keep in your pantry — canned connellind beans and canned red salmon. These ingredients are cassed with slied green onions, thinly sliced colery, lettuce leaves and a tangy vinaigrette.
Arlene Chypchar of Warren placed second with her Pavorite Romaine Salad, Linda Stockton and Elicen Rande of Farmington Hills tied for third, and Mimi Deherty of Truy received an honorable mention.
Stockton said her whole family is kind of fat and weight conscious. She and her husband Bill ore runners, and her low-fat Mandarin Chicken Salad is a family favorite.
To make this salad she mari-

family favorite.

To make this salad she marinates boneless, skinless chicken breasts in pineapple juice, gin-

ger, garlic and other seasonings overnight. The chicken is broiled or grilled, sliced and served with tossed Romaine lettuce, water chestnuts, bean sprouts, snap peas, mandarin oranges and a sweat/say dressing.

peas, mandarin oranges and a sweet/sour dressing.

If find with my kids it's hard to get them to eat vegetables and fruits, she said about her daughters Holly, 16, and Christy, 12. If I cut it up and serve it with dips they're more likely to eat it. Kids want to go in the fridge and grab something.

Contest finalists presented their salads at the American

Contest finalists presented their sailads at the American Heart Association of Michigan's 'Ask a Nutrition Expert - The Registered Dictitians," a free educational event presented by local dictitians with the American Heart Association on March at Tel-Twelve Mall in Southfield. Look for Wagner's Main Dlah Miracle column in Taste on the second Sunday of the month.

1,300mg of calcium per day - five to six servings.

On the tour, Posner showed the students how to include more calcium in their diet. "They can make tomato soup with milk instead of water and have pudding for a snack. Some brands of yogurt have more calcium than others. Buy orange juice with added calcium." added calcium

Posner also stressed serving size. "Lisa will eat the same as before, but she'll eat a smaller por-

tion," said Gluck. "She'll say it's not worth the

Teaching teens healthy habits, so they'll eat for a healthy body and lots of energy is Posner's goal.

"We have to combat all these negative media images of thin is in," said Posner. "By not eating breakfast you will gain six pounds a year. You have to start your metabolism in the morning so you can concentrate in school."

Healthy meals for people on the go

See related grocery store tour story on Taste front. Recipes com-pliments of Gail Posner, Healthy Ways Nutrition Counseling, West Bloomfield.

mfield. SEAFOOD COLE SLAW

- 1 (16 ounce) bag cole slaw
- 2 (8 ounce) packages imita-
- tion crab legs 1/3 cup fat-free cole slaw

Dice crab legs and green onions. Mix all ingredients together and chill. Serves 12.

Healthy Meals in Minutes

Elentry Meals in Minutes

Low-Fat Burritos - Start
with a large flour tortilla. Cover
with 1/4 cup fat-free refried
beans, add chopped tomatoes
and onions, cover with 1/4 cup
salsa. Sprinkle with low-fat
Montercy Jack cheese. Broil for
a few minutes until cheese

melts.

Macaroni and Cheese—
Macaroni and Cheese—
Follow the directions on the box, but use akim milk in place of whole milk, and replace all of the butter or margarine with 2 more tablespoons of skim milk. I even sneak in a few green peas to help get veggies into my son's diet.

Focaccio — It is a meal in itself. Serve with a salad with canned chick peas added for protein.

Dish up a main dish salad for dinner tonight

See related story on Taste front.
VINAIGRETTE SALMON AND

BEAN SALAD

12 green onlons, silced 1 (16 ounce) can cannellini beans, rinsed and drained 1 (7 ounce) can red salmon, drained and flaked

1 celery stalk, thinly sliced Vineigrette dressing (below) Lettuce leaves

Vinalgrette
2 tablespoons wine vineger

- 2 tablespoons ofive or canola
- 1/4 teaspoon salt
- 1/4 teaspoon sugar 1/4 teaspoon dry mustard
- 1/8 teaspoon peoper

In a bowl, lightly toss green onions, beans, salmon and celery. Stir ingredients for vinaigrette.
Pour over salmon mixture; toss
lightly. Arrange lettuce leaves on

Corner of Orchard Lake Rd.

dishes; spoon mixturé en top

Serves 4.

Nutrition information: Total fat per serving 10.2 grams; calories per serving 288, 1.6 grams saturated fat.

saturated fat.

Recipe first prize winner in
main dish salad contest sponsored
by the American Heart Association
of Michigan, compliments of Sandra Biagrin of Clarkston.

FAVORITE ROMAINE SALAD

Ingredients

1 head romaine, washed,
dried and trimmed, cut into
bite size pieces

Dressing: 1 clove garlic

- 1 tablespoon Parmesan

- 1 tablespoon oliva oil 1 teaspoon anchovy paste

1 1/2 tablespoons red wine

vinegar 1 1/2 tablespoons water

Put all dressing ingredients in blender. Blend until smooth and

Garnish:

1 slice wheat bread

Toast bread and cut into cubes Dry cubes in microwave oven for 1

Salt and pepper to taste

To serve: Put lettuce in a large salad bowl. Pour in dressing and toss. Garnish with bread cubes.

toss. Garnish with bread cubes.
Mutrition information: 6
Nutrition information: 6
reserving, 33 calories per serving, 33 calories per serving.
Recipe second prize winner in main dish salad contest compliments of Arlene Chypchar of Warren.

CHICKEN TANGO SALAD

Ingradients
4 (3 ounce) skinless, boneless chicken breasts, flattened to 1/2-inch thick-

1/2 cup apple juice 2 tablespoons lite soy sauce

- 2 tablespoons honey
 1/8 teaspoon garlle powder
- 1/8 teaspoon ginger
- 1 tablespoon canola oil
- 1 bag mixed lettuce/greens 1 cucumber, pared and sliced
- 1/2 green pepper, sliced thin 1 small can mandarin oranges
- Seasoned croutons
- Dressing: 4 tablespoons vinega 2 tablespoons water
- 2 tablespoons sugar
- 1/2 teasmon salt
- 2 dashes red pepper sauce
- 2 dashes soy sauce Dash black pepper
- 1 teaspoon dried parsley

Put apple juice, soy sauce, honey, garlic powder, ginger and oil in a glass baking pan. Marinate chicken (cover, refrigerated) 12-24 hours before meal.

Mix dressing ingredients and set aside for 12-24 hours before meal.

Divide lettuce among four plates. Add cucumber slices and green pepper.

Arrange manderin orange slices around edge of plate. Sprinkle croutons over salad.

Spoon 1-2 tablespoons dressing over each salad.

over each saind.

Barbecue chicken on grill about 5 minutes on each side. Baste with marinade and discard remainder. Cut each chicken breast into 12-inch slices. Carefully place on top of saind. Make 4 servings.

Nutrition information: Total fit per serving 81.7 grams; calories per serving 91.8. Recipe third prize winner in main dish salad context, compliments of Elicen Rande of Farmington Hills.

LINDA'S LOW-FAT MANDARIN.

- CHICKEN SALAD •

 12 ounces boneless, skinless chicken breasts
- Marinade for the chicken: 1 (6 ounce can) unsweetened
- pineapple juice 1/4 cup Lite Teriyaki marinade
- 1/2 cup light brown sugar 1/2 cup light brown sugar 1/2 tablespoon garlic & gin-ger stir-fry seasoning (comes mashed in jar can be found near the raw gar-

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Dressing

1/4 cup honey microwaved for 20 seconds

for 20 seconds
1/4 cup Lite Terlyaki marinado
1/4 cup rice wine or apple
cider vinegar
1/2 tablespoon garile & ginger sticfry seasoning

1/2 package dry Oriental Sesame dressing

Romaine lettuce – enough to feed 4 2 cans sliced and peeled

water chestnuts

1 can bean sprouts, drained

1 package thawed snap peas 2 cans unsweetened man-

darin oranges, drained

Combine ingredients for mari-nade in medium size bowl and stir with fork until well blended. Place 12 ounces of boneless, skinless chicken breasts cut into strips or boneless tenderloin strips, in marinade. Cover with plastic wrap and place in refrigerator for minima 3-4 hours. Can be kept in marinade un to overnight.

Combine ingredients for dress-ing and shake in jar or stir in bowl until well blended. Set aside or refrigerate as preferred.

Remove chicken from marinade and grill on barbeeue or under broiler until no longer pink inside and golden brown.

Fill large bowl with romaine let-tuce. Add water chestnuts, bean sprouts, snap peas, and oranges. Lightly mix together. Arrange cooked chicken strips on top of salad, drizzle on dressing, or serve on the side. Serves 4.

Nutrition information: Total fat per serving 3 grams; calories per serving 351. Recipe third prize winner in main dish salad contest, compli-ments of Linda Stockton of Farmington Hills.

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