

# Enhance your meal plan with soy products

See related Living Better Sensibly Story on Taste front.

The Michigan International Women's Show, will be held Thursday, April 29 through Sunday, May 2 at the Novi Expo Center. Stop by the Living Better Sensibly/Pharmacology booth and register to win a gift.

Don't miss Chef Annabel Cohen's cooking demonstration, "Spotlight on Soy" 6:30 p.m. Thursday, April 29 and Beverly Price's seminars on "Natural Treatment Options for Menopause" 6:30 p.m. Friday, April 30 and 6:30 p.m. Saturday May 1 at the show. Sample yummy dessert shown here, and other great soy dishes. Call (248) 639-9424 for more information.

## MARLA'S VEGETABLE LASAGNA

1 small onion  
2 cups zucchini, spinach, and/or mushrooms  
2 cups Morningstar Farms Harvest Burger Recipe Crumbles  
12 ounce can tomato paste  
28 ounce can, crushed tomatoes

toes  
1 and 1/2 teaspoon salt  
1/2 teaspoon oregano  
1/2 teaspoon thyme  
1/2 teaspoon crushed red pepper (optional)  
1/2 teaspoon garlic salt  
1 bay leaf  
Morningstar Farms Better'n Egg equivalent to 2 eggs  
12.3 ounce container Mori-Nu Firm, lite silken tofu, mashed  
1 (12 ounce) package soy cheese, mozzarella style  
1 package whole wheat Lasagna noodles

Brown onions and other vegetables. Combine onions and other vegetables with all ingredients through the bay leaf in large pot. Bring to boil and simmer for 30 minutes with cover on.

Stir occasionally. Boil noodles while sauce is simmering and cook until al dente.

In a separate bowl, combine Better'n Egg and mashed tofu. Cut mozzarella cheese into small

cubes.

When noodles are done, lay them flat on wax paper. Set in pan as follows: noodles, 1/3 tofu-egg mixture, 1/3 mozzarella cheese, 1/3 sauce. Repeat 3 times but leave noodles off third time. Bake for 45 minutes at 375°F.

## TEMPEH-MUSHROOM SAUCE

2 tablespoons sesame oil  
8 ounces tempeh  
2 1/2 cups vegetable stock  
2 teaspoons tamari or soy sauce  
4 teaspoons cornstarch or arrow root powder  
1 large onion, finely sliced  
4 cloves garlic, pressed or minced  
1 pound fresh mushrooms, sliced  
Fresh ground black pepper to taste

1 teaspoon minced fresh thyme (1 1/2 teaspoon dried)  
2 teaspoons minced fresh marjoram (1 tsp. dried)  
3 tablespoons mellow barley

miso, or to taste

3 tablespoons finely chopped fresh parsley

Heat in skillet 1 tablespoon oil over medium-high heat. Add tempeh; flip immediately to coat second side with oil. Brown both sides. Add 1/2 cup stock, and tamari or soy sauce. Cover tightly and cook, turning once, until liquid is absorbed, about 5 minutes.

Cut tempeh into strips about 1/4 inch thick and 1 1/4 inches long; set aside.

In small bowl, combine cornstarch or arrowroot, and 1 tablespoon cold stock. Set aside until dissolved.

Heat remaining 1 tablespoon oil in skillet. Add onion; saute over medium heat until onion is translucent, about 5 minutes.

Stir in garlic and mushrooms; continue to saute until mushrooms exude moisture. Add pepper, thyme and marjoram; saute briefly. Remove from heat.

Whisk miso with dissolved thickener and several tablespoons of stock.

Add remaining stock and tempeh strips to sauteed vegetables, and bring to a simmer. Gradually add miso mixture, stirring constantly, until liquid thickens. Remove from heat and stir in 2 tablespoons parsley.

Serve immediately over whole wheat noodles or grains. Garnish with remaining parsley. Makes 4 generous servings.

Variation: Use dill and tarragon in place of thyme and marjoram.

## CHOCOLATE RASPBERRY CAKE-LIVING

Yield: 12-16 servings  
1 package 2 layer size devil's food cake mix  
2, 2 1/2 ounce packages Chocolate Mori-Nu Mates Low-fat Pudding Mix  
2/3 cup cold soy milk  
1/3 cup raspberry liqueur  
1 (11 or 12 ounce) jar fudge topping or raspberry-fudge sauce  
Fresh raspberries  
Chocolate curls

Grease and flour two 9 by 1 and 1/2-inch round baking pans; set aside.

Prepare, bake, and cool the cake mix in prepared pans according to package directions.

Prepare Mori-Nu Mates according to package directions, except use the 2/3 cup cold milk and 1/3 cup raspberry liqueur instead of tofu.

Split each cake layer in half horizontally with a serrated knife. To assemble cake, place bottom of one split layer on a serving plate. Spread about 1/3 cup of the fudge topping over the bottom layer.

Spread about 1/2 cup of the pudding mixture over the fudge topping. Repeat layers two more times.

Top with remaining cake layer. Frost top and sides with remaining pudding mixture. Decorate with fresh raspberries and chocolate curls. Store cake in refrigerator.

Recipe from Better Sensibly's Chef Anne Kohls.

# Season ham sandwiches with creative flair

AP — "Day-after" need not translate "dull" if you season cold ham sandwiches with creative flair.

Regionally inspired flavors can make a difference; introduce them by way of tasty fat-free spreads, fancy mustards, salsas, cheeses and good bread.

Here are some ideas to try:

**Parisian Favorite:** A sandwich with a bistro flavor. Spread fresh sliced rye bread with country-style Dijon mustard. Layer with slices of ham and reduced-fat Swiss cheese. Serve with fresh fruit salad.

**Bay Area Classic:** A San Francisco-style sandwich. Toast two slices of sourdough bread and spread with reduced-fat, herb-flavored cream cheese. Add sliced ham and top with

mild pickled pepper rings (such as banana peppers), lettuce and thinly sliced tomatoes.

**New England Haven:** For this hearty sandwich, top a thick slice of cracked wheat bread with ham. Then add some character with cranberry-apple relish. Serve with crisp dill pickle.

**California Club:** Spread toasted seven-grain bread with honey mustard and top with ham, thin slices of provolone cheese and crisp alfalfa sprouts. Cut into quarters for a restaurant-style club with West Coast flair.

**Midwestern Delight:** A heartland favorite combines toasted cheese bread with reduced-fat mayonnaise, thinly sliced ham and roasted peppers. Serve with pretzels.

■ Encourage children to develop an interest in good food and nutrition by letting them take part in the easy preparation of leftovers.

**Texas Roundup:** A zesty Southwestern wrap. Cube ham and combine with salsa and cooked rice. Roll in a flour tortilla; serve black bean salad on the side.

**Aegean Island Dream:** Prepare a Greek-style sandwich by tossing shredded ham with olive oil, lemon, fresh spinach leaves and a sprinkling of dried oregano or marjoram. Tuck into a pita half and garnish with black olives. Marinated cauliflower or artichoke hearts are the perfect accompaniment.

Encourage children to develop an interest in good food and nutrition by letting them take part in the easy preparation of leftovers.

Some tips:

Keep it safe: Make sure kids wash their hands before and after handling food. An adult should supervise kitchen activities to teach children basic rules for safety — and to be in charge of sharp utensils.

Hands-on stuff: Kids love hands-on food preparation. Let them measure and stir ingredients or set the table. You might put together a set of kid-safe kitchen tools, such as plastic knife, apple slicer, whisk, measuring utensils, rolling pin and plastic cookie cutters.

Foster creativity: Get creative with classic kid dishes. Top a ham sandwich with flavored cream cheese and shredded carrots.

Use leftover taco ingredients to make a Mexican pizza by combining chopped or shredded ham with shredded cheese, crushed tortilla chips and diced tomato.

Add ham to macaroni and cheese, or punch up potato chowder with ham and celery.

From the Pork Information Bureau.

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