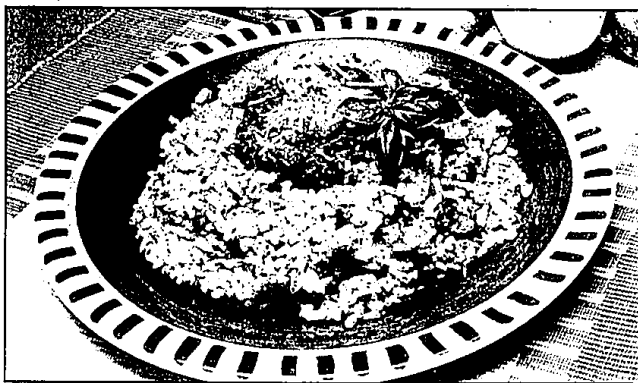




Fresh herbs: The use of fresh basil may be jumping the gun on the herb season, but a touch of it now really bids farewell to winter in this pesto with mint and lemon.

Mix lentils and rice for balance

BY THE ASSOCIATED PRESS
Few recipes have the basic mix of vegetarian beans and rice, says cookbook author **Hermine Freed**. Her book, "The Vegan Epicure: 135 Recipes for Healthy Eating" (Sterling, \$14.95 paperback) includes the recipes that are low-fat or no-fat, and easy to prepare; and are drawn from the cuisines of many cultures.

The Lentil and Rice recipe, she says, gives the right balance of amino acids to form protein comparable to that of meat.

LENTILS AND RICE

1 medium onion, chopped
4 cloves garlic, chopped
1 teaspoon olive oil
1 cup brown rice
1/2 cup lentils
1 teaspoon cumin
1/2 teaspoon cinnamon
1 teaspoon cloves
5 cardamom pods or 1/4 teaspoon cardamom powder
2 cups water
1/4 cup raisins
1/4 cup chopped walnuts or

slivered almonds

Saute the onion and garlic in olive oil until soft. Add the rice, lentils, cumin, cinnamon, cloves and cardamom, and stir to coat. Add the water and bring to a boil, then lower the heat and cook 20 to 30 minutes. Add the raisins and nuts, cook for another minute, and serve.

Makes 4 servings.
Nutrition information per serving: 313 cal., 2.8 g fat, 0 mg chol., 61.9 g carbs., 11.8 g pro., 8 mg sodium.

Slip spring flavor in risotto

BY DANA JACOBI

Special Writing

The air has softened, birds are trilling mating calls and spring flowers have sprung. Our taste buds want to join the celebration.

But Mother Nature moves more slowly in the vegetable garden. In many places, it will still be weeks until local farmlands yield their first offering. Nonetheless, putting spring on your plate is easy.

Delicately pungent chives, one of the earliest greens, add an instant breath of spring to nearly any dish. Snip them into egg salad or a bowl of canned tomato soup and see for yourself.

Mint is another flavor of spring sunshine and summer to come. Toss it with some steamed zucchini, or sugarcorn or snow peas. Apart from the taste, this verdant combination brings a spring look and feel to a meal.

Young dandelion greens offer quintessential springtime flavor, too. Add a handful of any green salad and its taste will take on tantalizing zest. Dandelion is a traditional spring tonic, intended to cleanse the body after the long, cold winter. When winter meals were a doldrums of dried beans and vegetables from the root cellar, the dandelion's sharp kick was needed more than it is today, when asparagus and lettuce are as common in the depths of December as in April.

Still, eating dandelion does more than fill an atavistic craving for food that is sharp and cleansing. Once for once, they are richer in calcium than cow's milk. And spring is the perfect time to enjoy them, before they become so intensely bitter that eating them feels like tough love.

Spinach is another green vegetable locally harvested in many places by the end of April. Try a salad of it, dressed with a vinaigrette made with grapefruit juice instead of vinegar.

Finally, basil may be jumping the gun, but a touch of it now really bids farewell to winter, particularly in this bright pesto made with mint and lemon.

Zest of 1/2 lemon, chopped, about 1 1/2 tsp.

1/2-3/4 tsp. salt, or to taste
3 tablespoons pine nuts or blanched almonds
2 teaspoons fresh lemon juice
1/2 cup thinly sliced shallots
3 tablespoons extra virgin olive oil
1 cup Arborio rice
4 cups hot fat-free chicken broth (see Note)
2 cups boiling water
Salt and freshly ground pepper
Grated Parmigiano-Reggiano cheese (optional)

In food processor or blender, finely chop basil, mint, garlic and lemon zest. Add salt and nuts, and pulse until nuts are chopped. With motor running, drizzle in juice, then 2 tablespoons oil, to form smooth purée. Season pesto to taste with pepper and set aside. (Pesto can be made up to 4 hours ahead and refrigerated in tightly closed container.)

Heat remaining oil in large, heavy saucepan over medium-high heat. Sauté shallots until soft, about 2 minutes. Add rice. Cook, stirring, until grains glaze and are opaque white, about 2 minutes.

Slowly stir in 1 cup hot broth. As soon as absorbed, add more broth, 1/2 cup at a time, stirring constantly. Add boiling water in the same way, 1/2 cup at a time, stirring. Reduce heat to medium. Stop adding water when rice is almost done. When rice is "al dente" (cooked but still offering slight resistance when chewed, but not soft or overdone), about 15 minutes, begin stirring constantly. Rice should look moist. Stir until thick and creamy, with individual grains that still resist teeth slightly, about 5 minutes more. Season to taste with salt and pepper.

Serve immediately, dividing risotto among 4 wide, shallow bowls or plates. Stir a quarter of pesto into each serving. Pass grated cheese on the side, if desired.

Note: Homemade stock tastes best, but store-bought broth is acceptable.

Nutritional information: Serves 4, each serving containing 399 calories and 14 grams of fat.

Dana Jacobi writes for the American Institute for Cancer Research.

CALENDAR

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: regional American, April 19, and French, April 26. Call (734) 462-4488 for information or reservations. Seating is limited.

Credit cards accepted.
LEARN ABOUT COOKING
Outdoor Grilling & Entertaining, 5-10 p.m., Thursday and Friday, April 26-27, is offered as a continuing education class at Schoolcraft College in Livonia. Anyone interested in more information can call Schoolcraft College Continuing Education at

(734) 462-4448.

M-FIT CLASSES

The M-Fit Culinary team of the M-Fit Community Health Promotion Division offers cooking classes, such as **Glorious Grains**, April 11, at the East Ann Arbor Health Center Demonstration Kitchen, 4260 Plymouth Road,

Ann Arbor. Individual class fees are \$20, \$50 for a two-person fee, and \$80 for a series of three classes. Nutrition education class fees are \$20. Pre-registration is required. Register online at www.mfitnutrition.com. Call Nicole Goyarte at (734) 976-4387, Ext. 236 to register by phone.

Alleluia

NEWBURGH UNITED METHODIST CHURCH
36500 Ann Arbor Trail • 734-422-0149

MAUNDY THURSDAY
7:30 p.m. Dramatic Portrayal of the Last Supper and Holy Communion
Child Care up to 3 years old only

GOOD FRIDAY
12:15 - 1:00 p.m. "Tenebrae: A Service of Darkness"
Music & Readings by Chancel Choir and Congregation
Child Care up to 3 years old only

EASTER SUNDAY
7:00 a.m. Sunrise Service - Greenmead, (8 Mile and Newburgh Rd.)
9:00 & 11:00 a.m. Worship
Sunday School

ST. OWEN CATHOLIC CHURCH
(6809 Franklin (South of Maple))

HOLY WEEK SCHEDULE

Holy Thursday:
Mass of the Lord's Supper 7:30pm
Good Friday:
Private Prayer 12:00 pm
12:30 pm Dramatized Stations of the Cross
• Liturgy & Veneration of the Cross 1:30 pm
Holy Saturday:
Blessing of Food 11:30 am
Easter Vigil Liturgy: 8 pm
Easter Sunday Masses:
9 & 11 am
Everyone Welcome

ST. MICHAEL CATHOLIC CHURCH
23225 Code Road (Corner of Ten Mile)
Southfield, MI • 248-336-8787

HOLY WEEK SCHEDULE

Palm Sunday, April 8
4:30 pm Sat. Vigil
8:00, 10:00, 12 Noon Mass

Monday of Holy Week, April 9
7:30 am & 12 Noon Mass

Tuesday of Holy Week, April 10
Confession 11:00-11:45 am
12 Noon Mass

Wednesday of Holy Week, April 11
7:30 am & 12 Noon

Holy Thursday, April 12
7 pm Celebration of the Lord's Supper

Adoration until Midnight
Good Friday, April 13
12 Noon Celebration of the Lord's Passion
3 pm Stations of the Cross
Holy Saturday, April 14
12 Noon Blessing of Easter Baskets
Easter Sunday, April 15
Celebration of the Lord's Resurrection
4:30 am Easter Vigil
8:00, 10:00, 12 Noon Mass

PRINCE OF PEACE CATHOLIC CHURCH
4300 Walnut Lake Road
West Bloomfield

Communal Penance Service
Thursday, April 5 • 10:30 AM
Mon. & Tue. April 9 & 10 • 7:30 PM

Holy Thursday April 12 7:30 PM Mass
Good Friday April 13 2:00 PM Veneration of the Cross & Liturgy of the Word
7:30 PM Stations of the Cross

Holy Saturday April 14 11:00 AM Blessing of Food
8:00 PM Easter Vigil

Easter Sunday April 15 8:00 AM, 9:30 AM, 11:00 AM, 12:30 PM Masses

RESURRECTION CATHOLIC CHURCH
48755 Greenfield • Canton, MI 48117 • 734-451-4444
Reverend Richard A. Perillo, Pastor

INDIVIDUAL RECONCILIATION: Mon. & Tue, April 9-10 • 8-9 pm
Wed. April 11th • 7:30 pm GROUP CELEBRATIONS WITH INDIVIDUAL CONFESSION OF SINS.

MON. TUE. WED. OF HOLY WEEK: Mass • 9 am
HOLY THURSDAY: April 12th • 7:30 pm Mass of the Lord's Supper
Adoration in the Day Chapel following the Liturgy until 11 pm

GOOD FRIDAY: April 13th • Noon Good Friday Meditative Service • 12:45 pm
Rosary • 1:00 pm Stations of the Cross • 1:30 pm Liturgy of the Lord's Passion

HOLY SATURDAY: April 14th • 1 pm Blessing of Food • 7:30 pm Easter Vigil

EASTER SUNDAY: April 15th • 8:30 & 10:30 am Mass in the Church
10:30 am Mass At Saints School Gym (Blessing of Food after all Masses).

Saint John's Armenian Church of Greater Detroit
22001 Northwestern Highway, Southfield (248) 569-3405
Father Garabed Kochakian, Pastor

April 10-Great & Holy Thursday - Vespers..... 7:30 pm
April 12-Great & Holy Thursday - Divine Liturgy
commemorating the Last Supper..... 10:30 pm
Washing of the Feet..... 7:30 pm
Bereavement & Passion of Our Lord..... 8:30 pm

April 13-Great & Holy Friday - Order of the Crucifixion
of our Lord..... 7:30 pm
Order of the Burial of Our Lord..... 7:30 pm

April 14-Reading of Scriptures, Candlelight Divine Liturgy sung by Church School Students,
Holy Communion & Easter Eve Supper..... 5:00 pm

April 15-Easter Sunday Matins..... 9:00 am
Divine Liturgy of the Holy Resurrection of Our Lord..... 10:00 am

St. John Neumann Catholic Church
44800 Warren Road • Canton, MI 48187 • 734-455-5910

HOLY WEEK SCHEDULE

Monday, April 9 Individual Reconciliation 7:00-9:00 pm
Tuesday, April 10 Communal Reconciliation 7:30 pm
Wednesday, April 11 Eucharistic Liturgy 7:30 pm
Thursday, April 12 Liturgy of the Lord's Supper with washing of feet 7:30 pm
Friday, April 13 Stations of the Cross 12:00 pm
Solemn Liturgy w/Communion 1:30 pm
Saturday, April 14 Blessing of Food 1:00 & 2:00 pm
Easter Vigil 8:00 pm

Easter Sunday, April 15 Liturgies
7:00, 9:00, 11:00 am & 1:00 pm

*Whoever you are, from wherever you come,
you are welcome here!*

ST. ANNE ROMAN CATHOLIC CHURCH
IMMEMORIAL TRIDENTINE LATIN RITE MASS
23310 Joy Road • Redford, MI 48239
313-534-2121

HOLY WEEK SCHEDULE

4/12 HOLY THURSDAY: 7:00 p.m. - Solemn Evening Mass Followed by the procession to Altar of Repose - The Stripping of the Main Altar - And Adoration at the Altar of Repose until midnight.

4/13 GOOD FRIDAY: Confessions 11:00 a.m. - 12:40 p.m. & 3:00 - 5:00 p.m.
12:45 p.m. - Stations of the Cross
1:30 p.m. - Solemn Afternoon Liturgy, with the Latin Chant of the Passion of Christ and Solemn Adoration of the Cross.

4/14 HOLY SATURDAY: Confessions 8:00 p.m. - 9:45 p.m.
10:00 p.m. - Paschal Vigil and High Mass of The Resurrection at Midnight

4/15 EASTER SUNDAY: Confessions 8:00 a.m. - 8:55 a.m.
9:00a.m. - Mass of The Resurrection

We Welcome You to Celebrate With Us
OUR LADY OF SORROWS PARISH
23915 Power Rd. at Shilohwasse
(S. of 10 Mile bet. Farmington & Orchard Lake Rds.)
Farmington, MI 48336

Rev. Msgr. Walter A. Hurley, Pastor
Rev. Scott A. Thibodeau, Associate

THE PASCHAL TRIDUUM - HOLY WEEK
Holy Thursday, April 12 (No Morning Mass):
7:30 p.m. Liturgy of the Lord's Supper
Good Friday, April 13 (No Morning Mass):
12:15 p.m. Stations of the Cross
1:30 p.m. Liturgy of the Lord's Passion
Holy Saturday, April 14 (No Morning Mass):
11:00 a.m. Food Blessing
7:30 p.m. Easter Vigil

EASTER SUNDAY in Church:
Solemn Masses of Easter at
8:00, 9:30, 11:15 & 1 p.m.
(Note: There is no 5:30 p.m. Mass on Easter)

EASTER SUNDAY in the Family Center:
Solemn Masses of Easter at
10:00 & 11:30 a.m.