

Cookbooks from page B1

body will combine them to make complete proteins. "I always meet moms who go bonkers because their kid's in college, and won't eat meat. They're afraid their child won't get enough protein."

With help from Jamie Gates Galeana, who first met the Meers in 1992 while working as a clinical dietitian on the cardiac floor of a hospital, Mary, who has a bachelor of science degree in home economics, began working on the book.

"We don't offer never-ending restrictions. Instead, we present lots of realistic suggestions for what you can do," writes Galeana in the introduction. "Vegetarian Cooking for Healthy Living" is a great resource for anyone interested in a healthier diet and lifestyle. There are 130 recipes, 14 sample menus, and lots of tips.

You'll learn how to stock your kitchen with low-fat foods, read food labels and make healthy food choices when you eat out. There's also a helpful food buying guide, and suggestions for further reading.

Keely Wygonik is editor of the Taste section of the Observer & Eccentric Newspapers.

Chicken from page B1

ens and turkeys walk around, but do little, if any, flying so their breast muscle is white and their legs dark.

Game birds fly more, and the breast meat is almost as dark as the drumstick. White meat is lower in fat than dark meat, but dark meat supplies a bit more iron than white meat. Eat the meat you like. We tend to think of chicken as a low-fat meat. However, depending on its preparation method, this may not be true. Batter-dipped fried chicken, mayonnaise-based chicken salads and fast food chicken sandwiches are often higher in fat than a hamburger.

To keep your chicken skinny, flavor it with vinegar, wines, soy sauce and citrus juice, instead of heavy sauces and gravy, to bring out the natural flavor of the bird. Try using ground chicken instead of beef in your favorite chili, meatloaf, spaghetti sauce, or hamburger recipe.

From Tetrastini, fajitas, chicken curry and shawarma to pot pies and good old Kentucky fried, on dinner tables around the corner, and around the world, you'll always find chicken.

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 and consulting company.

WHAT'S COOKING

■ Old Mexico Restaurant - Join Old Mexico Restaurant, 5666 Drake (at Walnut Lake Road) West Bloomfield, Wednesday, Sept. 16 as they celebrate Mexico's Independence. A mariachi band will perform 8-10 p.m. Call (248) 661-8088.

Try 'Vegetarian Cooking'

Recipes from "Vegetarian Cooking for Healthy Living: An Ultra Low-Fat Nutrition Guide for Living Well" by Mary Ter Meer and Jamie Gates Galeana. (Appletree Press, Inc., \$17.95). Look for "Vegetarian Cooking for Healthy Living," at your local bookstore, or call the publisher, (800) 322-5679. See story on Taste front.

PUMPKIN SPICE MUFFINS

- 3/4 cup canned pumpkin
- 1/2 cup honey
- 1/2 cup nonfat, cholesterol-free egg substitute
- 1/2 cup unsweetened apple sauce
- 2 tablespoons skim milk
- 1 teaspoon vanilla
- 1 3/4 cups whole wheat pastry flour
- 1/3 cup packed brown sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- Nonfat cooking spray

In large bowl, mix together the pumpkin, honey, egg substitute, applesauce, milk and vanilla. In another bowl, combine the flour, brown sugar, baking powder, salt, cinnamon and nutmeg. Combine the dry with wet ingredients and mix well.

Spoon batter equally into 12 muffin cups that have been sprayed with nonfat cooking spray. Bake at 350°F for 20-25 minutes or until a toothpick inserted in the center comes out clean. Cool and remove from the tin. Makes 12 muffins.

Nutrition information per serving: 1 muffin - Calories 144, Protein 4g, Carbohydrate 33g, Fat 0.5g, Cholesterol 0mg, Sodium 122 mg, Fiber 2.5g. Dietary Exchanges: 1 starch and 1 fruit

Festive roast chicken combines fall flavors

See related story by Peggy Martinelli-Everts on Taste front. Recipes compliments of HDS Services.

FLAVORFUL CHICKEN STOCK

Put bones and scraps of raw poultry, along with some onion, carrots, celery, and few snips of parsley, in a large stock pot of water. Add pinch of thyme, salt and pepper for good flavor. Simmer the mixture for at least 3 hours. After cooking, remove the bones and scraps and refrigerate. Once cooled, a layer of fat will rise to the top. This can be easily skimmed off, and the broth used in your favorite soup or stew recipes.

APPLE/CRANBERRY STUFFED CHICKEN DINNER

- 3 Macintosh or Granny Smith apples (about 3 cups)
- 2/3 cup dried cranberries
- 1 tablespoon rubbed sage
- 1 tablespoon sweet marjoram
- 2 cups (plus a little more) apple juice or apple cider
- 3 slices day-old white bread, cubed
- 1/2 cup chopped walnuts
- 1 chicken (3 to 3 1/2 pounds)
- 12 baby new potatoes, washed
- 3 medium sweet onions, quartered
- Corstarch to thicken (about 1/2 tablespoon)
- Salt and pepper to taste

Core and dice apples into 1/4-inch pieces. No need to peel apples. In a sauté pan, simmer apples, cranberries, sage and marjoram in 1/2 cup apple juice until apples are tender. Drain and reserve liquid. Add bread cubes and walnuts to apple mixture.

Preheat oven to 350°F. Season chicken with salt and pepper. Gently separate the skin from the breast, leg and thigh of chicken with your fingers, being very careful not to tear the skin. Carefully take about half the apple/cranberry stuffing and put it underneath the skin. Spoon the remaining stuffing into the body cavity. Then truss the bird.

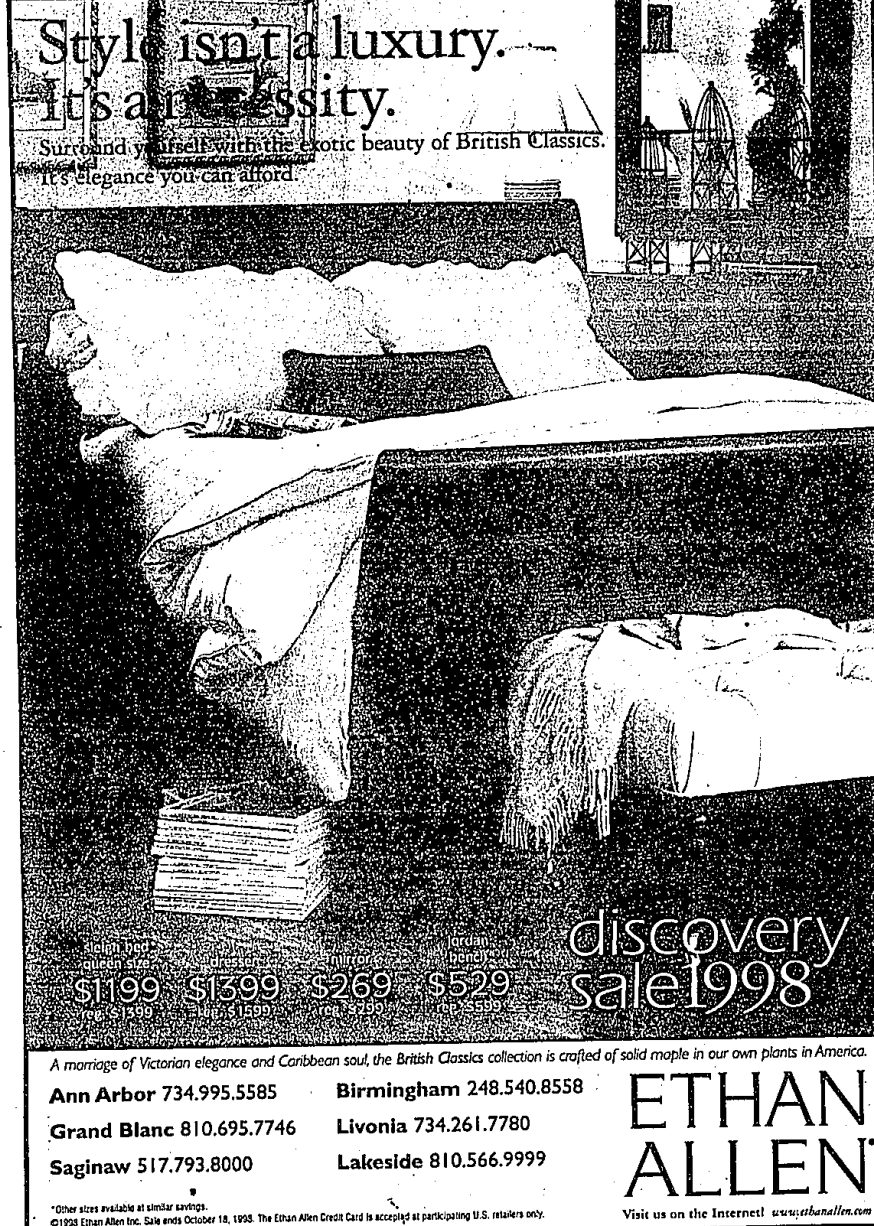
On the bottom of a roasting pan, pour 1 cup apple juice. Place chicken on a rack and put this in the roasting pan. Put potatoes and onions on the bottom of the pan, in the apple juice. Roast for about 1 1/2 hours, or until 180°F internal temperature. If the skin of the chicken is getting too brown, cover with a lid or foil.

Carefully remove chicken and vegetables from roasting pan. Skim fat from roasting pan being careful to save the roasting juices. Add the reserved juice from the stuffing and 1/2 cup apple juice to the roasting pan juices. Place pan on top of burner and simmer mixture, reducing by one half. Check seasoning for salt and pepper and thicken by combining a little (about 1/2 tablespoon) cornstarch with a small amount of cold apple juice and adding a little at a time until sauce coats a spoon.

Remove legs and thighs from chicken and place on a serving plate. Remove stuffing from cavity. Carefully remove the chicken breasts from the bone. Slice and arrange on a plate. Surround with potatoes and onion quarters. Serve sauce and dressing on the side. Serves 6 people.

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