

Cook up a little chili for a cookoff

If you make a great chili, why not enter it in a cookoff?

The 6th Annual Great Lakes Regional Chili Cookoff is scheduled for 11 a.m.-4 p.m. Saturday, April 7, at the Kennedy Recreation Center on West Road in Trenton during Walleye Week.

Competition includes red chili, green chili verde and salsa. Since this event is an

International Chili Society sanctioned cookoff, the winner in each category will advance to the world competition Sept. 30 in Reno, Nev.

Admission is free to the cookoff, samples are available after 2 p.m. for 50 cents. Proceeds will help the Perfection Center and Leader Dogs for the Blind.

Applications are available

through April 1. Call Leo Buk at (313) 974-3263 or Annette Horn at (734) 465-8888.

On Sunday, Oct. 7, the Great Lakes Regional Chili Cookoff in Plymouth also will choose winners. They will be entered in the 2002 World Championship.

For information on this event, call Horn.

Cleanup from page D1

quality, store in dry, cool cabinets away from the stove, refrigerator exhaust or where sunlight will hit during the day.

As a rule of thumb, low-acid canned foods can be kept for two to five years, including meat and poultry, stews and soups and vegetables except tomato, potatoes, corn, carrots, beans, peas and pumpkin. High-acid canned or jarred foods such as tomato products, fruits, sauerkraut and items that are vinegar-based are safe for 12-18 months.

Never use canned foods that are in leaking, badly dented or bulging containers. Never taste such foods, throw them out!

Wash produce thoroughly. Refrigerate all perishable foods, once prepared.

After going through your food storage areas and discarding any foods that don't meet the storage timeframes discussed, it's a good time to begin the practice of keeping a few permanent markers in the kitchen and dating food the day you purchase it. If it will go from the pantry to the refrigerator once opened, add a second date then, since the shelf life will be shorter.

Simple reminders

Always prepare foods with clean hands that have been washed for 20 seconds with running water, soap and lots of friction.

Have your work area counters and cutting boards clean, sleeves

rolled up and hair tied back. Keep furry pet friends away from the area, too! Wash produce thoroughly. Refrigerate all perishable foods once prepared.

Enjoy safe, fresh and great tasting meals this spring.

For a detailed chart of specific foods and their safe storage guidelines, contact Diane Reynolds as described below. In addition, courtesy of the Kroger Company of Michigan, a color brochure on "Fight BAC: Four Simple Steps To Food Safety," is available for the asking.

Diane Reynolds of Farmington Hills is a Registered Dietitian for the Kroger Company of Michigan.

You can reach her for answers to your food, nutrition and food safety questions at the Kroger Nutrition Help Line 1-800-KROGERS (select 3 twice on the automated menu) or e-mail her at nutritionist@kroger.com. Look for her column the second Sunday of each month in Taste.

Try these change-of-pace recipes

Recipes courtesy of Beverly Price. See related column on Taste front.

POSSOLE CASSEROLE WITH BEETS, SWEET POTATOES AND CORNMEAL CRUST

- Possole:**
- 1 tablespoon canola oil
 - 1 medium onion, chopped
 - 1 green bell pepper, diced
 - 2 cloves garlic, minced
 - 2 cups peeled and diced beets
 - 3 cups water
 - 1/2 cup pearl barley
 - 2 cups diced, unpeeled sweet potatoes
 - 15 ounce can hominy, drained and rinsed
 - 1 tablespoon dried oregano
 - 1 tablespoon chili powder
 - 1/4 teaspoon salt
 - 1/2 teaspoon pepper
 - 3 tablespoons tomato paste
- Crust:**
- 1 cup fine yellow cornmeal
 - 1 cup unbleached white flour
 - 2 tablespoons brown sugar
 - 2 teaspoons baking powder
 - 1/2 teaspoon salt
 - 1 egg, beaten
 - 1 cup buttermilk
 - 1 tablespoon canola oil
 - 1/3 cup shredded Gouda or provolone cheese

For possole, heat oil in saucepan. Add onion, bell pepper and garlic. Sauté about 7 minutes.

Add beets, water and barley. Cook 10 minutes more over medium heat. Add potatoes, hominy,

oregano, chili powder, salt and pepper. Cook 25 minutes more, stirring occasionally. Remove from heat and stir in tomato paste. Keep warm.

For crust, preheat oven to 375°F. Mix together cornmeal, flour, sugar, baking powder, and salt in a bowl. In a separate bowl, whisk egg, buttermilk and oil. Gently fold liquid ingredients into dry ingredients until mixture forms a batter. Pour batter into a lightly greased 9-by-13 inch baking pan.

Sprend possole over crust. Sprinkle cheese over top. Bake until top is lightly browned, about 25 minutes. Remove and let stand 10 minutes. Yields 8 servings.

Nutritional information per serving: Calories, 321; protein, 8g; fat, 4g; carb., 57g; chol., 28mg; sodium, 390mg, and fiber 6g.

CHOCOLATE BROWNIES

1/4 cup canola oil
2 teaspoons chocolate extract flavor
2 large eggs
1/2 cup whole wheat flour
3/4 cup sugar
1/4 cup unsweetened cocoa
1/2 teaspoon baking powder
1/4 teaspoon salt

Variations: Add any of the following: 1/2 cup dried cherries, reconstituted and mixed in; 1/2 cup toasted hazelnuts; 1/3 cup pecan nut and 1/3 cup candied orange peel and 2 teaspoons orange liqueur. For capuccino, add 2 teaspoons instant espresso dissolved in 2 teaspoons water.

Preheat oven to 350°F. Grease an 8-inch square pan. In medium bowl, mix oil, extract and eggs. Add flour, sugar, cocoa, baking powder and salt until just blended. Scrape batter into pan. Bake until top slightly springs back, about 15 minutes.

Getting organized

If you're really unsure of whether a food is safe to eat or has been stored too long, it probably is a good idea to discard it. Overstocking the cupboards contributes to this problem. Keep your food purchases at quantities you will actually use.

Lifestyle from page D1

Choose Sensibly-The "C's" are pretty straight forward. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat, choose beverages and foods to moderate your intake of sugars, choose and prepare foods with less salt, and finally, if you drink alcoholic beverages, do so in moderation.

Beverly Price is a registered

dietitian and exercise physiologist. She operates Living Better Sensibly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations. Visit her Web site at www.nutritionecrete.com.

Look for her column on the first Sunday of each month in Taste. See related recipes inside

Taste.

What are you or your child's school doing to increase your child's self-esteem?

Call Beverly at (248) 539-9424 to find out how you can implement an Eating Disorder Prevention/Intervention program at your school.

Read At Home in Thursday's Observer



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