

# Aging from page B1



PEGGY Martinelli-Everts

**Daily Recommended Daily Allowance.** Don't waste your money on "anti-aging" concoctions.

**Exercise** - Our metabolism decreases as we age, and this can result in weight gain and fatigue. Regular physical activity helps increase energy, improves self image, boosts immunity, fights depression and enhances the quality of sleep. Take care when you exercise to avoid injury. Stay on softer, level surfaces and warm up with stretches.

Exercise doesn't have to be strenuous to be good for you. Find something you enjoy doing and can do regularly. Golf (when you walk the course), level ballroom and Swing dancing are becoming very popular again. Sign up for lessons. Swimming is wonderful exercise, as is water aerobics. Choose the activity

that is right for you and try varying activities, too.

**Flavor it** - Our sense of taste and smell diminishes as we age. We need to add flavorings that don't add excess sodium. Excess sodium not only pulls calcium out of our body which affects our bone health, it also can aggravate high blood pressure. Add herbs, butter flavoring, wine, reduced stocks and flavored vinegars.

**Get enough protein**, but watch the fat - The recommended amount of protein for women over 50 is 50 grams, and for men 63 grams. This is the protein in seven to nine ounces of meat, poultry or fish. However, there is protein in dairy foods and grain, so eating five to seven ounces of meat daily is sufficient.

**Peggy Martinelli-Everts** of *Clarkston*, is a registered dietitian and director of clinical operations for *HDS Services*, a Farmington Hills-based food service and hospitality management company. Look for her story on the second Sunday of the month in *Taste*.

# Treat your family, friends to brunch

See related story on Taste front.

I like this recipe because it's easy to make, and you make it in one skillet so cleanup is simple too.

If you use egg whites, you can use the egg yolks as a rinse for your hair.

**TLC BRUNCH SKILLET**

Recipe serves 6

5 ounces lean turkey sausage  
1 cup chopped red bell pepper  
1 cup chopped green pepper  
12 egg whites, or the equivalent in egg substitute  
1/2 cup non-fat ricotta cheese  
1 teaspoon salt  
1 teaspoon pepper  
Nonstick cooking spray

Salsa of your choice (optional)

In a large nonstick frying pan, sauté crumbled turkey sausage over medium heat until thoroughly cooked. Remove meat from pan and drain any fat. Return pan to cooktop and sauté onion until soft and slightly transparent. Add peppers and sauté until cooked, but still firm.

In a separate bowl, beat egg whites with salt, pepper and ricotta until combined. Remove vegetables from pan and turn heat to very low, spray pan with nonstick cooking spray and return to burner. Pour egg white mixture into pan. When bottom is slightly set, arrange sausage, peppers and onions on top. Cover and cook over very low heat until set through, about 10-12 minutes. To serve,

invert onto platter and cut into wedges. Warm salsa in microwave and set on the side so guests can help themselves.

**Nutrition information per serving:** Using egg whites, excluding salsa: Calories 91.71; Protein 16.63g; Fat 3.18g; Sodium 644.0mg; Carbohydrates 8.28g.

**LOW-FAT APPLE BRAN MUFFINS**

3 cups bran cereal (recipe tested with All-Bran)  
1 1/2 cups boiling water  
3 egg whites  
2 cups skim milk  
1/2 cup honey  
1/4 cup molasses  
2 1/2 cups whole wheat flour  
2 1/2 teaspoons baking soda  
2 tablespoons cinnamon  
1/4 teaspoon each: ground

nutmeg, ground ginger (optional)  
1 cup raisins  
2 cups chopped apples

Preheat oven to 400°F. In a large bowl, combine cereal and boiling water. Set aside.

In another large bowl, combine egg whites, milk, honey and molasses; stir well. Stir in flour, soda, cinnamon, Bran softened with water, nutmeg and ginger. Fill lined muffin cups about two-thirds full and bake 20 to 25 minutes or until muffins test done.

**Nutrition information per serving:** Calories 130.11; Protein 4.05g; Fat .47g; Sodium 104.65mg; Carbohydrates 32.68g.

Recipes from HDS Services.

# Golden from page B1

of entertaining friends with cocktails and going out to dinner at a restaurant, or becoming caught in one of the other challenging situations a friend hit upon the idea of serving a Sunday morning brunch.

While the invitees are at church, playing golf, or just enjoying a leisurely morning, the host and hostess are cutting fresh fruit for the giant platter that is the centerpiece of the event.

Ease of preparation is important so chopping the vegetables for the omelet and preparing the muffin mix is done the night before. Last minute details are kept to a minimum, and the

event is casual.

A variety of interesting breads, muffins and bagels are paired with light veggie cream cheese, no sugar added jams and jellies, and an olive oil/balsamic vinegar and herb blend. Ice water, coffee, tea and a specialty fruit drink are also served.

For entertainment, the couple sets up a croquet game, badminton set or bocce.

The brunch has become a favorite event. The couple doesn't lose touch with friends, the brunch is fun for everyone involved, and other couples who are also aging and must watch their diets, get some good entertaining ideas.

See related 2 Unique column on Taste front. Recipes compliments of Kelli Lewton.

**MEDITERRANEAN MEAT MARINADE**

3 tablespoons fresh garlic, chopped  
Juice of 3 lemons  
1 teaspoon lemon zest  
1 cup red wine vinegar  
1/2 cup extra virgin olive oil  
1 teaspoon dried oregano  
1 tablespoon fresh rosemary  
1 tablespoon fresh parsley

Combine ingredients. Great for beef, pork or lamb.

**SPANAKOPHIA (SPINACH PIE)**

4 pounds fresh spinach  
1 large Spanish onion (diced fine)

1/8 cup extra virgin olive oil  
1 bunch scallions (minced)  
1 cup fresh feta cheese (crumbled)  
3 tablespoons fresh dill (chopped)  
1/2 cup fresh parsley (chopped)  
1/2 teaspoon salt  
1 teaspoon fresh cracked pepper  
1 box phyllo dough, thawed  
1/2 stick butter  
1/8 cup bread crumbs

In a large pot heat olive oil. Sweat onions until translucent. Add spinach, a handful at a time, and wilt. Cook down approximately 5-8 minutes.

Place in bowl, mix with feta, herbs and seasoning.

Take phyllo (working quickly or keeping covered) and layer six sheets, brushing with melted butter and a sprinkling of bread crumbs between the sheets of dough.

Take collective sheets and place centered in Teflon pie pan. Spoon filling in.

Fold overlapping phyllo dough over mixture to create top of the pie. Brush top with butter and bake at 350°F., 20 to 25 minutes or until golden brown.

**MEDITERRANEAN COUS COUS**

1 cup Cous Cous  
8 black olives (pitted and chopped)  
1/4 cup red onion (minced)  
1/2 cup English cucumber (peeled, seeded, diced)

small)  
1/4 cup Feta cheese (crumbled)  
1/4 cup red wine vinegar  
1/2 cup Greek olive oil  
Pinch of oregano and fresh basil

Salt and pepper to taste

Boil water with a pinch of salt and oil.

Add cous. Boil approximately 6-8 minutes.

Strain and rinse with cold water.

Prepare vegetables.

Mix vinegar and oil with herbs. Mix vinegar and oil with herbs. Add to salad, toss.

Season to taste with salt and pepper. Yield 4 side servings.

# Grill monkfish for quick, delicious dinner

# Unique from page B1

Dinner was served with the house white wine, which seemed sweet, crisp, dry and fruity all at the same time. Santorini wine is famous throughout the world.

Gathering around a table with family and friends to share a meal at the end of the day is a time held in reverence by all inhabitants of Greece.

As we shared food, and wine, many languages and cultures, including Greek, English, German, and Spanish, it hit me - for a change I was not thinking about what to have for dinner or what I had to do after dinner.

I enjoyed every bite of food, words spoken and sip of wine at that moment. It seemed like all

our counterparts at our small banquet ate, drank and shared this way on a regular basis.

The food was simply beautiful and tasty. It was not named by sauces with complex names. As I sat back in my chair into the early morning hours singing and sipping Santorini wine with my new friends, I thought the world isn't so big. Simple is good, less can often be more.

**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. See recipes inside.

AP - Monkfish grills very well, says Leslie Revin, author of "Great Fish, Quick: Delicious Dinners From Fillets and Shellfish" (Doubleday, \$27.50).

This Monkfish Grilled with Rosemary-Garlic-Lemon Oil is one of the recipes in her book, which she promises are all quick, simple and made with readily available ingredients.

The Rosemary-Garlic-Lemon Oil "is one of the great all-purpose marinades," said Revin. "I keep a jar of it in my refrigerator at all times."

It's also good with cod, grouper, trout, swordfish, tuna, shark, and salmon fillets, as well as with lobster and soft-shell crabs, she says. "And if that's not enough, use it with pasta, chicken, veal, and to marinate goat cheese!"

It's so full of flavor that even if you don't have time for marinating, a spoonful over the monkfish after grilling will do the job, she adds.

This recipe makes enough oil for 3 grilled monkfish recipes.

The oil can be used immediately, or covered and refrigerated for several weeks. The flavor continues to develop. If at any point it becomes stronger for you, add a little more olive oil.

**MONKFISH GRILLED WITH ROSEMARY-GARLIC-LEMON OIL**

2 tablespoons lightly packed fresh rosemary leaves (see note)  
1 large garlic clove, unpeeled  
1 1/2 teaspoons grated lemon zest, with no white pith  
1 cup olive oil  
Salt and freshly ground black or white pepper to taste  
1 3/4 pounds cleaned and trimmed monkfish fillets

Start a medium-hot fire or pre-heat the oven broiler.

Fifteen minutes before you're going to grill the monkfish fillets, put the grill grate about 4 inches from the glowing coals. (I also like to brush the top of the grate with

vegetable oil just before grilling to help prevent sticking.)

Roughly chop the rosemary and put it in the food processor. (Note: If rosemary stems are very young, they are tender and edible so don't worry if some get into the mix. But more mature stems are woody and indigestible.)

Crush the garlic clove with the side of a large knife, peel it and put it in the food processor with the lemon zest. Process the ingredients to break them up and combine their flavors, about 1 minute. Add the olive oil and process everything until the solids are chopped into tiny pieces, about 2 minutes. Season the oil with salt and pepper.

Make sure the monkfish fillets are trimmed of all membrane and fat. Cut the fillets into 2-inch-thick cross-sections and dry them well with paper towels.

Put them in a bowl, season them with salt and pepper, and pour 1/4

cup of the rosemary-garlic oil over them, stirring to coat them thoroughly. Marinate them, covered, for 30 to 60 minutes if possible, at room temperature (unless the kitchen is very hot), or grill them right away.

Place the cut fillets on the preheated grill rack. Grill them until the first side is brown, about 5 minutes. Turn them over and grill them until they're cooked through and still very moist, about 5 minutes more. To check, make a small slice in the center of one piece to see if it's white and opaque all the way through.

Serve the fillets immediately on warm dinner plates, drizzling them with more room-temperature rosemary-garlic-lemon oil.

Makes 4 servings (plus enough oil for 2 more fish preparations).

Preparation time is about 25-30 minutes, with an optional 30 minutes marinating time.

THINKING ABOUT  
GENERAL  
AIR  
CONDITIONING  
**LENNOX**  
FREE ESTIMATES  
(734) 525-1930  
UNITED TEMPERATURE  
8019 MIDDLEBURY • LIVONIA

Your Fur Will Keep  
It Warm Winter.  
It'll Keep It  
Cold (34° F)  
This Summer!

Call For Free Estimate  
or Visit Us  
**Dittich**  
2701 W. 12 Mile • Bloomfield Hills • 248-3111

**Wayne State University**

Healthy participants with no current or past drug dependence, between the ages of 21 and 35, are needed for a study of the individual differences in drug response.

Participants will be interviewed, fill out questionnaires, and participate in drug administration sessions. Participants will attend the study laboratory for several sessions, each of which lasts up to six hours. We estimate study may take three or more weeks to complete, depending on how frequently volunteers can come to the laboratory for testing. Volunteers will be financially compensated for their participation.

Anyone interested in participating should call: 1-888-487-3744 or (313) 993-3000. Please ask for the Normal study when calling.

Wayne State University is an equal opportunity/affirmative action employer.  
Wayne State University - People working together to provide quality services.

**Lose Weight! Gain Energy!**

The Natural Weight Loss Supplement That Will Energize Your Life!

Independent Distributor of

**Metabolic**

as Heard on the Radio

**810-756-1469**

**Spring Has Sprung**

Safe, Sturdy  
Attractive, Affordable  
Healthy-Fun

Delivery & Installation  
Licenses (up to \$500)  
on Wooden Play Systems  
From \$1499

2047 W. 12 Mile • Bloomfield Hills • 248-3111 • www.brookwood.com

**Independence Should Last a Lifetime**

**AMERICAN HOUSE**

Now offering Independent and Assisted Living in the following locations

- Private suites, one and two bedroom apartments • Delicious Meals • Impeccable housekeeping
- Laundry and linen services • Scheduled transportation
- Social & recreational activities • Beauty & barber shops • 24-hour emergency response
- Furnished apartments available • Personal assistance.

Monthly rentals starting at

\$950	\$1165	\$1475	\$1700	\$1700
Livonia	Westland	Dearborn	Dearborn	Dearborn
1901 Southfield Rd. Livonia, MI 48150 (313) 352-3600	1640 Vesper Road Westland, MI 48105 (734) 352-7777	39791 Jay Rd. Dearborn, MI 48124 (313) 424-9838	24644 Ann Arbor Trail Farmington Hills, MI 48334 (248) 471-9141	3741 S. Adams Rd. Farmington Hills, MI 48339 (248) 853-2330

Visit us any day for lunch

**FELDBRO**

Fresh Fish Co.

- EVERYDAY SPECIALS
- FRESH FLORIDA SWORDFISH
- FRESH SUSHI QUALITY TUNA
- FRESH BONELESS PICKEREL

This Week's Special  
**Breaded, Boneless ICELANDIC COD FILLETS**

**\$3.99** LB.

With Coupon • Exp. 5-14-98

**HOME DELIVERY AVAILABLE**

Corner of 14 Mile & Weddell  
Farmington Hills

PH: (248) 426-4654 FAX: (248) 426-5977

Use your brain to save your brain from a stroke.

Learn to call 911 quickly if you have one or more symptoms of stroke, like numbness in one side of the face or one limb, sudden dimness of loss of vision, loss of speech, sudden severe headache or dizziness along with the above signs. Call the AHA Stroke Connection at 1-800-553-6321 to learn more about stroke symptoms or visit <http://www.amhr.org> on the World Wide Web.

**American Heart Association**

Michigan Department of Community Health