

You'll want to pass these festive dishes

See related Beverly Price "Living Better Sensibly Story" on Taste front. Join the staff of Living Better Sensibly for a supermarket tour and more.

Tours held monthly at various times at Holiday Market, Lilley Road in Canton. The cost \$15 per person, includes tasting and recipes. Call (248) 539-9424 for more information.

Recipes are compliments of Lisa Marlow, Dietitian of Living Better Sensibly

ACORN SQUASH

3 small acorn squash
1 1/2 cups pineapple chunks in their own juice
1 apple, diced
1 tablespoon brown sugar or brown sugar substitute to equal 1 tablespoon brown sugar
2 tablespoons light margarine
Wash squash and cut in half, leaving seeds and stem intact. Place squash, cut side down, in baking dish. Four about 1/2 inch

of boiling water over them. Bake at 350°F for 30 minutes or until almost tender. Remove seeds and discard them. Drain pineapple chunks, reserving the juice. Mix the pineapple with the apple, brown sugar, and brown sugar substitute.

Fill the squash cavities with the fruit mixture a dot of margarine. Place the filled squash in a baking dish and bake, uncovered at 350°F for 30 minutes, basting occasionally in the reserved pineapple juice.

RADIATORE PROVENCE

1 pound dried radiatore
2 tablespoons oil
1 clove garlic
1 large onion
1 large green bell pepper, seeded and chopped
1 small eggplant, peeled and chopped
1 pound ripe plum tomatoes, chopped

Pepper to taste
Sautéed garlic bread crumbs
In large pot, bring 4 quarts of water to a boil. Cook pasta according to package. Meanwhile, in large skillet, heat oil over medium heat. Add garlic, onion, and bell pepper, and cook, stirring often, until soft, about 5 minutes.

Add eggplant and tomatoes and cook, stirring often, until vegetables are tender and tomatoes release their juices. Season with salt and pepper. Before draining pasta, scoop out half cup pasta and water and reserve. Drain pasta and transfer to serving bowl. Add vegetables to pasta. Add reserved pasta and water to skillet and cook over high heat, stirring, until reduced slightly. Add to pasta and vegetables. Serve with sautéed garlic crumbs and soy parmesan cheese. Six servings.

CITRUS PUMPKIN FLAN

2/3 cup sugar
3/4 cup refrigerated egg product (may use egg replacer by EnR and substitute according to package directions)
3/4 cup canned pumpkin
1 (5 ounce can) evaporated fat free milk (may use equal amounts soy milk)
1/4 cup sugar
1 teaspoon pumpkin pie spice
1 teaspoon finely shredded orange peel
1 teaspoon vanilla

To caramelize sugar, melt the 2/3 cup sugar in a medium heavy skillet over medium high heat. Do not stir sugar; just shake the skillet occasionally. When the sugar starts to melt, reduce the heat to low. Cook, stirring frequently, until sugar is golden brown. Quickly pour caramelized sugar

into four 6-ounce custard cups. Tilt to evenly coat the bottom of cups. Place cups in baking pan. Stir together the egg product, pumpkin, evaporated milk, 1/4 cup sugar, pumpkin pie spice, orange peel, and vanilla in a mixing bowl. Pour pumpkin mixture atop caramelized sugar in cups. Place the pan on the oven rack. Pour boiling water into pan around cups to a depth of 1 inch. Bake at 325° for 40-45 minutes or until a knife inserted comes out clean. Remove cups and chill. 4 servings.

1 1/2 cups pumpkin ground coriander
1 cup sugar
1/2 cup coarsely chopped dried apricots
15 ounce can pumpkin puree
2 eggs
1 1/3 cup orange juice
1 tablespoon grated orange zest

Heat oven to 350°F. Lightly grease a 9-inch 9-by-9-inch 3-inch

pan. In a large bowl, combine flour, baking soda, baking powder, salt, cinnamon, ginger, cardamom, coriander, sugar, and apricots; mix thoroughly. In another bowl, whisk together pumpkin puree, eggs, orange juice, and zest. Pour pumpkin mixture over dry ingredients; stir until well blended. Transfer to pan; bake 55-60 minutes.

PUMPKIN-APRICOT QUICK BREAD

1 3/4 cups flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/4 teaspoon cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground car-

Pick up and enjoy Michigan apples

(NAPS) — One of the best things about apples is that you can choose from so many tasty varieties. Michigan, "the variety state," offers a full range of apple flavors from sweet to tart to satisfy apple lovers everywhere.

Michigan specializes in both traditional favorites and zesty newcomers. It's a major producer of such long-established varieties as Red Delicious, Golden Delicious, Jonathan, McIntosh, Northern Spy, Ida Red and Rome. Among the newer varieties there's Empire, Jonagold, Braeburn, Spartan,

Ginger Gold, Fuji and Gala. Michigan also grows many apples for juice, cider, sauce and pies.

Look for apple products made with Michigan-grown apples for the best taste.

Here's a great recipe for you and your family to enjoy.

Send us your favorite Thanksgiving recipes

Everyone knows the best recipes are ones you share. Send us your favorite Thanksgiving recipes, don't forget leftovers, for publication on Sunday, Nov. 22.

Tell us why the recipe is your favorite. Was it passed down generation to generation? If

your recipe is chosen, you'll receive an apron, and newly published cookbook along with our thanks. Be sure to include a daytime phone number where you can be reached.

We'll publish as many recipes as we can. If you have some funny stories to share about

cooking your first Thanksgiving dinner, we'd like to hear those too.

Send or e-mail recipes to Kelly Wyzanski, Taste Editor, Observer & Eccentric Newspapers, Inc., 26251 Schoolcraft, Livonia, MI 48150. E-mail: kwyanski@homecomm.net

OLD FASHIONED APPLE BUTTER

(No Fat, No Cholesterol, Low Sodium)
3 pounds sliced Michigan Apples
1 quart Michigan Apple Cider or Michigan Apple Juice
1 1/2 cups sugar
1 teaspoon cinnamon
1/4 teaspoon cloves

Place Michigan Apples and Michigan Apple Cider in large, heavy saucepan or Dutch oven. Over medium heat, bring apples to a boil. Reduce heat to low, cover and simmer 30 minutes or until Apples are tender. Drain Apples, reserving liquid.

Press Apples through sieve, discarding peels. Return Apples to original pan with reserved liquid. Cook over medium heat, stirring constantly, until Apple mixture mounds on spoon, about 15 minutes. Add sugar and spices. Reduce heat to low and cook 1 hour longer, stirring frequently. Mixture should thicken. Quickly ladle hot mixture into hot sterilized jars and cover with lids and bands. Process covered with boiling water for 5 minutes. OR Cool and freeze the Apple Butter. Yield: 3 1/2 cups

Per serving, 1 tablespoon; 0 mg Cholesterol, 0 g Fat, 0 mg Cholesterol, 11 g Carbohydrates, 1 mg Sodium, 1 g Fiber. For more information about Michigan Apples, visit the Michigan Apple Committee's Internet homepage at <http://MichiganApples.com>

Quick snack nutritious, delicious

AP - For Granola Apple Wedges, a quick treat, start with a juicy crisp Braeburn or red Delicious apple. The fruit pairs nicely with peanut butter and granola to make this instant and nutritious snack. The recipe that follows makes 2 servings. To make larger quantities, just double or triple the recipe.

GRANOLA APPLE WEDGES

2 tablespoons peanut butter, preferably natural
1 teaspoon honey
1 apple, quartered and cored
1/3 cup low-fat granola

In a small bowl, mix together the peanut butter and honey. Spread a thin layer of peanut butter on cut sides of each apple wedge. Roll wedges in granola, pressing gently to adhere granola to peanut butter layer. Serve.


Nutrition facts per serving (per wedge): 3 g protein, 4 g fat, 28 g carbs., 97 mg sodium, 0 mg chol., 154 cal.

Recipe from: Washington Apple Commission.

Somerset Ophthalmology, P.C.

ANNA LUISA DI LORENZO, M.D.


Somerset Ophthalmology Celebrates Their 1st Anniversary



- Adult and Pediatric Ophthalmology
- Diabetic Eye Care
- Glaucoma Management
- Refractive Surgery PRK and LASIK
- Cataract Surgery
- Oculoplastic Surgery Laser Resurfacing

Examinations for Glasses and Contact Lenses

Somerset Ophthalmology offers early morning, evening and Saturday appointments for your convenience. We accept most insurance plans.



Call For Your Appointment

Phone (248)822-7003
2877 Crooks Road Suite B
Troy, MI 48084

Dr. Di Lorenzo is Board Certified in Ophthalmology and Internal Medicine. She is a member of the Medical Staff at Beaumont Hospital in Royal Oak and Troy and Crittenton Hospital in Rochester.

Somerset Ophthalmology Celebrates 1st Anniversary



Left to right, Dr. DiLorenzo and staff Priscilla James, Cookie Kurzynski and Carole Gardel.

One of the best health care decisions you can make is routine eye care with an Ophthalmologist. Eye examinations keep your vision in top shape and can reveal early symptoms of medical conditions such as diabetes or glaucoma. In children, routine visits are especially important as they can detect causes of preventable permanent vision loss.

Board Certified in both Ophthalmology and Internal Medicine, Anna Luisa DiLorenzo, M.D. of Somerset Ophthalmology, P.C. is uniquely qualified to treat individuals with complex medical conditions. Dr. DiLorenzo is a graduate of the Royal College of Surgeons in Dublin, Ireland. She completed both her Internal Medicine Residency and her Ophthalmology Residency at Wayne State University. She is a member of the medical staffs of William Beaumont Hospitals in Royal Oak and Troy and Crittenton Hospital in Rochester.

Vision correction is still the most common reason people see their Ophthalmologist. After years of wearing glasses or contact lenses, many people look for permanent solutions through laser vision correction. Exciting procedures, called LASIK (Laser in-Situ Keratomileusis) and PRK (Photo-Refractive Keratectomy), change the shape of the cornea to improve focus. Dr. DiLorenzo is a Refractive

Surgeon of the staff of the Beaumont Eye Institute.

Recent innovation in laser technology has refined cosmetic procedures. Reduction of wrinkles with laser resurfacing and eyelid surgery are popular cosmetic procedures that are available at Somerset Ophthalmology.

In celebration of Somerset Ophthalmology's 1st Anniversary Dr. DiLorenzo is offering Refractive and Cosmetic Surgery at special Anniversary Prices. Convenient financing is available.

After four years of practicing Ophthalmology, Dr. DiLorenzo is proud of her biggest accomplishment, so far, which is successful completion of her first year in private practice. "In my own practice, I am able to really get to know my patients. This helps me understand their history which enables me to provide the best long-term care for the entire family."

Dr. DiLorenzo and her staff have worked very hard to develop a professional practice that serves the individual needs of their patients. They offer convenient hours including early morning, evenings and Saturdays. They participate with most insurance plans. The practice is located on the east side, just south of Big Beaver in Troy. For information or to schedule an appointment call (248) 822-7003.