

# Go green, go light, with salads, veggies

Recipes courtesy of Diane Reynolds. See related column on Taste front.

and serve immediately.

**Tip:** Makes a great accompaniment to fish, poultry or vegetarian entrée. Serves 4.

**Nutrition information per serving:** Calories, 165; fat, 4.2g; cholesterol, 0mg; dietary fiber, 17g; beta carotene, 18mg; and vitamin C, 265mg

### COMFORT STYLE

#### ROOT VEGETABLES

- 1 pound potatoes, peeled and cut into 1-inch chunks
- 1/2 pound sweet potatoes, peeled and cut into 1-inch chunks
- 1/2 pound carrots, peeled and cut into 1-inch chunks
- 1/2 pound turnips, peeled and cut into 1-inch chunks
- 1/2 fat-free canned vegetable broth
- 2 T fat-free milk
- 2 T light sour cream (or tofu sour cream)

- 1 T grated Parmesan cheese
- 1/2 tsp. fresh ground black pepper
- 1/8 tsp. salt
- 3 T chopped green onions

Place the potatoes, sweet potatoes, carrots and turnips in a large saucepan. Add broth and enough cold water to cover by 1 inch. Cover and bring to a boil, then reduce heat and simmer until the vegetables are fork tender, about 20 minutes. Drain in a colander and return to the pot.

Using a hand mixer, blend the vegetables with milk until smooth. Stir in remaining ingredients and serve immediately. Serves 4.

**Tip:** Serve anytime you would have usually had regular mashed potatoes for a flavor change!

**Nutrition information per serving:** Calories, 165; fat, 2g; cholesterol, 3.6mg; dietary fiber, 5.2g; beta carotene, 14mg; and vitamin C, 41mg

### FAVORITE BROCCOLI SALAD

- 1/2 cup reduced fat salad dressing or mayonnaise
- 1 tablespoon sugar
- 2 tablespoons cider vinegar
- 1/2 pound broccol florets (3 cups)
- 1/3 cup raisins
- 1/4 cup shredded reduced fat cheddar cheese
- 2 tablespoons imitation bacon-flavored bits
- 2 tablespoons chopped red onion
- Freshly ground pepper to taste

Blend salad dressing, sugar and vinegar in a large bowl. Add remaining ingredients and mix thoroughly. Refrigerate until serving time. Serves 4.

**Tip:** This salad is great for a quick sandwich night side dish.

**Nutrition information per serving:** calories, 185; fat, 11g; cholesterol, 10mg, and dietary fiber, 3g.

## WHAT'S COOKING

**Send items for Taste calendar at least two weeks in advance of event to Ken Abramczyk, Taste Editor, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150.**

### INTERNATIONAL DINNERS

Enjoy a gourmet five-course meal prepared by second-year culinary students in the International Cuisine class in the American Harvest Restaurant in the Waterman Center at Schoolcraft College on Haggerty Road between Six and Seven Mile roads in Livonia. Courses are prepared from five different regions under the instruction of award-winning chefs. Wine will be served with each meal. Dinner is served at 6:45 p.m. and costs \$28.95 plus tax, per person, except for French, which is \$31.95 per person.

Dinners are scheduled as follows: Italian, Feb. 1; French, Feb. 8; German, Feb. 15; South American, Feb. 22; Vietnamese, March 1; Russian, March 15; French, March 22; Italian, March 29; Poland, April 5, regional American, April 19, and French, April 26. Call (734) 462-4468 for information or reservations. Seating is limited. Credit cards accepted.

### LEARN ABOUT COOKING

Here are Continuing Education classes at Schoolcraft College in Livonia for the winter semester:

- Thai & Vietnamese Cuisine, 6-10 p.m., Monday, Jan. 29;
- Heart Smart® Make & Take, 6-10 p.m., Monday, Feb. 5;
- Cakes, Tortes, and Flans, 6-9 p.m., Tuesday, Feb. 13;
- Making the Cut - Learning Cuts of Meat, 6-10 p.m., Monday, March 12;
- Herb-a-mania, 6-9 p.m., Thursday, March 22;
- The Incredible Edible Mushroom, 6-9 p.m., Tuesday, April 3;
- European Bread Making (two weeks), 5-10 p.m., Thursday, April 5 and 12;
- Outdoor Grilling & Entertaining, 5-10 p.m., Thursday and

Friday, April 28 and 29;

- Four Course Meals to Go (one day only but offered three different dates), 6-10 p.m., Monday, Feb. 19, March 19 and March 26.

ServSafe Sanitation classes also are offered to prepare students for the final examinations administered by the Educational Foundation of the National Restaurant Association. The exam is given in the class. These classes will be held 8 a.m. to 5 p.m. Tuesdays, Feb. 6 and April 3.

Also, Understanding California Wines will be 5-7 p.m. Monday, beginning Feb. 5 for five weeks. An Italian wine class is scheduled for 5-7 p.m. for five weeks beginning Monday, April 2. Anyone interested in more information regarding these classes can call Schoolcraft College Continuing Education at (734) 462-4448.

### M-FIT CLASSES

Don't let the cold, harsh days of winter drag you down. The M-Fit Culinary team of the M-Fit Community Health Promotion Division offers cooking classes, such as a Valentine's Day Menu for the Ones You Love, noon-2 p.m., Tuesday, Feb. 13; at the East Ann Arbor Health Center Demonstration Kitchen, 4260 Plymouth Road, Ann Arbor. Individual class fees are \$30, \$50 for a two-person fee, and \$90 for a series of three classes. Nutrition education class fees are \$20. Pre-registration is required. Register online at [www.mfitnutrition.com](http://www.mfitnutrition.com) or by e-mail at [community.nutrition@umich.edu](mailto:community.nutrition@umich.edu). Call Nicole Goyarts at (734) 976-4397, Ext. 236 to register by phone. Other classes on Wednesdays include: It's Soy Good, 6-7:30 p.m., Feb. 21; Get into the Game, 6-8 p.m., Feb. 28; The Joy of Soy, 6-8 p.m., March 14; Oodles of Noodles, 6-8 p.m., March 21 and Going Solo for One (or Two), 6-8 p.m., March 28.

## Try corned beef hash

BY THE ASSOCIATED PRESS

This "one-dish dinner" comes from "Gourmet Every Day" (Random House, \$29.95) with the promise that you'll have it on the table in less than 45 minutes. You can literally cut down that timing with a little fast chopping of your own, and if you choose not to use eggs in your hash.

There's a whole chapter of such meat-in-one in the book, each with a full-page color photo, graph facing the recipe, which is printed in extra-large type to help streamline your high-speed production line.

The book features more than 200 varied "quick and easy" recipes for dinner, many of them flagged as super-quick (less than 20 minutes start to finish) or low-calorie. They include soups and grilla, salads and desserts and snacks, chosen by Gourmet magazine's editors.

### CORNED BEEF HASH

- 1 pound baking (russet) potatoes, peeled and cut into 1/4-inch dice
- One 1-pound piece cooked corned beef, cut into chunks
- 1 cup chopped onion

- 1 large red bell pepper, cut into 1/4-inch pieces
- 2 tablespoons unsalted butter
- 1/4 cup heavy cream
- 4 large eggs (optional)
- 1 tablespoon chopped fresh flat-leaf parsley

**Suggested accompaniment:** green salad

Cook potatoes in boiling salted water to cover until just tender, about 3 minutes, then drain. Pulse corned beef in a food processor until coarsely chopped.

Saute onion and bell pepper in butter in a 12-inch nonstick skillet over moderately high heat, stirring, until lightly browned, about 5 minutes. Add potatoes and saute over moderately high heat, stirring occasionally, until browned, about 6 minutes. Stir in corned beef and salt and pepper to taste, then cook, stirring occasionally, until browned. Add cream and cook, stirring, 1 minute.

If desired, make 4 holes in hash and break 1 egg into each. Cook over moderately low heat, covered, 5 minutes, or until eggs are cooked to desired doneness, and season with salt and pepper. Sprinkle hash with parsley. Makes 4 servings.

# OPEN

## A Flagstar Bank Statement Plus Savings Account And You'll Get This:

# 6.00% APY

### For 12 Months

## FLAGSTAR BANK

New Locations:		
5131 Corporate Dr. Troy 248-312-5400	3915 Telegraph Rd. Bloomfield Hills 248-982-8113	1131 W. Warren Dearborn 313-432-7971
13427 15 Mile Rd. Sterling Heights 810-268-3326	37655 Six Mile Rd. Livonia 734-933-6890	28177 Orchard Lake Rd. Farmington Hills 248-324-2013
29181 John R Rd. Madison Heights 248-543-1817 (Located Inside Kmart)	42200 Ford Rd. Canton 734-981-4942	1001 N. Main St. Rochester 248-652-9792

MEMBER FDIC [www.flagstar.com](http://www.flagstar.com)

Restrictions apply to new accounts only. No minimum balance required to open, however to receive an APY benefit and to avoid monthly. Unkempt deposits and withdrawals. 3.25% monthly service charge (except for \$1,000) on all accounts. The APY (return) that is displayed is based on 12 month period. Annual Percentage Yield (APY) is effective 1/1/01. Valid on retail accounts only. Rates are effective for a limited time only. Offer good through 1/31/01. Rates subject to change without notice. Restrictions may apply.

## THE ROEPER SCHOOL

*A school that prepares its students for life integrates academic concerns with human concerns.*

GEORGE A. ROEPER, FOUNDER

**LOWER SCHOOL**  
AGES 3 THROUGH 11  
41100 WOODWARD AVENUE  
BLOOMFIELD HILLS  
BETWEEN LONG LAKE & ROSAUE LAKE  
ON THE EAST SIDE OF WOODWARD

**MIDDLE/UPPER SCHOOL**  
GRADES 6 THROUGH 12  
1051 OAKLAND AVENUE  
BIRMINGHAM  
TWO BLOCKS NORTH OF MAPLE  
ON THE WEST SIDE OF ADAMS

*Come see the Roeper Difference!*

### OPEN HOUSES

**LOWER SCHOOL**  
TUESDAY MORNINGS  
FEBRUARY 13, MARCH 6 & 27  
9:30 AM - 11:00 AM  
PROGRAM BEGINS PROMPTLY AT 9:30 AM

**MIDDLE/UPPER SCHOOL**  
SUNDAY AFTERNOON  
FEBRUARY 4  
FEBRUARY 4  
2:00 PM - CARPUS LIBRARY  
PROGRAM BEGINS PROMPTLY AT 2:00 PM

For more information, please call  
**248/203-7317**  
[WWW.ROEPER.ORG](http://WWW.ROEPER.ORG)



# Make Someone Smarter.

## Give Books.

Bring them to the lower level information desk so we can donate them to the Detroit Public Library and other metro Detroit area resources. And we'll give you credit for every book and make a cash donation to the school of your choice. See information desk for complete details.

## OAKLAND MALL

Hudson's, JCPenney, Sears and over 130 great stores and services.  
Monday - Saturday, 10 a.m. - 8 p.m., Sunday, 11 a.m. - 6 p.m.  
248.585.6000





The Observer & Eccentric

## Shuttle Service to MotorCity Casino



**January & February Special! \$1.00 Off**  
Now, \$4.60 per person includes:

### Free All-You-Can-Eat Buffet

Luxury Motorcoach Transportation

Buses run Mondays through Fridays, departing from:  
Ann Arbor • Brighton • Canton • Clinton Twp  
Dearborn • Flint • Livonia • Pontiac • Roseville  
Southfield • Southgate • St. Clair Shores  
Sterling Heights/Warren • Taylor • Westland

Detroit Metro Area pickups:  
State Fair Grounds • Greenfield and 8 Mile  
Griatiot and 8 Mile

For information and reservations, call:  
**1-800-254-3423**  
Open Sundays

Service provided by Casino CruiseLine and is not affiliated with MotorCity Casino. Certain restrictions apply. Visit us at [www.motorcitycasino.com](http://www.motorcitycasino.com)

If you don't want your car on a shuttle to help, you've got a problem. Call 1-800-370-7117 for free, confidential help.

MotorCity Casino and MotorCity Casino logo are trademarks of MotorCity Casino Entertainment, LLC. © 2000 MotorCity Casino Entertainment, LLC. All rights reserved.