

Cookbook helps you plan 'A Wok A Week'

See related story on Taste front.
Recipes from "A Wok A Week - 62 Lite and Easy Meals" by Elizabeth Chiu King and Donna H. Dean (China Books & Periodicals, Inc.; San Francisco, March 1998; \$17.95).

IVORY & JADE FLOWERS

1/2 large head cauliflower
1 stalk broccoli
1/2 tablespoon oil
1 teaspoon minced garlic
1/2 teaspoon salt
Seasoning
1 teaspoon sugar
1/2 teaspoon cornstarch
1/4 teaspoon black pepper
2 tablespoons chicken broth
2 tablespoons water
1 tablespoon oyster-flavored sauce
1 tablespoon dry white wine
Rinse the cauliflower. Remove and discard the leaves and cut about 1 inch of the stem. Separate florets and cut them into 2-inch long pieces. Half or quarter the thicker pieces.
Rinse the broccoli and cut the

florets into 2-inch lengths. Peel the broccoli stalk with a paring knife. Slice the stalk into 1/2-inch diagonal slices or roll-cut it into 2-inch lengths. Set aside.

Mix the seasoning ingredients in a medium-sized bowl and set aside.

Heat a wok on high for 30 seconds. Add the oil and swirl to coat the wok for 30 seconds longer. Add the garlic and salt. Stir-toss for 15 seconds. Add the cauliflower. Stir-toss for 1 minute. Add the broccoli and stir-toss for 1 more minute. Pour in the seasoning mixture, blend well, cover and cook for 3 minutes longer. This dish may be served hot or cold.

Preparation time: 8-10 minutes; cooking time: 7 minutes; serves 2.
Nutrition information per serving: 74 calories, 20 calories from fat, 25 percent calories from fat.
CHICKEN FINGERS

1 8-ounce chicken breast
1 egg white
2 tablespoons toasted sesame seeds
Vegetable oil spray
Marinade

2 teaspoons cornstarch
1/2 teaspoon sugar
1/4 teaspoon salt
1/4 teaspoon baking soda
1/4 teaspoon white pepper
1 tablespoon dry white wine
1/2 teaspoon oyster-flavored sauce

Mix the marinade ingredients in a medium-sized bowl and set aside.

Remove all skin and fat from the chicken breast. Cut it into strips, 2 inches long and 1/4-inch wide, making about 25 strips. Place the strips in the marinade bowl. Marinate them for 30 minutes or longer.

Lightly spray the surface of a baking sheet with vegetable oil. Preheat the oven to 375°F.

Beat the egg white in a chilled metal bowl until frothy. Add the sesame seeds and set aside.

After the chicken has marinated for at least 30 minutes, add the egg white and sesame seed mixture. Stir well to coat the strips. Place the strips side by side on the baking sheet. Bake the strips for 5

minutes. Turn them over and continue baking for another 3 minutes.

Cool the chicken fingers for 5 minutes before removing them to a serving platter.

Preparation time: 8-10 minutes; Marinated time: 30 minutes; Cooking time: 8 minutes; Cooling time: 5 minutes; Serves 4.

Note: To make toasted sesame seeds, place raw seeds on a cookie sheet and bake in oven at 250°F for 30 minutes. Store leftover toasted seeds in an airtight jar.

Nutrition information per serving: 100 calories; 24 calories from fat; 24 percent calories from fat.

SWEET SUGAR SNAP PEAS

1 pound fresh sugar snap peas
2 (50 cent) size slices ginger-root
1/2 tablespoon oil
1/2 teaspoon salt
1/2 cup chicken broth

With kitchen shears, snip the ends off the peas. Rinse, drain

and set aside.
Smash the gingerroot to release its full flavor. Set aside.

Heat a wok on high for 30 seconds. Add the oil and swirl to coat the wok for 30 seconds. Add the smashed gingerroot and stir-toss for 30 seconds. Add the salt and peas. Stir-toss for 1 minute. Add the chicken broth, cover and cook for 2 1/2 minutes more. Ladle to a bowl and serve.

Preparation time: 6-8 minutes; Cooking time: 5 minutes; Serves 4. Can be made ahead, delicious hot or cold.

Nutrition information per serving: 60 calories; 16 calories from fat; 27 percent calories from fat.

This is a perfect way to use day-old cooked rice. For a one-dish meal, simply add cooked chicken, steamed shrimp, or leftover turkey.

RICE WITH A TROPICAL FLAIR

2 cups day-old rice
4 egg whites, lightly beaten
with 1 tablespoon Maggi seasoning (available at Chinese and Oriental markets)

ket)
1 tablespoon oil
1 (10-ounce can) crushed pineapple in unsweetened juice, drained
1 tablespoon white vinegar
4 tablespoons diced scallions

Separate the rice clumps with your hands and set aside.

Heat a wok on high for 1 1/2 minutes. Add the oil and swirl to coat the wok for 1 1/2 minutes more until the wok is smoking. Pour in the egg white mixed with Maggi seasoning and stir quickly. Add the rice and stir-toss for 2 minutes. Add the pineapple. Stir-toss and mix for 1 minute. Add the vinegar and scallions and mix well with the rice. Turn the heat to medium, cover and cook for 3 minutes.

Dish up the rice and serve hot.

Preparation time: Less than 5 minutes; Cooking time: 9-10 minutes; Serves 6 (3/4 cup serving). Each serving 164 calories, 25 calories from fat, 15 percent calories from fat.

Vegetarian dishes sure to please dad on his day

See related story on Taste front.

Too Busy to cook. Planning is the key to success with our Healthy Home Program. Let the staff of Living Better Sensibly plan your special nutrition program, shop, cook, serve, clean-up so you can manage your weight and health with ease. For more information, including cost, call registered dietitian Beverly Price (248) 539-9424.

ANN'S BAKED VEGETABLES

6 cups mixed vegetables, chopped
1 cup sliced onion
2 tablespoons minced garlic
2 tablespoons minced fresh parsley
1/2 teaspoon dried thyme

3 tablespoons sherry or vegetable stock
3 tablespoons whole wheat flour
2 cups warm soy milk
Salt and pepper to taste
2 tablespoons grated soy cheddar cheese
1/4 cup toasted or oat bran bread crumbs

Preheat oven to 350°F. In a large microwave safe bowl steam vegetables in 1-inch of water with onions and garlic until tender, about 6 minutes. Toss with parsley and thyme. Spray a medium size casserole dish with non-stick cooking spray.

In a non-stick saucepan, heat sherry or stock to bubbling. Stir in

flour. Cook over low heat 2 minutes, stirring constantly. Slowly whisk in warm milk. Cook until sauce thickens, about 8-10 minutes, stirring constantly. Add salt and pepper. Remove from heat.

Place layer of vegetable mixture in casserole dish; top with a layer of sauce. Fill casserole, layering vegetables and sauce. Top with grated cheese and bread crumbs. Bake until lightly browned on top, about 20 minutes. Serves 6-8.

Nutrition information per serving: 162 calories, 2g fat, 6g protein; 28g carbohydrate, 0mg cholesterol; 109mg sodium, 6g fiber.

Recipe from "Nutrition Secrets for Optimal Health," by Betsey Kurieto and Beverly Price, "Tall

Tree Publishing Company," 1996).

AMBROSIA FRUIT SALAD

Salad
1 small ripe pineapple, cubed
1 large apple, diced
2 seedless navel oranges
3 kiwi fruit - halved moon slices

1/2 pound seedless grapes
2 ripe bananas - cut into slices
1 or 2 teaspoons lemon juice
1 pint strawberries, cut in halves

1/2 pint fresh raspberries
Fresh mint sprigs for garnish

Dressing
1/2 cup lemon juice
1/2 cup brown rice syrup
1 tablespoon mango or apricot chutney, mashed
1/2 teaspoon curry powder
1/2 cup plain soy yogurt
Pinch salt

In a large bowl combine all salad ingredients. In a small bowl combine all dressing ingredients and mix well. Pour dressing over fruit and chill. Serves 4.

Nutrition information per serving: 219 calories; 3g fat; 3g protein; 45g carbohydrates; 1mg cholesterol; 85mg sodium; 6g fiber.

Recipe from "Nutrition Secrets for Optimal Health," by Betsey Kurieto and Beverly Price, "Tall Tree Publishing Company," 1996).

GARDEN PAPRIKASH

2 teaspoons vegetable oil (canola oil)
2 cups chopped cabbage
1 cup chopped onion
1 cup baked potato, cut into 1/4-inch slices
1/2 cup sliced carrots
1/2 cup green pepper, sliced
1/2 cup sweet red bell pepper, sliced
2 garlic cloves

1 tablespoon sweet Hungarian paprika
1 1/2 teaspoons grated lemon rind
1 teaspoon caraway seeds
1/4 to 1/2 teaspoon crushed red pepper
2 cups soy milk
1 cup low sodium tomato juice
2 teaspoons low sodium soy sauce

Heat oil in a large saucepan over medium heat. Add cabbage and next 10 ingredients (cabbage through red pepper); sauté 3 minutes.

Add remaining ingredients; bring to a boil. Reduce heat; simmer, uncovered, 10 minutes longer or until tender and mixture begins to thicken. Serve with whole grain noodles. Yield 4 servings. (Serving size about 1 1/4 cups).
Recipe by Anne Kohls

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Health from page B1

Examples of antioxidants are vitamin C, beta-carotene, and selenium. Evidence shows that vegans (vegetarians who do not eat eggs or dairy products) have an even lower risk of cancer than those who consume eggs and dairy products.

Seeing your physician once a year by the time you are 40 is also very important for preven-

tion, or early detection of cancer and other chronic disease.

Happy Father's Day to all of my readers and a special Happy Father's Day to my father Nathan Peiss who was the driving force behind my career, and to my husband, vegetarian and father of the year David Price.

Beverly Price is a registered dietitian and exercise physiolo-

gist. She operates Living Better Sensibly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations. She is the co-author of "Nutrition Secrets for Optimal Health," Tall Tree Publishing Company. Visit her Web Site www.nutritionsecrets.com, and look for her column on the first Sunday of each month in Taste.

Image-maker from page B1

achieved this way. In Dom Perignon, nothing is heavy, yet there is good weight and mouthfeel, but it is lifted. The texture always has balanced acidity and comes across soft, silky and creamy in the mouth.

If you like pink champagne, there's Cuvee Dom Perignon Rose. It generally carries the same vintage year as the "white." Dom Perignon's top price is \$110. Shop around because it's often available for less. The current vintage of Dom is 1990.

Around the world, people will be to usher in the new millennium with Dom Perignon. There will be a shortage of all top champagnes and Dom Perignon can't be expanded beyond its availability. The 1992 vintage

will have a first release early in 1999. There will also be a release of 1985 Cuvee Dom Perignon in time for millennium celebrations.

Will popular demand cause price gauging? "If there is, it will not stem from the producer," Geoffroy assured.

California sparklers

Every celebration cannot be one with Dom Perignon. Here are some new and delicious California sparkling wines that are worth the price: Domaine Chandon 25th Anniversary Reserve Cuvee, Napa County \$23; 1992 Roederer L'Ermitage, Anderson Valley \$35. Scharffenberger Cellars has introduced a new proprietary name, Pacific Echo, for its well-regarded sparklers. Non-vintage Pacific

Echo Brut and Cremant \$19 are both available now, but look for a Vintage Blanc de Blancs and Brut Rose to come.

103-year-old debutante

After 103 years in the wine business, Seghesio has opened a tasting room in a newly-restored subterranean cellar, dating back to the 1880s. If you're planning a trip to California wine country, don't miss it - 14730 Grove Street, Healdsburg, Calif., in the heart of Sonoma County.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Healds, dial (734) 953-2047 on a touch-tone phone, mailbox 1864. Listen to them 9:10 a.m. Saturdays on WYUR Radio 1310 AM.

Crispy chicken great picnic fare

BY THE ASSOCIATED PRESS
Onion crispy drumsticks are served hot or cold with a fresh sour-cream cucumber dip.

The chicken can be packed in the picnic basket (with the proper refrigeration) for an outdoor summer meal.

PICNIC DRUMSTICKS

Preparation Time: 20 minutes
Baking Time: 45 minutes

For the chicken:
1/3 cup butter

1/3 cup crushed saltine crackers
2 tablespoons onion soup mix

8 chicken legs

For the dip:
1 medium (1 cup) cucumber, peeled and chopped
1 cup light sour cream
1-1/2 teaspoons chopped fresh chives

1/2 teaspoon salt
1/2 teaspoon dried dillweed

Heat oven to 350 degrees F. In a 13- by 9-inch baking pan, melt butter in oven, about 5 to 7 minutes.

Stir together crushed crackers and onion soup mix. Dip chicken legs into melted butter, then coat

with crumb mixture.

In the same pan, place chicken legs; sprinkle with remaining crumb mixture. Bake for 45 to 55 minutes or until fork tender.

Meanwhile, in medium bowl, stir together all dip ingredients. Cover; refrigerate at least 1 hour. Serve chicken hot or cold with dip. Makes 4 servings.

Nutrition facts per serving: 410 cal., 30 g pro., 15 g carbo., 25 g fat, 133 mg chol., 1,106 mg sodium.

Recipe from: Land O'Lakes