

Teen shares family favorite lean recipes

See related lean teen story on Taste front.

LIBBY'S LIGHT NACHOS

Vegetable oil spray
1 pound lean ground beef
3/4 cup salsa
1 9 ounce package baked nacho chips
1/2 cup dill pickle relish
2 large tomatoes, sliced
1 cup low-fat cheddar cheese, shredded
1 cup low-fat mozzarella cheese, shredded
Coat medium skillet with vegetable oil spray. Cook ground beef

in skillet over medium heat until no longer pink. Stir in salsa. Cook until well blended and heated.

Spread a thick layer of chips on bottom of a microwave-safe dish. Top with meat, then relish, then tomatoes. Sprinkle cheese on top. Cook in microwave on high until cheese melts. Serves 6.
Recipe compliments of Libby's

CHEESY MAC DINNER

2 cups evaporated skim milk
1 cup low-fat sharp cheddar cheese, grated
1 cup Parmesan cheese, grated

1 cup low-fat cottage cheese, pureed
1/2 cup onion, finely chopped
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/4 teaspoon black pepper
16 ounces macaroni, cooked and drained
Vegetable oil spray
1/4 cup Italian seasoned bread crumbs

In large saucepan, combine first 8 ingredients. Cook over medium heat, stirring often, until onion is tender and cheeses are melted. Add macaroni and mix thoroughly. Spray 9 by 13-inch baking dish

with oil. Pour mixture into dish.

Sprinkle top with bread crumbs. Bake in 350°F oven for 30 minutes. Serves 8.
Recipe compliments of Sandra Dalka-Przybyl

UNCLE SAM CAKE

Vegetable oil spray
2 cups flour
1/4 cup sugar
2 teaspoons baking powder
1/4 teaspoon salt
1/4 cup skim milk
1/4 cup egg substitute
1/4 cup light margarine, melted

1 teaspoon vanilla extract
1 cup frozen blueberries, thawed
1 cup canned sweet cherries, drained

Toppings:
1/2 cup flour
3 tablespoons brown sugar
3/4 teaspoon cinnamon
1 1/2 tablespoons light margarine

Lightly spray a 9 by 13-inch baking pan with vegetable oil spray.

In large bowl, combine flour, sugar, baking powder and salt. In another bowl, combine milk, egg

substitute, margarine and vanilla extract. Add liquid ingredients to flour mixture. Using a mixer, beat together until combined. Gently stir in berries and cherries. Pour batter into baking pan.

In small bowl, combine dry topping ingredients. Using a fork, cut margarine into dry ingredients until mixture is crumbly. Cover batter with topping mixture.

Bake in preheated 350°F oven for 60 minutes or until wooden toothpick inserted into center comes out clean. Serves 12-16.

Recipe compliments of Libby's

This pumpkin holds a rich Argentinian stew

For Halloween and after: "Play with Your Pumpkins" (Stewart, Fawcett & Chang, \$10.95) is an invitation booklet packaged in book form that all the family can take up.

The book's most visible theme starts with a toothy grin on the cover and continues inside. Funny pumpkin faces, devised by designers Joost Elffers and Saxton Freymann, grime through a series of colorful photos.

But the book takes you far beyond the Jack o' Lantern for the front porch.

Co-author Dutch food critic Johannes Van Dam enlarges on the use of the ubiquitous pumpkin as an ingredient for tasty dishes around the world. Among his recipes are Carbonada Criolla, the rich stew from Argentina served in a pumpkin (recipe fol-

lows), pumpkin soup from France and Italian pumpkin pie. Pumpkin legends, history and cultivation advice are included. A glossary tells us that "calabaza" is the generic Spanish name for squash, and also the name for some specific varieties that look like pumpkins with a whitish green skin. Cooking tips include "Don't throw away the seeds you have scraped from the inside of the pumpkin" and instructions on how to clean and roast them.

CARBONADA CRIOLLA

1 large pumpkin
Melted butter
Sugar
2 large onions, chopped
4 large garlic cloves, chopped
Olive oil

3 pounds chuck steak, cubed
1 pound tomatoes, peeled and chopped
1 tablespoon tomato paste
3 1/2 pints beef stock
Bouquet garni
1 heaping teaspoon dried oregano
Salt and pepper
2 pounds sweet potatoes, peeled and cubed
2 pounds white potatoes, peeled and cubed
2 pounds raw pumpkin, cut in chunks
2 cans sweet corn
12 canned yellow peach halves, sliced
Syrup from canned peaches

To prepare the pumpkin, cut a lid from the top but don't remove the stalk. Discard the fibers and seeds and scoop away the solid

flesh, leaving a sturdy wall of pumpkin, being careful not to pierce it. Measure out 2 pounds of the pumpkin flesh for the stew. Brush the inside with melted butter and sprinkle lightly with sugar. Replace the lid and set the pumpkin aside on a baking sheet.

Cook the onion and garlic in a little oil until soft but not browned. Transfer to a large saucepan. Brown the beef in the oil and add it to the onion mixture in the saucepan. Add the tomatoes, tomato paste, half the stock, the bouquet garni, a little salt and plenty of pepper to the meat and onions. Cover and simmer until the meat is almost cooked (about 1 hour).

At this time, put the pumpkin shell in the oven at 375°F. Leave it for 30 minutes, or longer if the walls are thick. But be careful not

to collapse the walls! You can use a large casserole as a support for the walls.

Add the sweet potato, potato and pumpkin to the saucepan and cover with more stock. Return to a boil and simmer for 20 to 30 minutes, or until the meat is tender, the potatoes are cooked, and the liquid is thickened with the dissolved pumpkin.

Stir in the sweet corn and peaches and simmer for another 15 minutes. Taste, correcting the seasoning and adding a little of the peach syrup. Remove the bouquet garni and discard. Ladle the stew into the pumpkin and put back into the oven for 10 to 15 minutes and serve. Makes 6 to 8 servings.

CLARIFICATION

The amount of honey was left out of Chef Randy Smith's recipe. Here is the corrected recipe.

ROAST PORK LOIN RUBBED WITH MICHIGAN MAPLE CORIANDER GLAZE

1 1/2 pounds boneless pork loin trimmed to the silver skin
1 cup Michigan maple syrup
1 cup honey
1/8 cup ground coriander seeds (or substitute ground sage)
Salt and pepper to taste
2 tablespoons olive oil

In a small saucepot, place syrup, honey and coriander. Bring to a simmer and reduce by half volume or until a thick glaze is reached. In a large sauté pan place olive oil on a high burner. When very hot, season pork with salt and pepper. Sear on all sides to get nice brown color. Remove and place pork loin in a roasting pan.

Pour 1/2 of the glaze over top of pork loin and place in 375°F oven for 35 minutes, or until internal temperature reaches 140°F. Remove pork loin from oven and let rest for 10 minutes on your cutting board.

To serve Slice the pork 1/4-inch thick, place 6 or 8 slices fanned out on the plate. Drizzle the remainder of the maple glaze all over the pork.

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will not stick or burn. Add cheese mixture to the soup and mix well. Season with black pepper to taste.

MICHELLE'S WHOLE WHEAT BREAD
2 cups bread flour

1 cup whole wheat flour (Hudson Mills is a great one)
4 tablespoons honey
3/4 cup warm water 90°F
1/4 teaspoon salt
1 package yeast

1 egg plus 2 tablespoons water
Dissolve honey in warm water, add yeast and let sit 10 minutes. Combine flour and salt in a mixer or food processor and mix. Add water and mix until dough pulls away from sides of bowl. You

might have to add a little more water 1 tablespoon at a time.

Mix 5 minutes. Turn out into greased bowl. Cover and place in a draft-free place until doubled in size. Mold into a loaf and place in greased loaf pan and let rise 30 minutes in a warm draft-free place.

Preheat oven to 375°F. Mix the

egg with 2 tablespoons of water and brush on top of loaf. Bake for 25 minutes or until loaf sounds hollow when tapped on top.

Chef Joseph Styke is sous chef at the Water Club Seafood Grill in Plymouth, and an award-winning home brewer. Look for his column on the last Sunday of the month in Taste.

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