

Delightful dairy dishes are sure to please

See related story on Taste front.

FRUIT & HONEY SMOOTHIE

- 1 can (16 ounces) pear halves or slices, drained
- 2 tablespoons honey
- 1 1/2 cups low-fat milk
- 1 cup strawberry yogurt

In blender or food processor container combine pears and honey. Process until smooth. Add milk and yogurt. Process until blended. Makes 4 servings.

Nutrient analysis per serving: Calories 174, total fat 2g, cholesterol 6mg, sodium 80mg, total carbohydrate 36g, dietary

fiber 2g, protein 6g, calcium 208mg.

Recipe compliments of the Milk Processors Educational Program, the Honey Board, Pacific Northwest Canned Pears

OPEN FACED GRILLED CHEESE AND TUNA SANDWICH

- 6 pieces toasted bread of your choice
- 1/4 cup soft margarine
- 1 teaspoon prepared mustard
- 1 tablespoon white onion, chopped fine
- 1/2 cup celery, chopped fine

- 1 tablespoon sweet pickle, chopped fine
- 4 tablespoons low-fat mayonnaise
- 7 ounces tuna, drained
- 6 (1/2 ounce) slices Swiss Cheese
- Sprinkle of paprika for toast tops

Cream together margarine and mustard. Spread on one side of bread.

In a separate bowl, combine onion, celery, sweet pickle, low-fat mayonnaise and tuna. Mix well.

Spread one-quarter cup tuna mixture on dry side of bread slice.

Place cheese slice on top and sprinkle with paprika. Place on cookie sheet, cheese side up. In 400°F oven for 10-12 minutes until cheese melts and bread toasts. Serves 6.

Nutrient analysis per serving: 362 calories, 21g protein, 31g carbohydrate, 20g fat, 28mg cholesterol, 436mg sodium.

CHEESY ASPARAGUS STRATA

- 6 slices White or Whole Grain Bread, No Crusts
- 1 cup, 2 ounces Asparagus, Fresh or Frozen
- 12 (1/2 ounce) slices Swiss Cheese
- 1 cup Egg Beaters, beaten

- 2 1/2 cups one percent Milk
- 1/4 teaspoon ground nutmeg
- 1 1/2 teaspoons salt
- 1/8 teaspoon black pepper
- 1 tablespoon white onion, chopped fine
- 4 tablespoons shredded low-fat Cheddar Cheese

Cut asparagus into small pieces. Arrange in the bottom of a coated 9 by 13-inch baking pan.

Arrange 6 slices of bread on the bottom of the pan. Cover each with a single slice of cheese and 1 tablespoon asparagus pieces.

Repeat with another slice of cheese and asparagus layer.

In a separate bowl, beat Egg Beaters, milk, nutmeg, salt, pepper and onion until mixture is light and fluffy. Pour over the bread slices so all are coated with mixture.

Bake at 350°F for 25 minutes. Remove from oven and add shredded cheese on top. Bake additional 10-15 minutes until mixture is set and cheese is melted. Remove from oven and let stand for 10 minutes before cutting. Serves 6.

Nutrient analysis per serving: 377 calories, 30g protein, 20g fat, 24g carbohydrate, 83mg cholesterol, 787mg sodium.

Recipes courtesy of HDS Services

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Dairy from page D1

Yogurt is acidic, semi-solid, curdled milk made from whole or skimmed cow's milk. It is made by fermentation with the beneficial bacteria, *Lactobacillus Bulgaricus*, which is allowed to multiply freely in temperature-controlled milk until it achieves the proper consistency and tart flavor. The bacteria in yogurt manufacture large amounts of B vitamins, which are excellent for maintaining a healthy intestinal system.

Yogurt

Yogurt is versatile in cooking. It is a nutritious replacement for mayonnaise, sour cream, cream cheese or heavy cream in many recipes. It should be warmed gently over low heat or cooked over even, moderate heat for a short time to prevent the yogurt from separating. A tip for those

cooking with yogurt is to add one tablespoon of cornstarch or two tablespoons of flour for every cup of yogurt to keep it from separating during cooking.

Enjoy the wonderful versatility and flavors of milk and dairy products. Grab a tall glass of milk along with some cheese and crackers and toast your health.

Peggy Martinelli-Evarts, R.D., a Clatskanie resident, is a registered dietitian and director of clinical operations for HDS Services, a 35-year-old Farmington Hills-based food service and hospitality management and consulting company, specializing in food service management for hospitals, long-term care facilities, businesses, private clubs and private schools. HDS Services has approximately 260 management accounts throughout the United States and Japan.

2 Unique from page D1

Knives are not part of the traditional Thai place setting — only spoons and forks. Ingredients are processed into very fine pieces as part of their journey to becoming a final dish. Thai people do not put everything on their plates at once but rather eat from one dish at a time enjoying each one for its special properties.

What I learned in cooking school in the city of Chaingmai, located in the northern part of the country, is that things are kept pretty simple in a Thai kitchen. Their basic equipment arsenal is a steamer, Thai-style wok, food processor or mortar and pestle which is key for grinding exotic Thai curries. It was amazing and refreshing to see such dramatic results come from such simple means.

I found my culinary journey to be intriguing, exotic and exhilarating. The food was fresh, light,

cool, crisp and its warmth was only surpassed by the very friendly and kindhearted Thai people. What a wonderful life experience — we sampled foods many unlike anything I have ever known before, rode on elephants, took in the beautiful gold clad Buddhist temples and enjoyed scenery and beaches that were vivid with color, energy as well as history.

It is certainly no surprise to me that Thai food with its enchanting spices is finding a stronghold here in our neighborhood culinary collections.

Chief Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills and Aunt Olive's Good Food 2 Go in Birmingham. Lewton is a graduate of Schoolcraft College's Culinary Arts program. Look for her column in Taste on the second Sunday of the month.

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