

Pack healthy snacks for your family vacation

BY BEVERLY PRICE
SPECIAL WRITER

It's not always easy to eat healthy food when you're on vacation. Those people who have made it a routine to eat healthy just take their favorite foods with them.

Regina Goebel of Livonia always carries a blender wherever she goes. She takes tofu that does not need refrigeration. Her travel pack includes canned fruit for tofu smoothies.

"I can't live without my soy — I learned the hard way on my first trip away without it," she said.

A client of mine went to visit her mother out of town last month. In the past, her healthy nutrition plan went by the wayside during visits home. However, this time she decided to take charge and introduced her mother to Morningstar Farms Grillers. Now, her trips back home are filled with healthy meals that both she and her mother enjoy.

Our family always packs mini soy milk boxes for the road. When we arrive at our destination, we seek out the nearest

health food store and load up on healthy, dry goods such as high fiber cereal, and fresh fruits. We always keep organic juice boxes and bottled water in our travel bag for dry trips.

Cathy Fresia of Huntington Woods is spending the holiday week-end in Boston. She packed Health Valley Cheddar Lites and Red Cherry and Blueberry Tarts along with Good Health Cheddar Guppies and Peanut Butter (filled) Pretzels for her family to snack on.

Her picnic basket also contains Hain's Animal Graham Crackers and Cookies, Barbara's Cheese Bites, Garden of Eatin' Sesame Blue Chips, Stretch Island Fruit Leather, Panda All Natural Licorice Bars and assorted raw vegetables. Fresia keeps a picnic basket in her car at all times for snack emergencies. She freezes containers of yogurt ahead of time to use for ice blocks and a healthy snack.

Roll-up sandwiches, packed in an insulated cooler, are wonderful road snacks. Take whole wheat lavash bread and top it with your favorite sauce such as barbecue, pesto, honey mustard,

ketchup, tofu cream cheese, low-fat salad dressing, low-fat mayonnaise, or tamari sauce. Add veggie fillings such as shredded carrots, broccoli, sliced mushrooms or sprouts, and top with veggie refried beans, hummus, soy cheese or meat-free slices. Pique your palate on a straw or toothpick is ideal for traveling. Try watermelon, cantaloupe or honeydew balls, and strawberries, raspberries, or blueberries. Don't forget beverages. Pack jugs of water for long trips.

Stop for a stretch break when traveling long distances and have a safe and healthy trip!

SUNNY ALMOND SPREAD

- 1 cup raw almonds
- 1 cup sunflower seeds
- 1 small carrot, grated
- 2 tablespoons lemon juice
- 1/4 cup water
- 1/4 cup soy mayonnaise
- 1/4 cup chopped, fresh parsley
- 2 tablespoons Bragg Liquid Aminos
- 2 garlic cloves, peeled
- 1/8 teaspoon cayenne pepper

Put almonds and seeds in medium bowl. Cover with water. Soak 6 to 12 hours. Drain, rinse and drain. Put soaked in food processor, and process for 30 seconds. Add remaining ingredients and process until smooth. Cover and chill before serving. Makes 3 cups. Recipe from "May all be fed," by John Robbins

CHIK PASTA SALAD

- 2 Morningstar Farms Chik Patties, thawed and diced
- 3 cups cooked whole-wheat linguine
- 1/2 cups low calorie Italian salad dressing
- 3/4 cup frozen peas, thawed
- 1 small onion, chopped
- 1 large tomato, diced
- 3/4 cup sliced carrots
- 3/4 cup diced celery
- 3/4 cup sliced zucchini
- 1/4 teaspoon garlic powder
- Dash of paprika

Combine all ingredients and blend well. Chill several hours. Serves 6.

BETSEY'S BEST OATMEAL

RAISIN COOKIES

- 6 tablespoons Wonderslim Fat & Egg Substitute
- 1 cup packed brown sugar
- 1/2 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup whole wheat pastry flour
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3 cups rolled oats, uncooked
- 1 cup raisins

Heat oven to 350°F degrees. Coat cookie sheets with non-stick cooking spray. Combine Wonderslim, brown sugar, sugar, egg and vanilla; beat until well blended.

In a separate bowl, combine flour, cinnamon, baking soda and salt. Add to sugar mixture; mix well. Stir in oats and raisins. Drop by rounded tablespoons onto cookie sheets. Bake for 10 to 12 minutes. Remove from cookie sheets; cool on wire racks. Store in tightly covered container. Makes 3 dozen cookies.

FRUIT SMOOTHIE

- 1 (10 ounce) package lite, silken tofu
- 1 cup frozen raspberries
- 1 banana
- 2 cups pineapple-orange juice

Blend until smooth. Serves 2.

Living Better Sensibly has a variety of fall educational classes, cooking programs for kids, and worksite wellness programs to meet your needs. Call (248) 539-0424 for more information or to be placed on our mailing list.

Beverly Price is a registered dietitian and exercise physiologist. 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 at www.nutritionsecrets.com.

Look for her column on the first Sunday of each month in Taste.

Seven-layer salad appealing summer dish to pass

(AP) — Jeanne Jones' syndicated recipe-makeover column, "Cook It Light," regularly offers lower-fat and lower-calorie versions of favorite food preparations.

Seven-Layer Salad, an appealing summer dish, is one of 200 revised recipes in her new book, "Jeanne Jones' Homestyle Cooking Made Healthy" (Rodale Press, \$27.95).

"In these makeovers," Jones writes, "I have kept two goals constantly in mind: The revised dish must taste as good as the original, and the revised dish must meet current nutritional guidelines for healthy eating."

Her previous books include "Healthy Cooking for People Who Don't Have Time to Cook" and "Canyon Ranch Cooking."

In this book, her new version of Chicken Potpie has 6 grams of fat per serving instead of the traditional 41 grams, and the calorie count is reduced to 411 from 827. Tuna Noodle Casserole, which once weighed in at just over 1,000 calories and 41 grams of fat per serving, is reborn with

622 calories and 14 grams of fat. Reductions are similar for this updated summery salad, with 198 calories per serving and 7 grams of fat. Serving it in a glass bowl lets everyone at the table see the pretty layers before the salad is tossed and served.

SEVEN-LAYER SALAD

- 6-ounce package (8 cups) assorted young greens, torn into bite-size pieces
- 2 large ribs celery, thinly sliced
- 1/2 pound trimmed radishes, sliced
- 2 scallions, sliced
- 6 slices turkey bacon, cooked and drained

10-ounce package frozen green peas, thawed
11/2 cups fat-free mayonnaise
1/2 cup (2 ounces) shredded extra-sharp Cheddar cheese
Place the greens in the bottom of a large glass bowl. Add the celery,

radishes, scallions, bacon and peas in individual layers. Carefully spread the mayonnaise over the peas, covering the top completely and sealing to the edge of the bowl. Sprinkle with the cheese. Cover the salad tightly and refrigerate at least 2 hours but no longer than 12 hours to blend the flavors before serving.

To serve, toss the salad and spoon onto chilled plates.

Makes 6 servings.

Nutrition facts per serving: 198 cal., 7 g fat, 25 mg cholesterol, 761 mg sodium, 23 g carbs., 10 g protein.

APPETIZING WEB SITES

Click your computer mouse and go to Sargento Foods, Inc. www.sargento.com on the Web.

Sargento Foods Inc. recently won an Achieving Excellence in Marketing Award for best overall Web site at the International Dairy Foods Association Smart Marketing conference in New Orleans.

The site invites visitors to come back each month for the latest recipes, quick tips and product news, and also encourages them to provide information to post local food fests.

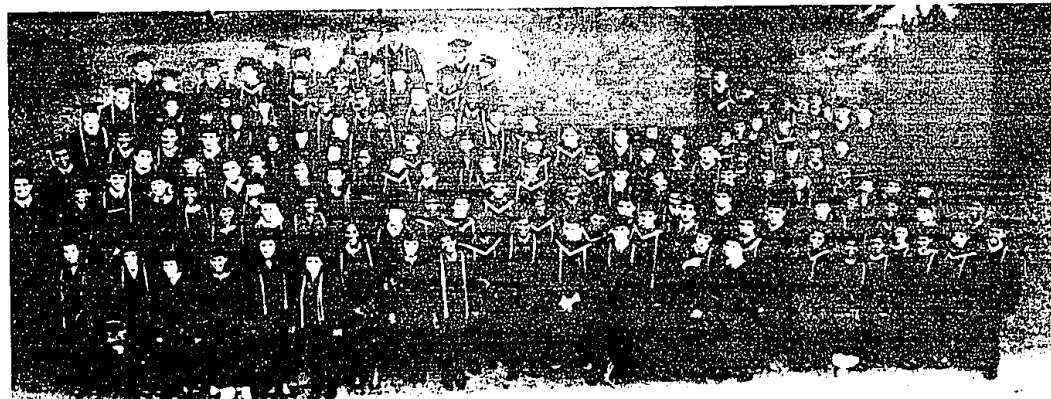
The site has a link to www.moo-town.com, which is designed for youngsters and supports Sargento's Moo Town Snack line of refrigerated and shelf-stable snacks. It also links to Recipes of America, a tour of some of America's top restaurants with a collection of chef signature recipes, appealing to adventurous cooks.

Sargento Foods is a national marketer of a full line of shredded, sliced, snack and specialty cheeses.

I'd like to hear about your favorite food Web site. Find me on the Web at huygoni@oe.home.com.net



CONGRATULATIONS! Detroit Country Day School Class of 1999



Scholars

- 100% accepted to four-year colleges and universities, with an average of three acceptances each
- Matriculating at universities ranging from Harvard to Stanford, 44% in Michigan, 55% out of state and 1% internationally
- 16% named National Merit

Semifinalists, the largest percentage of Semifinalists at any public or private high school in Michigan
• 3rd in nation in biology, 4th in chemistry and 5th in physics in National Science Olympiad
• 2 perfect scores on SAT
• A United States Presidential Scholar
• 4 consecutive state championships in Quiz Bowl

and TEAMS (Test of Engineering Aptitude, Math and Science)

Citizens

- Founded "Thins for Children Fighting Cancer" and helped countless needy children through this project
- Demonstrated concern for others and a sense of social responsibility by giving

thousands of volunteer hours in support of community service programs such as:
• COTS (Coalition on Temporary Shelter)
• Habitat for Humanity
• Red Cross
• SADD (Students Against Driving Drunk)

Athletes

- Led Country Day to four state

championships this year, in women's basketball and soccer and in men's tennis and lacrosse
• 2 earned All-American honors, in women's basketball and in men's lacrosse
• 2 named All-Midwest in women's lacrosse
• 13 won All-State honors in five different women's sports and three men's sports

We Salute You, Class of '99

Albert Antonious Albou
Ashish Kumar Agarwal
Mark Herman Ambrose
Rajesh Babu
Preetha Lakshmi Balakrishnan
Travone Glen Bartley
Benjamin Eren Bayram
John Michael Bevie
Autumn Marie Beutley
Katie Therese Blazevski
Thomas Nott Boninatti
Jerrille Beude Brook
Bethany Jo Bryant
Adam James Buttner
Lisa Brennan Cantwell
Michael Dillard Cartwright
Carolyn Michelle Check
Stephen G. Collins
Matthew J. Cowles
Jeffrey Braden D'Addio
Srinivas Dandla
Andrew Maroon Deaschere
Colin Matthew Dill
John Harvey Diehl III
John Eric Eckstrom IV
Duncan Alexander Edwards
Lena Rose Epstein
Geoffrey Michael Fink
Nicholas Blair Fritch

Ashley Jane Futterknecht
Sanjiv Garg
Jennifer Michelle Gatt
Ryan Kenney Gittelmann
Andrew Michael Goidswig
Eric Seth Goodman
Arjun Krishna Gowda
Sonjay Narasimha Gupta
Serika Gupta
Shilpa Gupta
Danielle Nicole Hagglin
Katharine Anna Hauke
Rachel Ann Harrison
James Bruce Henderson IV
Heidi Marie Herrgott
Jason Anthony Higginbottom
Paul Daniel Hudson
Dania Lynn Intontie
Syed Mohammad Akbar Jafri
Syed Zain Nicholas Jafri
Sangeeta Jain
Samir Janveja
Alina Jennifer Jett
Janet Kandrewas
Brett Justin Kaplan
Alan Kaurin
Mariam Khalife
Azam Brian Khan
John Lee Kim

Monica Song-Eun Kim
Darren Patrick King
Channelle Kiz
Manda Lorraine Knight
Matthew Scott Kosterke
Jasvinder Lynn Kuglin
Casey Jill Kyes
Matthew John Lambert
Sean James Leary
Stacey Michelle Leaultier
Sophie Alice Lester
Rebecca Jane Lewis
Jennifer Marie Lussia
Rajeev Mahajan
Brian Joseph Marchena
Leah Michelle Mass
Nicholas Peter Mott III
Jennifer McGrath
Kerina Mussa-Basha
Sandeep Moutil
Selim Musani
Zachary Augustus Myers
Rachana Nalik
Deborah Naram
Molly Marie Osojki
Nicholas Scott Packery
Milton J. Parikh
Militia Patel
Priya G. Patel

Krishna Chaitanya Pemi
Rishi Prakash
Akash Chandra Kant Pujara
Ali Reza Rabhani
Dalin Labshini Narasimha Raju
Veda Ramesh
Zubin Achanadhar Rao
John Aaron Redmond
Kevin Patrick Richards
Robert Modesto Rickerts
Suphile Alice Rieger
John David Ritchie
Todd Robert Rochow
Crystal Bernadette Ruesser
Michael James Runyan
Anil Kumar Sahasrabudhi
Kirtiana Sasunne Schwartz
Rajesh Senapati
Scott Lee Seidick
Jacob Daniel Shingira
Peter William Sherman
Rabeen Kamal Shouhaby II
Anu Simale
Danzela Jacqueline Smith
Kevin J. Sprague II
John Lee Stasulopoulos
Jeremy A. Strubis
Johanna Su
Zachary Syed

Jared A. Thatcher
Jennifer Lynne Thomas
Jonathan George Thomas
Nicholas Gregory Thomas
Anuja B. Tolia
Adam Sullivan Tootla
Nicholas Lee Tsvassoni
Janna Michelle Tremblay
Adam Samuel Truck
Andrew Redstone Upward
Omri Bengi Urmien
Alissa Vachon
Kaiti Lynn Vaughn
Katie Elizabeth Veraldi
Alexander V. Wagner
Zachary David Walton
Albert Hsu-Shinn Wang
Marie Ruth Webster
Leah Jill Weiss
Logan Caisse Wert
Christopher Wynne Wicklund
Stuart Michael Yngst
Nicholas Robert Yonce
Deepak David Zampanti
Kevin Kanani Zaslani
Lindsay Elizabeth Zantop

