Fruit sauce sweetens pancake

BY THE ASSOCIATED PLESS
German paneakes should be served directly from the even or, like soullies, they will fall, But this Puffed Paneake With Apple-Cranberry Sauce is worth the risk. The recipe is in the newly released "American Heart Association Around the World Cockbook" (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

Sifted powdered sugar

Prehent oven to 400 F.

Spray a 10-inch evenproof skillet with vegetable oil spray, Add margarine. Place skillet in even for 3 minutes, or until margarine is melted.

In a medium mixing bowl, combine egg substitute, flour, milk and sait. Beat with an electric mizer or wire whisk until smooth. Immediately pour egg mixture into the hot skillet and bake, uncovered, for about 25 minutes, or until puffed

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,

To serve, sprinkle pancake with powdered sugar, cut it into wedges and spoon warm sauce over each

Nutrition information per serving: 166 cal, 5 g ro, 54 g carbo, 0 mg chol, 119 mg sodium, 2 g fat (I g polyunsaturated, I g monounsaturated).

Contest promotes fruits and vegetables

falls are below the recommended five to nine servings. Recipes must feature Tresh fruits and vegetables. Canned fruits, frozen, dried and juice fruit and vegetable products

RED BEAN AND RICE SALAD

- 15-ounce can red kidney beans, drained and rinsed
- 1/2 cup finely chopped red

Consumers can celebrate the season of healthy eating by notering the fresh fruit and vegetable recipe content at Kroger.

One grand prize winner will receive \$750 in Kroger gift certificates. The contest emphasizes the use of fresh vegetables and fruits in entree, dessert or side dish recipes. Contest organizers want to get back into the kitchen and because grains/pasts. For example, a serving for each vegetable and fruits in entree, dessert or side dish recipes.

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than 30 percent of the total calories from fat, as determined by Anyone with questions can call recipo analysis. Recipes will be judged based on creativity, prosentation, nutritional value, taste and overall appeal. All twice on the automated phone recipes become the property of the Kroger Company of Michi-

Red beans, rice pack a lunch salad

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

- 2 cups cooked brown rice; such as basmati or Tex-mati
- 3/4 cup finely chopped green bell pepper 1/2 cup fresh mango, cut in 1/2-inch cubes

1/2 cup salsa Selt and freshly ground pep-per 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 couriesy 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 can-cer. AICR's Internet Web address is www.aicr.org.

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Fare from page D1

quench your thirst and fill your belly at the same time? The Downtown Detroit Beer Hall, located across from the Brush-fire Grill, sports an impressive 70-foot bar and offers a variety of beers and mixed drinks. It also has a buffet featuring Ital-ian sausage, corn-on-the-cob, honey-mustard chicken, fish and chips and more.

chips and more. chips and more.

If you're worried about missing the game while you're doing a little elbow bending at the Beer Hall, forget it. A built-in radio broadcast booth will keep you on top of the action.

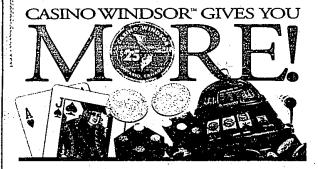
Speaking of action, hold the brew and bratwurst until after your ride on the 50-foot-high Fly Ball Ferris Wheel, which is near the third-base side of the main concourse (near both the Brushfire Grill and the Beer Hall). The 12 wheelchair-accessible cars shaped are shaped like - what else? - baseballs.

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

The main concourse boasts 11 Big League Grill stands that offer hot dogs, peanuts, smoked kielbasn, 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

See hot dog recipes inside Taste.



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