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raz, but a Bordeaux varietal blend, 1998 Nepenethe 'The Fugue' \$33 and a 1999 Cabernet Sauvignon from Kangarilla Road \$24.

At under \$30, there are some very flavorful Shiraz including 1999 Clonakilla Langhorne Creek \$21. In this wine, the cool climate of the region offers brighter, less jammy shiraz fruit and loads of sophistication.

The 1998 Elderton \$28 has depth and class. The 1999 Franklin Estate 'Isolation Ridge' \$22 has a solid fruit core with a touch of leather, much like a Rhone red. Big, rich, round and uniquely Oz best describes 1996 David Wynn Shiraz. 1999 Hewitson 'L'Oizenu'

\$29 is mellow and very easy to like, as is the 1998 Kangarilla Road \$24 with bright, juicy fruit.

Top value reds

Independent of variety, the price of these red gems from Oz make them very attractive. The 'Langhorne' character showed through in 1999 Buckle's Cabernet Merlot \$12. 1999 David Wynn Shiraz \$13 is all about raspberry fruit and peppery spice.

The Healds are Troy residents who write about wine, spirits, food, and dining for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864#.

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on baking sheet. Repeat with remaining phyllo dough and pear mixture.

Bake for 18 to 20 minutes, or until dough is light golden brown. Remove from baking sheet and let cool on a cooling rack for 5 to 10 minutes.

To serve, decoratively arrange

1/4 cup mandarin oranges on each of four plates. Cut each warm spring roll in half diagonally; place two halves of spring roll on each plate. Spoon 2 tablespoons yogurt and 1 1/2 teaspoons mandarin oranges into each of four small bowls for dipping. Sprinkle yogurt with mace.

Cook's tip: For a more exotic taste, combine the yogurt with 1 tablespoon honey, 1/2 teaspoon grated lemon, tangerine, orange, grapefruit, lime or tangelo zest, and 1/4 teaspoon poppy seed. If you wish, save about 1/4 cup of the drained mandarin oranges, coarse-

Free brochure on grapes offered

FRESNO, Calif. (AP) — Love grapes? Information about their nutrition value is available in a free brochure.

The brochure, "Whole Health," is offered by the California Table Grape Commission. Besides the health tips, it includes six recipes.

For a copy of the brochure, write: California Grape Commission, 392 W. Fallbrook, Suite 101, Fresno, CA 93711, or e-mail jim@tablegrape.com.

Round out a meal with veggie stew, salad and shortcake

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

COMBINATION VEGETABLE STEW

2 teaspoons olive oil
1 small onion, thinly sliced
1/4 cup tomato paste
1/4 teaspoon chili powder
1 teaspoon cumin seeds
1/2 cup tomato juice
1 cup vegetable stock
14 ounces canned tomatoes, crushed
2 small carrots, sliced
2 medium zucchinis, halved and cut into chunks
20 green beans, topped and tailed
10 ounces cauliflower, cut into small florets

Heat oil in a pan. Add the onions, tomato paste, chili powder, cumin seeds, and tomato juice. Stir until well combined.

Add the stock and crushed tomatoes. Bring to a boil. Reduce heat. Add the remaining vegetables; simmer, uncovered, until soft. Yields 4-6 servings.

ROASTED BEETS-AND-MANGO SALAD

2 large beets (about 3/4 pound) trimmed
1/4 cup orange juice, divided
2 tablespoons lime juice, divided
1/4 teaspoon black pepper, divided
1 tablespoon honey mustard
2 teaspoon olive oil
1/8 teaspoon salt

6 cups gourmet salad greens
1 cup diced peeled ripe mango (about 1/2 pound)
Preheat oven to 425° F.

Place the beets in a baking dish, and bake for 1 hour and 10 minutes or until tender. Cool beets. Combine 2 tablespoons orange juice, 1 tablespoon lime juice, and 1/8 teaspoon pepper. Peel beets; cut each into 8 wedges. Toss beets with orange juice mixture.

Combine 2 tablespoons orange juice, 1 tablespoon lime juice, 1/8 teaspoon pepper, mustard, oil and salt. Combine the salad greens and diced mango. Drizzle with mustard mixture and toss well to coat. Yields 4 servings.

STRAWBERRY SHORTCAKE

2 cups flour

4 tablespoons sugar
1 tablespoon baking powder
1/2 teaspoon salt
1/3 cup margarine
1 beaten egg or 2 slightly beaten egg whites
2/3 cup skim milk

Heat oven to 450° F. Grease an 8-by-1 inch round pan. Mix dry ingredients together and cut in margarine until mixture is like coarse crumbs.

Combine egg and milk. Add to dry mixture, stirring enough only to moisten. Spread dough in prepared pan, slightly building up dough around the edges. Bake for 16-18 minutes or until golden brown.

Enjoy a variety of onions all year round

GREELEY, Colo. (AP) — There are two broad ways of categorizing onions: spring-summer fresh onions and fall-winter storage onions.

Spring-summer fresh onions are available now; their season is March through August. Their skins are thin and light-colored, yellow, red and white. Because they have a high water content, they are usually sweeter and milder than storage onions, but their high water content also makes them more likely to bruise. They have a delicate taste, and are a good choice for salads and other fresh and light-

ly cooked dishes.

Fall-winter storage onions are available August through April. They also are available in yellow, red and white varieties, but have multiple layers of thick, dark, papery skin. Storage onions have an intense flavor and a higher percentage of solids. They are best for savory dishes that need more flavor and require longer cooking times.

Color characteristics of onions. ■ Yellow onions are full-flavored, a standby for almost anything. They turn dark brown when cooked.

■ Red onions' color is an

attractive accent, and it makes them a good choice for using fresh, or in grilling and charring.

■ White onions are the traditional onions used in Mexican cuisine.

Note: It's the sulfuric compounds in onions that bring tears to the cook's eyes. To cut down on the crying, chill the onion and cut into the root end of the onion last.

(Source: National Onion Association.) On the Net: www.onions-usa.org

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ly chop them, and add them to the dipping sauce. Serves 4 with one spring roll, 2 tablespoons yogurt and 1/4 cup mandarin oranges per serving.

Nutritional Information per serving: Calories, 290; protein, 6 grams; carbohydrates, 58 g; fiber, 4 g; total fat, 6 g; saturated, 1 g; polyunsaturated, 2 g; monounsaturated, 2 g; cholesterol, 1 mg; and sodium, 211 mg.

Recipe courtesy of "Low-Fat and Delicious Desserts" by the American Heart Association.

Kathy uses oats and organic butter along with brown sugar or pure maple syrup. She microwaves the dish in a one-quart casserole dish for 10 minutes. This dish can be served with plain or vanilla yogurt.

With lettuce, just throw it in a bowl with your favorite dressing, preferably olive-oil based. Keep in mind that Romaine, red or green leaf, or Boston bib are quite nutritious. Iceberg lettuce

does not offer much in the nutrition arena.

Whether you have high blood pressure or are just trying to eat healthy, you can't go wrong with fruits and veggies.

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 website at www.nutritionsecrets.com.

Look for her column on the first Sunday of each month in taste.

Looking for something different to do for a get-together? Dietitian Beverly Price and Chef Annabel Cohen offer healthy cooking classes for groups, right in your home. Call (248) 639-9424.

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