

Volunteer for annual TasteFest

Hundreds of volunteers are needed for the 12th annual Comerica Michigan TasteFest, which takes place in Detroit's New Center on the Fourth of July weekend — Friday, June 30, through Tuesday, July 4.

Volunteers can work information booths, beverage booths, monitoring stage entertainment and help in the children's activity areas. In appreciation for their efforts, volunteers will receive a special souvenir T-shirt.

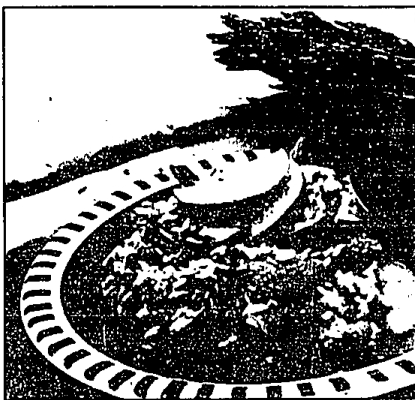
One of the state's premier outdoor culinary and entertainment events, the TasteFest fills the streets adjacent to the historic Fisher Building on West Grand Boulevard between Woodward Avenue and the Lodge Freeway. Each year more than 250,000 people enjoy TasteFest.

Entertainers include Isaac Hayes, Taj Mahal and his Phish Blues Band, jazz artist Norman Brown, classic rockers 38 Special, Latin DJ Cicso and others including alternative, jazz and funk artists filling 75 free shows on four stages.

The Nationwide Insurance KidKorner will provide hands-on activities including a petting farm, Flumpe the Treetop, and puppet-making workshops. Families can enjoy singing, dancing and watching the magic acts and puppet shows at the State Farm Insurance KidShows adjacent to Edy's Ice Cream Social. Both KidKorner and KidShows are open Saturday, July 1, to Tuesday, July 4.

Forty of Michigan's great eateries will sell "tastes" of their specialties.

Michigan TasteFest is produced by the New Center Council, which uses the proceeds to support summer youth programs and the maintenance of the New Center's outdoor public spaces. To receive information about volunteering at TasteFest, call (313) 872-0188 or visit the Comerica Michigan TasteFest website at www.tastefest.org and e-mail the volunteer coordinator.



Risotto primavera: Besides the right rice, a good risotto requires only a bit of oil or butter, wine, hot stock and some patience. This dish features asparagus and a carrot to celebrate spring vegetables, Italian style.

Plan pork for next meal

BY THE ASSOCIATED PRESS

Boneless pork can be a meal-planner's blessing. It is nutritious, low in fat, quick to prepare, adaptable to many cooking styles and complementary to many seasonings.

A whole loin can be oven- or pan-roasted with potatoes, carrots and onions. It can be sliced and sautéed with fruit or vegetables and herbs, as this dish from the May issue of Health magazine.

PORK MEDALLIONS WITH SAUTEED APPLES

- 1 pound trimmed pork tenderloin
- 3/4 teaspoon salt
- 3/4 teaspoon paprika
- 3/4 teaspoon dried thyme leaves
- 1/4 teaspoon freshly ground black pepper
- Garlic-flavored cooking spray
- 1/4 cup sliced shallots
- 2 medium red apples, unpeeled, cored and cut into 1/4-inch wedges
- 2/3 cup fat-free, low-sodium chicken broth

2 teaspoons cornstarch

1/4 cup apple cider or juice

Preheat broiler or ridged grill pan. Cut pork crosswise into 1-inch-thick slices. With the heel of your hand, press meat into 1/2-inch-thick medallions. Combine salt, paprika, thyme and pepper; sprinkle over both sides of medallions. Coat pork with cooking spray. Broil 4 inches from heat source 4 minutes per side or until cooked through. Or cook in a grill pan over medium heat about 4 minutes per side.

Meanwhile, coat a large non-stick skillet with cooking spray. Add shallots; sauté over medium heat 3 minutes. Add apples; sauté 2 minutes. Combine broth and cornstarch; mix well. Add to pan with cider. Simmer uncovered, stirring occasionally, 5 minutes or until apples are tender and sauce thickens. Place pork on warmed plates; top with apple mixture. Makes 4 servings.

Nutritional information per serving: 279 cal., 8 g fat, 35 g pro., 16 g carbs., 107 chol., 2 mg iron, 582 mg sodium.

Celebrate Italian style with risotto primavera

"Primavera" means spring in Italian, and Pasta Primavera, a traditional Italian dish, celebrates spring's arrival.

As with pasta, risotto should be just slightly resistant to the tooth — "al dente," as Italians would say.

Making a perfect risotto is easy. These days, most supermarkets sell Arborio rice, the fat, short-grained Italian rice that is ideal. This rice is also grown in the United States, but the American version doesn't produce a risotto as creamy and smooth. Besides the right rice, a good risotto requires only a bit of oil or butter, wine, hot stock and some patience.

The process for making it is simple. Heat the oil, stir in the rice to open its pores, add the acidic wine (or lemon juice) and, when it boils off, start adding the stock, no more than half a cup at a time. Add more liquid only when the previous amount is almost absorbed, stirring frequently. This slow absorption and stirring is what makes the risotto creamy. Add the vegetables, seafood or whatever additional ingredients you wish toward the end of the cooking process.

Finally, when the grains of rice no longer have a "pearl" in the center and are "al dente," mix in grated, good quality, imported Parmesan cheese and serve the risotto immediately.

RISOTTO PRIMAVERA

- 3 cups defatted chicken stock or broth
- 1 small green zucchini squash
- 6 thin asparagus stalks, cut in 1/2-inch pieces, tips reserved
- 1 medium carrot, halved lengthwise and thinly sliced
- 1 tablespoon extra-virgin olive oil
- 1/4 cup finely chopped Spanish onion
- 1 cup Arborio rice
- Juice of 1/2 lemon

- 1 small garlic clove, minced
- 1/2 cup fresh or frozen baby green peas
- 1/4 cup chopped flatleaf parsley
- 1 tablespoon low fat yogurt
- 2 tablespoons grated Parmigiano-Reggiano cheese

Salt and freshly ground pepper

Heat the chicken stock to boiling. Set it aside.

Halve the squash lengthwise. Scoop out the seeds with the tip of a teaspoon. Cut the squash into 1/2-inch pieces. Place in a bowl. Add the sliced asparagus and carrot.

Heat the oil in a deep saucepan over medium high heat. Add the onion and sauté until it is translucent, about 2 minutes. Mix in the rice until it is coated with oil and opaque, about 1 minute. Add the lemon juice, stirring until the rice is almost dry, less than 1 minute. Mix in the garlic, and half the chopped vegetables, setting the rest aside. Cook one minute.

Begin adding the hot broth, a half-cup at a time. Stir well after each addition. Cook until the rice is almost dry before adding more broth.

When most of the broth has been used and the rice is almost done but still has a hard core, which takes about 15-18 minutes, add the rest of the reserved vegetables and parsley. Make the final addition of broth and cook until the rice is al dente, 3-4 minutes. Remove the pot from the heat.

Stir in the yogurt and grated cheese. Season to taste with salt and pepper. Serve immediately.

Nutritional Information: Makes 4 servings, each containing 323 calories and 5 grams of fat.

Recipe courtesy of Dana Jacobi for the American Institute for Cancer Research. AICR offers the AICR Nutrition Hotline (1-800-842-8114). Open 9 a.m. to 5 p.m., Monday-Friday, this free service allows you to ask a registered dietitian questions regarding diet, nutrition and cancer. AICR's Internet Web address is <http://www.aicr.org>.

Learn about eating disorders

Four out of five children at the age of 10 are afraid of being fat. Almost half of American elementary school students between the first and third grades want to be thinner.

Beverly Price, a registered dietitian and exercise physiologist, has information on how you can implement programs on eating disorder awareness and prevention at your school. Price

operates Living Better Sensibly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations.

For information, call (248) 539-9424.

Read Sports

All about herbs

Peter Stark of Renaissance Acres and the M-Fit Culinary Team will demonstrate recipes on how to incorporate herbs and spices into favorite foods 6-8 p.m. Wednesday, May 31, and Wednesday, June 7, at the East Ann Arbor Health Center, 4260 Plymouth Road in Ann Arbor. Call Nicole Guyer at (734) 975-4387, Ext. 236, to pre-register. Class fee is \$20 for individuals, \$35 for couples.

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