

Arm yourself to fight snack attacks sensibly

See related snack attack story on Taste front. Recipes compliments of HDS Services.

CRUSTY CREAM-FILLED MUFFINS

Serves 24
 3 cups warm water
 2 tablespoons yeast
 2 cups bread flour
 1 1/2 cups whole wheat bread flour (such as Bob's Red Mill)
 3 cups rolled oats
 1/2 cup flax seed
 1/4 cup honey
 2 teaspoons salt
 1 teaspoon vanilla
 8 ounce package of fat-free cream cheese
 1 tablespoon sugar

Dissolve the yeast in the water in a large bowl. Mix in whole wheat flour (and oats, if desired) and beat well.

Add the remaining ingredients

and beat vigorously. Cover the batter with a towel and let the dough rise for an hour in a warm place (about 90°F-95°F).

Stir down the batter and spoon it into muffin tins, sprayed with non-stick cooking oil, filling each cup half full. Mix cream cheese and sugar. Spoon a dollop on top of dough in each muffin tin. Spoon other half of muffin batter on top of cream cheese. Let the muffins rise, (smoothly rounded above the tin).

Preheat the oven to 400°F, and bake them about 25 minutes.

Note: you can use a breadmaker to cut out the work in this recipe if you cut the ingredients in half. Combine all ingredients except cream cheese and sugar in your breadmaker bowl. Process on dough setting and then proceed with filling the muffin tins.

Nutrition information per serving: Calories 183; protein 5g; fat 2g; sodium 202mg; carbohydrates 25g. Percent of calories from fat 14.

Homemade yogurt is cheaper than the commercial kind. It can be just as good as the yogurt you buy, when you make your own you can control the flavor and fatness. Because your own yogurt is fresher, the culture will be more vigorous and the enzyme activity greater.

If you use commercial yogurt as your starter, be sure that it has an active culture. If the label says it's pasteurized or stabilized, the contents won't make new yogurt.

Look for "active culture" on the label and check the date for freshness. Once you get your own yogurt-making system going, you will always have a lively starter, and the time each batch of yogurt takes to set will be less.

Using powdered milk makes the process much simpler because there's no milk to heat, no pan to wash; you just use tap water at the right temperature.

If your oven has a pilot or electric light, the temperature inside may be just right for incubating

yogurt during times when you have nothing to bake.

Or keep the yogurt on a heating pad in a warm nook, covering it with a towel or newspaper to keep in the warmth. The temperature must stay steady at 90°F to 120°F. Above 120°F, the culturing bacteria will die.

HOMEMADE YOGURT

Serves 8
Ingredients
 1/4 cup plain yogurt
 1 cup non-fat powdered milk
 3 1/2 cups water, 100-110°F.
 1/2 cup fruit preserves (variety to suit your taste)
Equipment
 One-quart glass or plastic jar with lid
 electric blender
 thermometer
 a warm place

Fill the jar with warm water to about 2 inches from the top. Pour 1 cup of the warm water

into the blender. Turn the blender on low and add the milk powder and the yogurt.

The instant the mixture is smooth, stop blending and return it to its jar. This prevents the milk from foaming.

Set the filled jar in a warm place and leave undisturbed for 3 1/2 to 8 hours.

The livelier the culture and the warmer the place, the more quickly the yogurt will set. Check from time to time. As soon as the surface of the yogurt resists a light touch of your finger even slightly, it is ready; but if you want a tart flavor, leave it another hour.

Refrigerate and let cool completely before you dip into it. The first spoonful of yogurt from each jar can be set aside to be the starter for the next batch. To keep your starter fresh, plan your amounts to make yogurt at least once a week.

Nutrition information per serving: Calories 77; protein 4g;

fat 1.5g; sodium 63mg; carbohydrates 13g. Percent of calories from fat 16.

Sweetened with fruit preserve, this makes a wonderful fruit dip.

YOGURT CHEESE

Makes 2 cups
 Yogurt cheese made with low-fat yogurt is a slim version of sour cream or cream cheese (depending how stiff you make it).

Line a colander or strainer with a large cloth napkin. Into it turn a quart of yogurt and allow it to drain until the cheese is as stiff as you want, anywhere from 6 to 24 hours. You can hang it over a sink by tying the napkin closed and fastening it to the faucet, but outside the refrigerator the cheese will become very tart.

Another option is to suspend the yogurt over a bowl in the refrigerator.

No matter how stiff it is, when yogurt cheese is beaten hard it becomes liquid, so handle it gently when mixing.

Snack from page B1

snack choices.

"We try to model good nutrition," he said. "We talk about nutrition in school. Once they understand the reason for the policy, we don't get complaints."

The fourth grade teachers decided on the snack policy a few years ago when a national study found that American kids were eating too much junk food and not enough fruits and vegetables.

Apples, carrot sticks and oranges are the most popular snacks. Occasionally children bring in celery sticks or grapes, but portability is an issue that must be dealt with where school snacks are concerned.

"I love his snack rules," said Michele MacWilliams, the mother of a student in Mr. Conklin's class. "I know that my son Ryan won't see other kids in the class eating cookies or chips. They're all getting at least one of their five-a-day fruits and vegetables during school snack times and I don't get an argument at home about what kind of snack to

pack."

Sweets

When school is over and the kids head home, many times the battle begins. How many sweets should you allow your children to eat? What about soda pop? Where do we draw the line? If we prohibit our children for ourselves for that matter) from eating certain foods like cookies, candy and chips, will those foods become the "forbidden fruits" that entice us to succumb to their temptations?

Will we be setting up our children to be tormented by the desire for these foods?

These are the questions all parents ask and depending on our own life experiences, we all look at food a little differently.

Realistically, we need food to survive. We also derive a great deal of pleasure from eating.

Teaching your children that there is pleasure and goodness in all foods — from the carrot to

Sensible Snacks

Here are some sensible snack ideas that reinforce healthy eating choices.

Try as art — as a centerpiece for your kitchen table, use an artfully arranged bowl of fruit. A pretty bowl filled with washed apples, oranges, tangerines, grapes, bananas or other seasonal fruit can serve as both a snack and decoration.

"Our grandkids would never think to look in the refrigerator for a piece of fruit, but they will grab an apple or orange from the bowl on our table," said Betty Asquith of Livonia.

Nuts — even in the spring, a bowl of nuts (shells on) is nice. Since it takes some effort to crack the nuts, people don't tend to eat too many.

Serve snacks — instead of letting your kids grab the bag of chips, portion them yourself and serve them in a bowl. Better yet, have washed carrot sticks, red and green pepper strips and celery on hand for snacking.

Make your own trail mix — without the fillers and sweetened granola you commonly find in the store-bought version. Cashews, dry roasted peanuts, raisins, popcorn, dried cherries, other dried fruit and raw sunflower seeds, all go together. Pack in small portions so that kids (or adults) won't overindulge in this high calorie, high protein snack.

Start with grains — grains are the foundation to a healthy diet. Ready-to-eat cereals, crackers, breadsticks, graham crackers, a bagel, gita pocket, pretzels or a small muffin can all count as a grain snack.

the candy bar — is one of the greatest tools you can give them in learning how to eat and enjoy a healthy, balanced diet.

Peggy Martinelli-Everts of Clarkston is a registered dietitian and director of clinical operations for HDS Services, a 32-

year-old Farmington-Hills based food service and hospitality management and consulting company, specializing in foodservice management for hospitals, long-term care facilities, businesses, private clubs and private schools.

HDS Services has approximately 800 management accounts throughout the United States and Japan.

Tuna from page B1

plates. Cover and chill for at least 15 minutes.

Preheat oven to 425°F. Transfer tuna cakes onto a large baking sheet that has been sprayed with non-stick cooking spray. Bake in the middle of oven for 10 to 12 minutes. Turn over and bake another 10 minutes until tops are barely golden brown.

Meanwhile, pour red pepper sauce into a saucepan and reheat over low heat.

When cakes are nearly ready, spoon equal portions of the sauce into the middle of 4 plates and spread it into a circle with the back of a spoon. Using a broad spatula, place tuna cakes on top of the sauce.

Garnish with parsley or cilantro.

Cook's note: Red peppers pre-

pared either in oil or vinegar can be found in the Italian or kosher food section of your grocery store.

Nutritional content per serving: Calories 214; Fat 2.9g; Saturated Fat 3g; Cholesterol 32mg; Sodium 919mg.

Food exchanges per serving: 3 lean meat, 1 starch, 1 vegetable.

Look for Main Dish Miracle on the second Sunday of the month in Taste. Mariet G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield.

She publishes "Eating Younger," a quarterly newsletter with recipes and nutrition tips. To subscribe, send a check for \$13.50 to "Eating Younger," P.O. Box 69021, Pleasant Ridge, MI 48069.

2 Unique from page B1

smoothies and sparkling water with fresh fruit garnish.

Find a caterer or event planner that can aid or assist in most (if not all) of the following:

Service staff — bartenders, wait staff, chefs, etc.

Valet service, often a must in a home or outdoor venue.

Your chosen professional can help procure or recommend beverage needs.

Consider communications devices, microphones for service, etc.

Arranging rentals can prove to be a full-time job for an event.

Procure flowers, linen, additional props or equipment needed such as an arbor, dance floor, stage for the band or DJ and don't forget porta potties.

Schedule entertainment (don't forget to check available power to your outdoor venue as a black-out is no fun).

Here are a few questions you should ask:

Cancellation fees if any?

Breknage and/or loss responsibilities on rentals. (Many rental companies have an insurance policy that can end up

being of great importance if there were to be an accident of some kind with dishes, a table etc.

Ask for proper credentials and or insurance certificates from all professional entities participating at the event.

Are there any travel time expenses?

What are the gratuities?

What are the policies on bar (mainly the over consumption of alcohol)?

Is there a uniform or standard appearance of staff and other hired professionals?

Settle the contract, any payment schedules and due date of final count ahead of time.

Consider inclement weather plans. Take time to properly plan to insure your wedding is everything you dreamed it to be!

Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoolcraft College's Culinary Arts program, Kelli is an instructor at the college. Look for her column in Taste on the second Sunday of the month. See recipes on next page.

PROFESSIONAL TREE REMOVAL SERVICES

- Tree Removal, Trimming, Pruning
- Lot Clearing, Restoration
- Brush Hogging

GUARANTEED TO BEAT YOUR LOWEST WRITTEN ESTIMATE!

Bonded & Insured

SUN ENVIRONMENTAL SYSTEMS, INC. (313) 934-8858 or (810) 830-1615

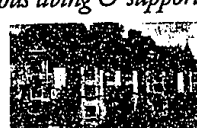
For Immediate Response Page Please at

SPRING CLEAN UP SPECIAL 10% Off Any Job With This Ad

WALTONWOOD

Assisted Living Residence

Gracious living & supportive care



Waltonwood of Royal Oak

3450 W. Thirteen Mile Road
across from William Beaumont Hospital

Experience the finest in assisted living at Waltonwood of Royal Oak. Our elegant apartments provide an ideal setting for personalized care and quality services. Visit our new community in the heart of the city. Check out these benefits:

- Private studio and one-bedroom furnished apartments
- Professional, courteous staff to assist with personal needs
- Nutritious meals served in an elegant dining room
- Housekeeping and linens
- Beauty shop, gift shop and inviting common areas
- Activities, outings, scheduled transportation and more.

For more information, call (248) 549-6400.

Waltonwood communities offer the finest in independent living and assisted living.

Call today for a personal tour:

Rochester Hills (248) 375-2500 Novi at Twelve Oaks (248) 735-1500 (opening soon) Canton (734) 844-3060

SINGH Licensed Home for the aged

VOICE YOUR VIEWS!!!

\$10-15/HR PAID TO PEOPLE WILLING TO GIVE OPINIONS IN ONE-DAY FOCUS GROUPS

CALL (313) 885-5806 FOR INFO

SUGARLOAF'S novi art fair

APR. 16, 17, 18, 1999

325 ARTISANS WITH OVER 38 CATEGORIES OF FINE ART & CONTEMPORARY CRAFTS...

gold & silver jewelry • leather handbags & briefcases • silk & hand woven clothing • custom hardwood furniture • clay & porcelain pottery • blown glass vases & leaded glass panels • metal & wood sculptures • fine art originals & prints • wild & scenic photography • forged iron accessories • and much more!

Visit our Specialty Foods section including salsa, vinegars, garlic, pasta, breads/soup/dip mixes, smoked salmon, breads, old fashioned candy and more!

FOR EXHIBITION LISTINGS & MORE DETAILED DIRECTIONS VISIT www.sugarloafofficials.com

DISCOUNT ADMISSION COUPONS AVAILABLE AT PARKER JACK. SHOW OUR VISITOR OR CALL 800-210-9900

FRIDAY - SUNDAY 10-6
 Cash Demonstrations
 Entertainment
 Specialty Food
 All Industries
 No pet please
 Strollers not recommended
 Daily Admission \$6
 Under 13 FREE
PARKING FREE
COMPLIMENTS OF SUGARLOAF

DIRECTIONS: Located on I-96 northwest of Detroit at Exit 162. Go south on Novi Road. Turn right onto Expo Center Drive.
 Display fair call (248) 340-7003

SUGARLOAF MOUNTAIN WORKS, INC. www.sugarloafofficials.com

CLIP & SAVE

SUPER 1/2 PRICE SALE HALF-OFF*, or LESS

1/2 Off, or less, on all Pepperidge Farm cookies, crackers, and bread items.

1/2 Off MSRP on layer cakes, & turnovers.

***1/2 Off the suggested manufacturers retail price.**

Due to Popular Demand...

SALE EXTENDED THRU APRIL 11th - 24th

LIVONIA STERLING HEIGHTS

29115 2113
 Eight Mile Rd. 17 Mile Rd. at Dequindre Rd.
 (248) 477-2046 (810) 264-3095

PEPPERIDGE FARM

*This offer is subject to change without notice. Offer good on select items only. Not valid on gift certificates. Offer good while supplies last.