

Sandra Dalka-Prysbys shares family-tested recipes

See related story on Taste front. Recipes compliments of Sandra Dalka-Prysbys.

CHICKEN FAJITAS

- 1/2 cup soy sauce
- 2 cloves garlic, finely minced
- 1/2 teaspoon freshly ground black pepper
- 3 dashes Tabasco sauce
- 1 pound chicken breast, skinless, boneless and cut into strips
- 1 large onion, thinly sliced
- 8 (6-inch) corn tortillas
- 2 tablespoons vegetable oil
- 1 large green bell pepper, thinly sliced into strips
- 1 large red bell pepper, thinly sliced into strips
- 2 cups tomatoes, thinly sliced
- 1 cup nonfat sour cream

In large container with tight-fitting lid, combine soy sauce, garlic, black pepper and Tabasco sauce. Cover and shake to mix. Add chicken and onion. Cover. Turn upside down to coat.

Refrigerate 2 hours, turning occasionally. Place tortillas in oven to warm per package directions.

In large skillet, heat oil over medium-high heat. Add chicken strips (reserve marinade) and cook until no longer pink, stirring often.

Remove chicken. Add marinade and bell peppers. Sauté until vegetables are tender. Add chicken and tomatoes. Reduce heat and

simmer until tomatoes are hot. Place 1/8 mixture in center of tortillas. Top with 1 tablespoon sour cream. Fold to enclose filling. Serves 8.

PORK FRIED RICE

- 3 tablespoons canola oil, divided
- 1/2 pound pork tenderloin, diced
- 6 whole green onions, minced
- Egg substitute equal to 3 eggs
- 1/2 cup celery, diced
- 1/2 cup carrot, shredded
- 3 tablespoons soy sauce
- 1/2 teaspoon freshly ground black pepper
- 4 cups long-grain rice, cooked

and chilled

In large nonstick skillet, heat 1 tablespoon oil. Add pork and cook over medium-high heat, stirring often, until no longer pink. Remove and set aside. Add 1 tablespoon oil to skillet and heat.

Add egg substitute and scramble until all liquid is set. Remove to plate and cut into small pieces. Add remaining oil to skillet. Add onions, celery and carrots.

Cook, stirring often, until vegetables are tender, about 4 minutes. Reduce heat to medium. Add soy sauce and pepper. Add cold rice, pork and eggs. Stir well. Cover and cook rice mixture for 3 minutes or until well heated. Serves 8.

Book Signings

Sandra Dalka Prysbys will be signing copies of "Slow But Sure — How I lost 170 Pounds with the Help of God, Family, Family Circle Magazine, and Richard Simmons," (Doubleday, \$22.95) at the following times and locations:

■ 7 p.m. Wednesday, Feb. 24 — Borders Book Shop, Southfield at 13 Mile Road, Beverly Hills.

■ 6 p.m. Thursday, Feb. 25 — Featured speaker and book signing as part of the Village Women's Club of Beverly Hills annual fund-raiser, "Ladies Nite Out," Beverly Hills Club, 31555 Southfield, Beverly Hills. Tickets \$10 in advance, \$12 at the door, call (248) 540-2459.

■ 11 a.m. to 2 p.m. Saturday, Feb. 27 and noon to 3 p.m. Sunday, Feb. 28, Beverly Hills Club, 31555 Southfield, Beverly Hills.

Offer football fans cheeseburger noodles

AP — Cheeseburger Noodles combines some favorite foods in a tasty dish to offer football fans.

The noodles form a hearty pasta base to combine with meatballs, onions, cheese, sour-cream and ketchup. This version calls for low-fat ingredients and is easy to prepare.

CHEESEBURGER NOODLES

- 1 pound extra lean ground beef
- 1/4 cup dry bread-

- crumbs
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1 egg
- 2 teaspoons vegetable oil
- 14 1/2-ounce can fat-free chicken broth
- 1/4 cup water
- 1/4 cup ketchup
- 8 ounces medium or wide egg noodles, uncooked
- 1/2 cup nonfat sour cream

- 1 cup shredded low-fat Cheddar cheese

Combine ground beef, breadcrumbs, onion powder, 1/4 teaspoon salt and egg; mix well. Shape into about 36 3/4-inch meatballs. Heat oil in a large skillet coated with cooking spray. Add meatballs and cook until browned on all sides. Drain well. Combine chicken broth, water, ketchup and remaining 1/4 teaspoon salt; add to skillet. Bring to a boil, stir in noodles, making

sure they are covered by the liquid. Reduce heat, cover and simmer 10 to 15 minutes or until noodles are done. Stir in sour cream and cheese. Cook until thoroughly heated and mixture thickens, about 5 minutes. (Do not boil.)

Makes 6 servings. Nutrition facts per serving: 378 cal., 26.7 g pro., 36 g carb., 12.7 g fat, 98.3 mg chol., 466 mg sodium.

Recipe from: National Pasta Association.

Easy vegetable dish hearty winter fare

See related story on Taste front.

This recipe from the Schoolcraft

College Culinary Arts Kitchen, compliments of Chef Kevin Gawronski, is a hearty winter dish.

MEDITERRANEAN VEGETABLE COUS COUS

- 2 cups cous cous
- 2 cups vegetable or chicken stock
- Salt and pepper to taste
- 1 cup carrots, diced
- 1/2 cup celery, diced
- 1/2 cup green onions, diced
- 1/2 cup fresh fennel, diced
- 1 cup sliced mushrooms
- 1 cup Tomato concasse (peeled, seeded diced tomatoes) or 1 cup

canned diced tomatoes

- 1 tablespoon basil, chopped
- 1 tablespoon chives, sliced fine
- 1 tablespoon chopped parsley
- 1 cup vegetable or chicken stock

Bring the 2 cups of vegetable or chicken stock to a boil.

Add the cous cous and salt and pepper. Turn off the heat and cover tightly. Let stand for 10 minutes.

Place the vegetables in a separate pan with the 1 cup of vegetable or chicken stock and cover. Place on moderate heat and cook the mixture until the vegetables are tender, about 10 minutes.

Fold the vegetables and the cous cous together. Serve hot. Serves about 4 people.

COOKING CALENDAR

Send items for consideration in Cooking Calendar to Keely Wygonik, Taste editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150, or fax (734) 591-7279.

NEW PRODUCT
Check out the new B.B.Q. Basting Buddy, invented by Al Flores of Livonia and Glenn J. Cox, at the Spring Home & Garden Show, Thursday-Sunday, Feb. 4-7 at the Novi Expo Center. The B.B.Q. Basting Buddy screws onto the top of most bar-

becue sauce bottles allowing the sauce to flow through the cap onto the bristles and onto your food. Flores and Cox will be selling B.B.Q. Basting Buddy at the show for \$6. It is also available at Westborn Markets for \$6.95. Spring Home & Garden Show hours are 2-10 p.m. Thursday-Friday; 10 a.m. to 10 p.m. Saturday, and 10 a.m. to 7 p.m. Sunday. Admission is \$6.50 adults, \$4.50 seniors, \$3.50 children ages 5-12. Children under 5 admitted free. Family tickets for

two adults and two accompanying children are available at Farmer Jack for \$9. For more information, call (248) 737-4478.

CHICKEN SOUP CONTEST
Is your chicken soup the best in town? We'll be the judge of that! Enter your recipe in Temple Kol Ami's Ultimate Chicken Soup Contest. Entries must be postmarked by Sunday, Jan. 31. The top 10 finalists will be notified by Feb. 13. No shellfish or pork ingredients. Call (248) 661-0040 for an offi-

cial entry form. Mail entry form to Temple Kol Ami, 5085 Walnut Lake Road, West Bloomfield, 48323.

Contest finalists will compete in a cook-off at Temple Kol Ami on Wednesday, Feb. 24.



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