

# Fruit sauce sweetens pancake

**By THE ASSOCIATED PRESS**  
German pancakes should be served directly from the oven or, like souffles, they will fall. But this Puffed Pancake With Apple-Cranberry Sauce is worth the risk. The recipe is in the newly released "American Heart Association Around the World Cookbook" (Times Books, \$17). According to the authors, among the best cooking apples are Rome Beauty, Golden Delicious, Granny Smith, Jonathan and Winesap. The apple-cranberry sauce can be made ahead and refrigerated. Reheat it in a small saucepan over low heat, stirring occasionally.

- PUFFED PANCAKE**  
**WITH APPLE-CRANBERRY SAUCE**
- Vegetable oil spray
  - 2 teaspoons margarine
  - Egg substitute equivalent to 3 eggs
  - 1/2 cup all-purpose flour
  - 1/2 cup skim milk
  - 1/8 teaspoon salt
  - 2 large cooking apples, peeled, cored, and thinly sliced
  - 3/4 cup unsweetened apple juice
  - 1/2 cup fresh or frozen cranberries
  - 1/4 cup sugar
  - 1/4 teaspoon cinnamon
  - 1 tablespoon cornstarch
  - 2 tablespoons unsweetened apple juice or water

**Water**  
Sifted powdered sugar  
Preheat oven to 400 F.  
Spray a 10-inch ovenproof skillet with vegetable oil spray. Add margarine. Place skillet in oven for 3 minutes, or until margarine is melted.  
In a medium mixing bowl, combine egg substitute, flour, milk and salt. Beat with an electric mixer or wire whisk until smooth. Immediately pour egg mixture into the hot skillet and bake, uncovered, for about 25 minutes, or until puffed and well browned.  
Meanwhile, in a medium skillet, combine apples, 3/4 cup apple juice, berries, sugar and cinnamon. Bring to a boil over high heat. Reduce heat, cover and simmer, stirring occasionally, for about 10 minutes, or until fruit is tender. Place cornstarch in a small bowl. Stir in 2 tablespoons apple juice or water. Add to the apple-cranberry mixture. Cook for about 2 minutes, until thickened and bubbly, stirring often.  
To serve, sprinkle pancake with powdered sugar, cut it into wedges and spoon warm sauce over each serving.  
**Nutrition information per serving:** 166 cal, 5 g pro, 54 g carbo, 0 mg chol, 119 mg sodium, 2 g fat (1 g polyunsaturated, 1 g monounsaturated).

# Contest promotes fruits and vegetables

Consumers can celebrate the season of healthy eating by entering the fresh fruit and vegetable recipe contest at Kroger.  
One grand prize winner will receive \$750 in Kroger gift certificates and three runner-up contestants will each receive \$250 in Kroger gift certificates. The contest emphasizes the use of fresh vegetables and fruits in entree, dessert or side dish recipe.  
Contest organizers want to encourage Michigan residents to get back into the kitchen and be creative and promote consumption of vegetables and fruit. The average adult Michigan resident consumes 3.7 servings of vegetables and fruits each day, which falls far below the recommended five to nine servings.  
Recipes must feature fresh fruits and vegetables. Canned fruits, frozen, dried and juice fruit and vegetable products may be present in the recipe as minor ingredients.  
Recipes for appetizers, entrees, side dishes, soups and desserts are acceptable. Vegetables and fruits can be combined with other food groups such as grains/pasta, eggs or meat. All entree recipes must provide two servings (1 cup cooked) of vegetables or fruits. For example, a serving from a recipe may contain 1/2 cup of fresh sugar snap peas and 1/2 cup fresh raspberries or an entree recipe may provide 1 cup cooked broccoli per serving (1/2 cup cooked) vegetable or fruit.  
Recipes must contain no more than 30 percent of the total calories from fat, as determined by recipe analysis. Recipes will be judged based on creativity, presentation, nutritional value, taste and overall appeal. All recipes become the property of the Kroger Company of Michigan.

Finalists will be required to bring one prepared dish of their submitted recipe to the Orion Township Kroger, 3097 Baldwin Road at 10 a.m. Sunday, May 21, for judging. A panel of judges will sample the prepared recipes and select one grand prize winner.  
Send your favorite, original fresh fruit or vegetable recipe to: Kroger Nutrition Center, Make Mine Fresh Recipe Contest, The Kroger Company of Michigan, P.O. Box 4444, Livonia, MI, 48151-3084. Recipes must be postmarked by Saturday, April 15.  
Anyone with questions can call Kroger's registered dietitians Diane Reynolds and Tina Miller at 1-800-KROGERS (select 3 twice on the automated phone menu) or e-mail them at mnutritionist@kroger.com

# Red beans, rice pack a lunch salad

Try this flavorful, fiber-rich dish for a quick, nutritious lunch:


**RED BEAN AND RICE SALAD**

- 2 cups cooked brown rice, such as basmati or Texmati
- 15-ounce can red kidney beans, drained and rinsed
- 3/4 cup finely chopped green bell pepper
- 1/2 cup fresh mango, cut in 1/2-inch cubes
- 1/2 cup finely chopped red onion

1/2 cup salsa  
Salt and freshly ground pepper to taste  
2 tablespoons, chopped cilantro  
In a large bowl, use a fork to combine the rice, beans, pepper, mango and onion. Drain the salsa well and mix it into the salad.  
Season to taste with salt and freshly ground pepper.  
Just before serving, sprinkle with the cilantro. This salad keeps

2 to 3 days, but the rice gets hard when refrigerated.  
Each of the 4 servings contains 230 calories and 1 gram of fat.  
Recipe courtesy of the American Institute for Cancer Research. AICR offers the AICR Nutrition Hotline (1-800-843-8114). Open 9 a.m. to 6 p.m., Monday-Friday, this free service allows you to ask a registered dietitian your questions regarding diet, nutrition and cancer. AICR's Internet Web address is [www.aicr.org](http://www.aicr.org).

**"Dual Parts John Grisham & John Feinstein"**



Unwritten in the annals of the sporting world is the story of a man with unlimited potential who was denied his rightful place in the lore of golf. His story remained a mystery for so many years, yet it wasn't a mystery at all...  
"If you have ever played just one round of golf, and appreciate clear, spare writing with a touch of *To Kill a Mockingbird*, you will love this book."  
—Edwin Pope, *Miami Herald*

Autographed copies available while supplies last

1 800 487 2323  
[sleepingbearpress.com](http://sleepingbearpress.com)

**Sleeping Bear Press**

# Fare from page D1

quench your thirst and fill your belly at the same time? The Downtown Detroit Beer Hall, located across from the Brushfire Grill, sports an impressive 70-foot bar and offers a variety of beers and mixed drinks. It also has a buffet featuring Italian sausage, corn-on-the-cob, honey-mustard chicken, fish and chips and more.  
If you're worried about missing the game while you're doing a little elbow banding at the Beer Hall, forget it. A built-in radio broadcast booth will keep you on top of the action.

Speaking of action, hold the brew and bratwurst until after your ride on the 50-foot-high Fly Ball Ferris Wheel, which is near the third-base side of the main concourse (near both the Brushfire Grill and the Beer Hall). The 12 wheelchair-accessible cars shaped are shaped like — what else? — baseballs.  
The new food concepts and restaurants at Comerica Park are great, but what about a bag of peanuts, a plain hot dog or an ice cream bar? They're still available. "Even though we have added a lot of exciting new con-

cessions, we've kept the old favorites around," assured Facione.  
The main concourse boasts 11 Big League Grill stands that offer hot dogs, peanuts, smoked kielbasa, bottled water, beer, and ice-cream bars. The upper concourse has six Big League Grills and the lower concourse has five. Like they say, don't mess with tradition. At least not too much.  
**See hot dog recipes inside Taste.**

**CASINO WINDSOR™ GIVES YOU MORE!**



**MORE CHANCES TO WIN!**  
With the U.S. exchange rate \$1 U.S. = \$1.45 CAD\*. More cash means more play time and more chances to win!

**MORE ENTERTAINMENT!**  
Our Showtime™ Lounge brings you the stars you grew up with, up close and personal!

**MORE COMFORT & CONVENIENCE!**  
Our exceptional customer service and location in beautiful downtown Windsor means you'll simply have a MORE enjoyable time.

Is this & MORE worth a quick trip across the border?  
**YOU BET IT IS!**  
For more information call Casino Marketing at 1-800-991-7777.

**CASINO WINDSOR™**  
*You'll love this place!*

\*Based on the exchange rate at time of printing. Actual exchange rate may vary.  
Must be 19 years old or older to enter Casino Windsor.

**Catch This Golden Offer!**



For a limited time only, we're offering a Golden Anniversary 18-month fixed rate Share Certificate. These certificates offer great rates, are compounded and paid quarterly, and are federally insured by the NCUA. For more information on these share certificates, stop by one of our branch locations or call a member service representative at (888) 336-2700. Don't wait too long, this golden opportunity won't last forever.

**50 YEARS OF SERVICE**  
**DEARBORN**  
Federal Credit Union

\*Available on Share Certificates and IRA Share Certificates. APYs are accurate as of 2/28/00. Dearborn Federal Credit Union reserves the right to limit deposits in this account to \$250,000 per member. Penalty for early withdrawal. \*\*Annual Percentage Yield.

NCUA — Your savings federally insured to \$100,000 by the National Credit Union Administration, a U.S. Government agency.

\$2,500 - \$24,999	6.50% APY
\$25,000 +	6.75% APY