

Stir-fry chicken with fettuccine, sugar snap peas and carrots

BY THE ASSOCIATED PRESS
 Chicken, fettuccine, ginger and sugar snap peas are among the lively mix of ingredients in Asian Primavera Stir-Fry, a dish that delivers taste and nutrition without an overload of fat.
 The recipe is in the chapter headed "Wise Entrees" in Better Homes and Gardens' "The Smart Diet: The Right Approach to Weight Loss" (Meredith, \$24.95).
 The book suggests allowing yourself freedom from diet mania by following what the editors call a nondiet approach, eating sensibly and following the USDA food pyramid advice on servings.

- ASIAN PRIMAVERA STIR-FRY**
- 1 ounce dried shiitake mushrooms
 - 1 tablespoon cornstarch
 - 6 ounces dried fettuccine
 - 12 ounces skinless, boneless chicken-breast halves, cut into bite-size pieces
 - 2 tablespoons dry sherry
 - 2 tablespoons light soy sauce
 - 1 tablespoon grated fresh ginger
 - 2 cloves garlic, minced
 - Nonstick cooking spray
 - 1 cup sugar snap peas (strings and tips removed)
 - 8 ounces tiny whole carrots with tops (about 12), trimmed

4 green onions, bias-sliced into 1-inch pieces
 Green onion strips (optional)
 In a small bowl, combine dried mushrooms and 1 cup warm water; let stand for 15 minutes. Drain mushrooms, squeezing out excess liquid; reserve liquid. Slice mushroom caps; discard stems. Stir cornstarch into reserved mushroom liquid.
 Meanwhile, cook pasta according to package directions. Drain, keep warm.
 In a bowl, stir together the chicken, sherry, soy sauce, ginger and garlic; set aside.
 Lightly coat a wok or large skillet with nonstick

cooking spray. Heat wok or skillet over medium-high heat. Stir-fry sugar snap peas and carrots for 3 to 4 minutes or until crisp-tender. Add green onions and stir-fry for 1 minute more. Remove vegetables from wok; set aside. Add chicken mixture to wok. Stir-fry for 2 to 4 minutes or until chicken is no longer pink. Push chicken from center of wok. Stir cornstarch mixture; add to center of wok. Cook and stir until thickened and bubbly.
 Return vegetables to wok. Add mushrooms and pasta. Stir to coat with sauce. Cook and stir for 1 minute or until heated through. If desired, garnish with green onion curls. Makes 4 servings.

Salad from page D1

mix of dried herbs available at Hillier's or Busch's.
 Tobin wrote the following about her recipe: "This potato salad is so good, you will wake up during the night with the thought of the potato salad in the refrigerator and you'll get up and sample some before going back to sleep."
 "I like having company and cookouts, so I make it in a big yellow Tupperware container," Tobin said.
 Tobin prefers using Hellman's mayonnaise over other brands, and slices her potatoes thin for her salad. She also boils the potatoes with the skins on and, when using redskin potatoes,

leaves the skins on before placing them in the salad. "It adds flavor," she said.
 The herbs add even more flavor. She adds hard cooked eggs into the salad, then slices them and tops them with paprika, which sometimes draws a guest to take off the entire top layer of salad.
 Tobin likes the salad to sit. "The longer it sits (chilled), the better it tastes," Tobin said. She serves it with hamburgers, hot dogs and vegetable trays.
Recipe spans time
 Elaine Fitzpatrick of Farmington Hills has used an old recipe from McCall's magazine for at least 25 years.
 The marinated potatoes "make the salad," she said. Cooked potatoes marinated with dry mustard, cider vinegar, oil and green onions.
 Make sure you finish the recipe first before eating the salad, she warns.
 "If you try these potatoes while they sit in the marinade, they are fabulous," she said. "It's almost hard to even finish the recipe, because you may not have enough."
 She writes: "It's the absolute best salad to have with hot dogs, hamburgers or anything else on the grill."

Recipes from page D1

- 1/8 teaspoon pepper
- Dash cayenne
- 1/4 cup cider vinegar
- 1/2 cup salad oil
- 1/2 cup chopped green onion

In a 5-quart Dutch oven, pour just enough boiling water over unpeeled potatoes to cover; add salt. Bring to boiling; reduce heat; simmer covered, until potatoes are fork-tender, not mushy. (Large whole potatoes take about 30-35 minutes, quartered generally take 20 minutes). Drain and let cool for 30 minutes.

Meanwhile make marinade: In a 1-cup measure, combine marinade ingredients. (Or use 3/4 cup bottled oil-and-vinegar dressing for marinade.) Peel warm potatoes, then slice, 1/4 inch thick, into large bowl. Pour marinade over the still warm potatoes.

Toss gently to coat well. Refrigerate, covered, 2 hours, tossing potatoes several times. Potatoes will absorb marinade.

At least one hour before serving, add celery, radish, hard-cooked eggs and mayonnaise to potatoes. Toss gently, refrigerate, covered until serving. Turn into a bowl lined with lettuce. Garnish with cucumber, eggs, radish roses and onion. Makes 8 to 10 servings.

Recipe adapted from McCall's by Elaine Fitzpatrick of Farmington Hills.

SO GOOD POTATO SALAD

- 5 pounds white or red potatoes
- 6 hard-boiled eggs
- 3/4 cup celery ribs, finely diced
- 3/4 cup white sweet (Bermuda) onion, finely diced
- 1 cup Hellman's mayonnaise
- 1/4 teaspoon beau monde (available in spice sections at fine markets)
- 1/4 teaspoon sweet basil leaves
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground nutmeg
- 1/4 teaspoon dill weed
- 1/4 teaspoon chives
- 1/4 teaspoon parsley
- 1 teaspoon salt
- 1/4 teaspoon pepper

Boil potatoes in salted (optional) water with skin until tender. Cool, then peel. (If using red potatoes, peeling is optional.) Boil eggs until hard-boiled. Cool, then peel.

Slice potatoes thin, and place into bowl. Put sliced eggs on top of potatoes. Add celery and onions. Stir herbs and spices into mayonnaise until well-blended. Add mayonnaise mixture to potato mixture. Blend well. Cover and refrigerate until serving.

Additional sliced eggs may be added to the top of salad. Sprinkle with paprika.

Recipe adapted by Mary Gleason Tobin of Bedford from an old Betty Crocker cookbook.

Wine from page D1

(\$18) has mellow and pleasant cherry fruit in a well-priced medium weight wine.
 ■ 1999 Francis Coppola Claret (\$18) is a dense, dark Bordeaux-style blend with expressive black fruits and mellow finish, accented by vanilla notes.
 ■ 1998 Niebaum-Coppola Estate Merlot (\$42) is hallmarked by black cherry, a good core of black fruits, accented by warm brown spices with an abundant finish.
 ■ 1998 Niebaum-Coppola Edition Pannino Zinfandel (\$42) sports an intense, deep fruit base, spiced with cedary new

American oak. Here's a zin that drinks like a cabernet.
 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) 963-2047, mailbox 1864N.

Pork kebabs load up on flavor

BY THE ASSOCIATED PRESS
 The fat content is not a concern in this recipe for sweet-and-sour pork kebabs, because the recipe has been reworked to lose fat and calories, while keeping loads of great flavor.
 The recipe is from "More Healthy Homestyle Cooking: Family Favorites You'll Make Again and Again" (Rodale Press, 2000, \$29.95 hardcover) by Evelyn Tribolo.
 Tribolo's successful forte is "makeovers," her adaptations of popular dishes that improve nutritional value by reducing fat and cholesterol, but make sure the good taste remains. Her latest book offers about 200 further such recipes, ranging from appetizers to cheesecake and chocolate desserts.
 "These kebabs look wonderful over rice," Tribolo says of her sweet-and-sour pork recipe, "and it's a great meal to make ahead of time for entertaining."
 Calories per serving are reduced to 201, from the original 560, and fat drops to 5 grams from 26 grams, by cutting the amount of oil in the marinade, using a leaner cut of pork and less of it, and adding bell peppers to compensate for less meat.

For kebabs:
 2 red or green bell peppers, cut into 32 1-inch pieces
 20-ounce can pineapple chunks
 To make the marinade and pork: In a large bowl, combine the vinegar, oil, garlic, red-pepper flakes and salt. Stir in the pork, cover, and chill for at least 6 hours or overnight. Drain the pork, reserving the marinade.
 To make the sauce: In a small bowl, combine the ketchup, vinegar, sugar, soy sauce and oil. Set aside.
 To assemble the kebabs: Soak eight 10-inch long bamboo skewers in water for 30 minutes (see note). Thread a bell pepper chunk followed by a pineapple chunk and a pork chunk onto a skewer. Repeat this sequence four times on each skewer.
 Coat a grill rack or broiler pan with nonstick spray. Preheat the grill or broiler. Baste the kebabs with some of the reserved marinade. Grill over medium-hot coals or broil them on a rack for 20 minutes, or until the pork is no longer pink but still juicy. Turn the kebabs 3 or 4 times during cooking. Drizzle with the marinade several times during the first 10 minutes of cooking. Discard any remaining marinade; do not serve it with the kebabs.
 Just before removing the kebabs from the grill, spoon half of the sweet-and-sour sauce over them. Turn the kebabs, spoon the remaining sauce over them, and grill for 1 minute longer. Serve immediately.
 Makes 8 kebabs, 4 servings.
 Note: Tribolo says she soaks bamboo skewers in water before making kebabs so that the skewers don't burn during grilling. If you don't have bamboo skewers, use metal ones and skip the soaking time.
Nutrition information per serving: 201 cal., 17 g pro., 22 g carbo., 5 g fat (1 g saturated fat), 46 mg chol., 393 mg sodium, 1 g fiber.

SWEET-AND-SOUR PORK KEBABS

- For marinade and pork:**
- 2 tablespoons red wine vinegar
 - 1 tablespoon dark sesame oil
 - 2 garlic cloves, minced
 - 2 teaspoons crushed red-pepper flakes
 - 1/2 teaspoon salt
 - 1 pound pork tenderloin, cut into 32 1-inch chunks
- For sauce:**
- 1/4 cup ketchup
 - 2 tablespoons red wine vinegar
 - 2 tablespoons sugar
 - 2 teaspoons reduced-sodium soy sauce
 - 1/4 teaspoon dark sesame oil

Taste 2001 series begins June 5

The Taste! 2001 series begins June 5 at the Ritz-Carlton in Dearborn.
 Taste! Spring ... In the Court-yard features the talents of Ritz-Carlton chef Dawn Varming, as well as four other chefs. Among the guest chefs from Ritz-Carlton hotels will be Eric Chopin (Tyson's Corner), Arnaud Berthelier (Naples), Laurent Branlard (Buckhead), and Jacques Sorci (Marina Del Rey).
 The Taste! 2001 season begins Tuesday, June 5, with a five-course champagne and wine dinner.
 Each course will feature a selection prepared by one of the five Ritz-Carlton chefs and will be accompanied by a wine or champagne chosen to complement each selection. The celebration begins at 6 p.m. Admission is \$125 per person, including taxes and gratuities.
 A pulled-and-blown sugar class is scheduled 2:30-4:30 p.m. Wednesday, June 6, followed by a reception. Guests will learn techniques from pastry chef Laurent Branlard. Admission is \$50 or \$35 for students with valid identification.
 The week will conclude with an outdoor Wine & Spirits Tasting 6-8 p.m. Thursday, June 7. This casual celebration will take place on the grounds surrounding the hotel and will feature "interactive food stations," prepared by one of the featured chefs. The festival-like atmosphere will be enhanced with a variety of beer, wine and specialty drinks, as well as passed hors d'oeuvres and live music. Admission is \$50 per person, which includes taxes and gratuities.

A portion of the proceeds from each series will once again be donated to local charities: CATCH (Sparky Anderson's Charity for Children) and the Children's Center of Detroit.
 The second half of the two-part series of Taste! 2001, will be the ever-popular Taste! France. It will once again feature the cuisine and wines of France with the annual release of Beaujolais Nouveau in November.
 For reservations, tickets and further information, please phone (313) 411-2100 or stop by the hotel's preferred event partner, John Janna at Merchant's Fine Wines in Dearborn.
 For more information regarding TASTE! 2001, log on to www.ritzcarlton.com

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Chat online, get tips on food safety from USDA official

Whether you're floating or boating, hiking or biking, keeping your food supply safe this summer will help ensure a good time by all.
 To start the summer season, Diane Van, acting manager of the U.S. Department of Agriculture's Meat and Poultry Hotline will share food safety tips during a live web chat 11 a.m.-noon, Tuesday, May 29, on the American Meat Institute's

www.MeatAMI.com.
 On the go with your food this summer? Van will share how to safely transport foods and even how to safeguard your food supply when camping and hiking in the great outdoors.
 Just barbecuing in the backyard? Van will tell you everything you need to know about storage and defrosting, marinating safely and how to properly grill and smoke foods.

Feel free to pose questions in advance by visiting MeatAMI.com's Ask the Expert section in the lower left corner of the home page. (The chat section changes about 5 minutes prior to the chat and a button saying "Join chat now" will appear.)
 Can't make the chat? View a transcript that will post when it is over.
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