

Wine time



Slipping samples: Wine tasters sip a variety of 400 wines from wineries in the Great Lakes region. Tasters awarded gold, silver and bronze medals at the Great Lakes Great Wines event Wednesday at Oakland Community College's Orchard Ridge campus in Farmington Hills. The event featured foods prepared by OCC instructors, area restaurants and country clubs. The fund-raiser helped raise scholarship money for OCC's culinary arts students.

Chicken dish is ready in a hurry

BY THE ASSOCIATED PRESS

Here's a stylish dinner menu to serve four. The main dish is Creamy Chicken and Mushrooms, which sounds rich and does indeed taste great, but fits in the low-fat category because it has less than 7 grams of fat per serving.

Make roasted asparagus to serve with the chicken; prepare ice cream with praline sauce for dessert and - hold your breath - you can have it all ready in 30 minutes or less.

The menu and recipes by Tamar Haspel was featured in Cooking Light magazine's April issue.

CREAMY CHICKEN AND MUSHROOMS

(Total preparation and cooking time 25 minutes)

- 2 cups uncooked medium egg noodles
 - Cooking spray
 - 1 pound skinless, boneless chicken breast, cut into bite-size pieces
 - 1 teaspoon olive oil
 - 1/2 cup chopped shallots
 - Bounce package presliced mushrooms
 - 1/2 cup dry white wine
 - 1 cup fat-free milk
 - 2 teaspoons all-purpose flour
 - 1/3 cup (3 ounces) spreadable cheese with garlic and herbs
 - 2 tablespoons chopped fresh parsley
 - 1/4 teaspoon black pepper
 - Chopped fresh parsley (optional)
- Cook pasta according to package directions, omitting salt and fat.

While pasta cooks, heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken, saute 4 minutes, or until done. Remove chicken from pan; set aside.

Heat oil in pan over medium-high heat. Add shallots; saute 1 minute. Add mushrooms; saute 4 minutes. Add wine, and cook for 3 minutes, or until liquid almost evaporates.

Combine milk and flour in a small bowl; stir well with a whisk. Add milk mixture to pan; cook 3 minutes or until slightly thick. Add chicken, cheese, 2 tablespoons parsley, and pepper; reduce heat, and simmer for 3 minutes or until thoroughly heated. Serve over pasta; sprinkle with parsley, if desired.

Makes 4 servings (serving size 3/4 cup chicken mixture and 3/4 cup pasta).

Nutrition information per serving: 338 cal. (18 percent from fat), 6.9 g fat (2.5 g saturated fat), 37.1 g pro., 31.3 g carbo., 2.9 g fiber, 101 mg chol., 241 mg sodium.

ROASTED ASPARAGUS

- 1 pound trimmed asparagus
 - 1 tablespoon olive oil
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
- Preheat oven to 400 F. Toss asparagus with oil, salt and pepper; bake for 5 minutes.

Got a story idea? Call Taste Editor Ken Abramczyk at (734) 953-2112

Free publication highlights Michigan wines

Just in time to make summer travel plans, the Michigan Grape and Wine Industry Council announces the publication of the 2001 edition of *Michigan Wine Country*.

This free magazine features tour maps, a calendar of events

and information about Michigan's 28 wineries.

"This is an exciting year for Michigan's wineries," says Linda Jones, program manager for the council. "We have four new wineries and three new tasting rooms to explore, as well as old

favorites with new and exciting wines. Last year, Michigan wineries brought home over 600 medals in national and international competitions."

The council is also sponsoring the Michigan Wine and Food Festival at Mendow Brook amphitheater in Rochester Hills. This three-day wine and food festival to be held June 22-24 will feature 21 of Michigan's finest wineries along with specialty food producers.

Michigan Wine Country can be

found at wineries, tasting rooms, retail wine shops, Travel Michigan Welcome Centers and other centers for tourist information. Free copies of the magazine can be ordered by calling the Michigan Grape and Wine Council at (517) 370-1104 or by visiting www.michiganwines.com

The Michigan Grape and Wine Industry Council is a 10-member panel that supports the growth of commercial grape and wine production in Michigan.

POLISH FESTIVAL
ST. STANISLAUS KOSTKA
MAY 26th, 27th & 28th

ANTOINE & MCKINLEY STREETS, WYANDOTTE
 RAFFLE 1st PRIZE: \$10,000 • 50/50 DRAWINGS

ETHNIC FOOD • BOOTHS • GAMES • RIDES • VEGAS
 • HOMEMADE PIEROGI • BINGO (Air conditioned)

DANCING UNDER BIG TENT • WOODEN DANCE FLOOR
 Sat. 5:30 - 11:30 • Sun. 1-11 p.m. • Mon. 1 - 11 p.m.
 SPECIAL MEMORIAL SERVICE MONDAY AT 4 P.M.
 with Wyandotte's HONOR GUARD

For information: (734)285-9505 • 282-3360 • 285-1942

Memorial Day at Boyne

Golf & Lodging Packages

Inn at Bay Harbor (suite)
 Deluxe Room or Capped Tree Cottage \$167

Boyne Highlands (suite)
 Heavenly Inn \$104

Boyne Mountain (candle)
 Displaced Ridge or Mountain Villa \$90

Golf includes 18 holes (with cart at any Boyne USA course) per night stay. Call for details on even better rates during days following 1,800.G.O.BUYIN. For trouble-free experience, *Starburst applies at Bay Harbor Golf Club.

THE HOME BUILDERS ASSOCIATION OF LIVINGSTON COUNTY'S
 10th Annual Cavalcade of Homes Tour

May 17th-27th, 2001
 Thursday, Friday, Saturday, noon-6 p.m. • Sunday, noon-6 p.m.
 Admission Adults \$7 / Under 16 Free • Visi-31 New Homes in Livingston County

TAKE THE TOUR!

24-Hour Information Hotline
 (810) 227-8210 visit the Web at www.hbac.com
 for maps, coupons and contest information

PEPPERIDGE FARM

Never Have An Ordinary Day!™

20% OFF SALE
 5 BIG DAYS, May 24th-28th

Take an additional 20% off our already reduced prices with a \$10 minimum purchase. May not be combined with any other offer or discount.
 \$15 Minimum purchase required when redeeming a Frequent Buyer Card.

Pepperidge Farm Bakers Thrift Store

LIVONIA WIXOM STERLING HEIGHTS
 29115 Eight Mile Rd. 29758 S. Wixom Rd. 2183 17 Mile Rd. at Dixie/Dunette Rd.
 (248) 477-2046 (248) 669-5097 (810) 264-3095

No cash necessary. Offer good only at Pepperidge Farm Thrift Stores. Thrift store products returned should be in original boxes or not meeting our high quality standards.

Introducing...

People Hours

We're Open
 7:30 a.m. to 7:30 p.m.

FLAGSTAR BANK

BANKING CENTERS

10562 Belleville Road • Belleville • 734-699-6639 (Inside Wal-Mart)

3915 Telegraph Road • Bloomfield Hills • 248-988-8613
 42200 Ford Road • Canton • 734-981-4942
 1131 W. Warren • Detroit • 313-832-7971

28177 Orchard Lake Road • Farmington Hills • 248-324-0013
 37655 Six Mile Road • Livonia • 734-953-6890

29101 John R Road • Madison Heights • 248-543-1817 (Inside Kmart)

31049 Dequindre Road • Madison Heights • 248-588-6777
 1001 N. Main Street • Rochester • 248-652-9792
 13427 15 Mile Road • Sterling Heights • 810-268-3230
 7555 Telegraph Road • Taylor • 313-299-0186 (Inside Wal-Mart)

5151 Corporate Drive • Troy • 248-312-5400
 2001 W. Maple Road • Troy • 248-435-0059 (Inside Wal-Mart)

2897 W. Maple Road • Troy • 248-288-6559

MEMBER FDIC www.flagstar.com

The Hours above apply to most of our Banking Centers. At some locations, the times may vary.

Flagstar Bank Is Proud To Announce
 The Flagstar 200 ARCA at the Michigan Speedway

FLAGSTAR 200 ARCA
 Saturday, June 9, 2001
 At Michigan Speedway
 Take 10% off \$49,950 1010
 Administration Office 984-2102 AAAA

Flagstar Bank Is The Official Bank of **MICHIGAN'S**

Make a memory for your grad

On two Sundays—May 20 and June 10—you can congratulate your special graduate in your hometown newspaper for just \$20!

Select a picture of your graduate when he or she was a little person or a send us a current picture.

Tell us where you want your message:

The Observer or
 The Eccentric

and which day you'd like to have your message appear

May 20 (we need your request by May 14)
 June 10 (we need your request by June 4)

Mail your check or money order along with photo and message to:

THE Observer & Eccentric
 NEWSPAPERS
 36251 Schoolcraft, Livonia, MI 48150
 Attention: "Graduate"

NOTE: If you would like your picture returned, enclose a self-addressed, stamped envelope

Hey Kevin, You finally made it! and we couldn't be prouder. The world awaits your talent and sunny disposition.
 Love, Mom, Dad, Aunt Sarah and Pogo.

Actual size of your message

Julie, Who says beauty and brains don't come in the same body. You're living proof they're all wrong! Congratulations to our beautiful honor student!
 Love, Mom, Dad, and Andy