

Your family will flip over homemade pizza

See related story by Peggy Martinelli-Everts on Taste front.

EASY GREEN PIZZA

3 cups packed raw spinach leaves (about 4 ounces), large stems removed
1 1/2 cups low-fat baking mix
1/2 cup toasted wheat germ, plus additional for sprinkling on cookie sheet
3/4 cup skim milk
1 cup chopped seeded tomatoes
3/4 cup red onion rings (about 1/2 medium onion)
1/4 cup sliced pitted Kalamata or ripe olives
4 ounces feta cheese, crumbled
1 teaspoon dried oregano leaves

Heat oven to 425 degrees F. Lightly spray large cookie sheet with vegetable cooking spray.

Sprinkle with wheat germ. Rinse spinach well. Place wet spinach in medium skillet. Cover and cook over medium-low heat just until wilted, about 3 minutes. Drain spinach well; set aside. In a large bowl, combine baking mix, 1/2 cup wheat germ and milk. Stir with fork until thoroughly combined. Turn dough out onto lightly floured surface. Knead 8 to 10 times. Roll into 14-inch circle; transfer to cookie sheet. Top with spinach, tomatoes, onion rings, olives and cheese; sprinkle with oregano. Bake 20 minutes or until crust is golden brown. Serve immediately. 4 servings.

Provided by Kretschmer Wheat Germ

BASIC PIZZA DOUGH

2 teaspoons active dry yeast
1 1/2 cups warm water
4 cups bread flour (can substitute 1 cup whole wheat for 1 cup bread flour)

2 teaspoons salt

If using a breadmaker, put water into dough pan first, then add dry ingredients. Process on dough setting.

If making by hand, dissolve yeast in the warm water and set aside. Mix the flour and salt together, making a well in the center. Add the yeast liquid and mix together. The dough should be quite soft. Knead until silky and elastic. Cover and set in a warm draft-free place to rise. It should be ready to deflate in about an hour and a half. Carefully press the air from the dough and let it rise again. The second rise should take half the time of the first. It is now ready to shape into a pizza or use in the grilled pizza recipe below.

Provided by HDS Services

PERSONAL SIZED GRILLED PIZZAS

Basic pizza dough

Sauces such as

Traditional pizza sauce

Olive oil flavored with basil, oregano and garlic

Very thinly sliced fresh tomatoes, drained on towel

Pesto

Salsa

An assortment of cheese. I like a variety of hard grating, white semi-soft and tangy crumbling cheese like:

Mozzarella

Provolone

Chèvre (goat)

Feta

Brie

Parmesan

Cheddar

Toppings including:

Chopped green and red peppers

Chopped fresh spinach

Chopped fresh mushroom

Artichoke hearts

Sliced, pitted olives

Very thin slices of pepperoni

(turkey pepperoni is now available)

Ham slices

Cooked and crumbled bacon

Turkey sausage, cooked and crumbled

Chopped fresh herbs, including basil, oregano, tarragon, marjoram

Slice dough into six pieces and form into balls. Roll each ball into a personal-size pizza dough. Let the dough rise in a warm spot at least 30 minutes on a surface that has been spread with corn meal (so dough won't stick). Fire up your grill. (I use a gas grill, but a charcoal grill works well, too.) Place crusts directly on clean grill grate. Cover and cook quickly, for about 2 to 3 minutes. Crusts should cook through and have golden-colored grate marks. Your flame is too hot or you've left them on too long if they get scorched or burnt. Your flame is not hot enough if dough

sticks to grates. Remove crusts once they are cooked. When guests arrive, instruct them to put a crust on a plate, brush it with a sauce and top with desired cheeses and toppings. Tell them to be frugal - toppings piled high won't cook well.

You can finish cooking pizzas on the grill or in a traditional oven at 375 degrees.

Place pizzas on a cookie sheet or pizza stone and bake until toppings are cooked through and cheese is melted (usually about 10 minutes).

If using a pizza stone, preheat the stone in the oven or grill and then place pizzas on the hot stone. Parmesan and feta cheese don't melt like mozzarella.

Pizzas with these cheeses are done when other toppings are heated through.

Provided by HDS Services

Sports fans will cheer these tasty tailgate recipes

See related story on Taste front.

Whether it's a football game, pumpkin picking, the zoo, or an autumn roadside picnic, try a tailgate this fall.

Recipes compliments of Chef Kelli L. Lewton owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. Kelli is a graduate of Schoolcraft College's Culinary Arts program, and a part-time instructor at the college.

Look for her 2 Unique column in Taste on the second Sunday of the month.

8 BEAN VEGETARIAN CHILI

1 cup carrots (diced)
1 cup red pepper (diced)
1 cup green pepper (diced)
1 large onion (diced)
1 cup celery
3 tablespoons olive oil
1 tablespoon garlic (chopped)
1 tablespoon chili powder

2 teaspoons black pepper
1 tablespoon salt
2 teaspoons cumin
1/2 cup kidney beans
1/2 cup cannellini beans
1/2 cup garbanzo beans
1/2 cup black beans
1/2 cup pinto beans
1/2 cup navy beans
1/2 cup black eyed beans
1/2 cup Calypso beans
1 (32 ounce) can chopped tomatoes with juice
1 (32 ounce) can tomato puree
1 bay leaf
1/2 cup parsley or cilantro, chopped

In a large stockpot heat oil and diced vegetables. Sauté for 2 minutes over medium heat. Add spices and continue to sauté for 2 minutes over low heat. Add chopped tomatoes and puree; simmer for 20 minutes. Add beans and simmer for

another 20 minutes

Adjust seasoning to taste.

Serve with yogurt or sour cream, grated cheddar cheese and tortilla chips.

JALAPENO CORN SPOON BREAD

1 1/2 cups all purpose flour
1 1/4 cups corn meal
1 tablespoon baking powder
2 teaspoons salt
1/2 cup unsalted melted butter (cooled)
1 1/2 cups milk
2 eggs (separated)
1/4 cup honey
1/2 cup corn
3 jalapeno chilies (steamed, seeded)
2 tablespoons cilantro (minced)
3 tablespoons sugar

Preheat oven to 375°F. In a large bowl combine flour, corn meal, baking powder and salt.

In separate bowl stir together the butter, milk, honey, egg yolks, jalapenos, cilantro and corn.

In a third bowl, beat the egg whites until soft peaks form, then add sugar and continue beating until mixed.

Gently fold flour mixture into butter/milk mixture then fold in egg whites.

Put mix into 9-inch cake pan or in muffin tins and bake at 350°F for 20-25 minutes.

These are some great spreads for breads, crackers, and pita chips.

OLIVE TAPANADE

1/2 cup pitted Kalamata olives

1/2 cup sliced California olives

2 tablespoons olive oil

2 tablespoons garlic

1 tablespoon herbs of your choice

Salt and pepper to taste

Lemon juice to taste

Puree all main ingredients in food processor. Add garlic. Stream in olive oil and lemon juice. Add herbs, salt and pepper.

1/2 cup sliced California olives

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Treat guests to chicken a la king

See Main Dish Miracle on Taste front. Recipe compliments of Muriel G. Wagner.

CHICKEN A LA KING IN CROUSTADES

1 cup sodium and fat reduced chicken broth
1 pound boneless, skinless chicken breasts
1/4 teaspoon dried thyme
2 teaspoons canola oil
1/2 pound mushroom caps
3 tablespoons cornstarch
1 can (12 oz.) evaporated skim milk
1 (10 oz.) package frozen peas, defrosted
1 red bell pepper, cut into strips
2-3 tablespoons sherry
1 teaspoon white wine
Worcestershire sauce
6 slices whole wheat bread, crusts trimmed

Heat chicken broth with thyme. Add chicken breasts. Simmer until chicken is thoroughly cooked (about 25 minutes). Remove from broth and cool. Save broth. Cut or tear chicken into large chunks. Set aside.

Heat canola oil in non-stick skillet. Add mushrooms, bell pepper strips and defrosted peas. Cook, stirring until softened. Remove from skillet. Set aside.

Mix cornstarch with a little evaporated milk to make a paste. Add remaining milk and broth. Stir over low heat until thick and smooth. Stir in sherry and Worcestershire sauce. Add vegetables and chicken to sauce. Adjust seasoning. Serve in Croustades.

To make Croustades: Flatten each bread slice with a

rolling pin. Fit each slice into a muffin tin pressing the bread against the sides of the cups. Bake in a 350°F oven for about 10 minutes until edges are golden.

Remove from muffin tin after cooling. Serves 6.

Food Facts (per serving): Calories 268, fat 4.5g, saturated fat 0.8g, cholesterol 93mg, sodium 188mg

Food Exchanges: 3 lean meat, 1 starch, 1 vegetable

Look for Main Dish Miracle on the second Sunday of the month in Taste. Muriel 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.

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Sometimes she uses chèvre (goat) cheese, sometimes she substitutes a little flavored oil or pesto for the sauce.

Mickey uses fresh herbs when-

ever possible. Her favorite toppings include green and red bell peppers, spinach, mushrooms, chopped fresh basil and oregano, and a combination of chèvre and mozzarella cheese. Good pizza

cheese should "stretch" when melted without become rubbery or burned.

Some pizza makers like to put their cheese on top, others like the toppings to go last. Add toppings from the outside in like mushrooms, onions, tomatoes, olives, pineapple, or other vegetables. If you do use meat, add it last.

Grilling pizza is fun and imparts a flavor similar to cooking pizza in a brick oven.

Allow your pizza to rest for at least one minute before cutting. Anyway you slice it, pizza can be part of a nutritious 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.

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