

2 UNIQUE



KELLI LEWTON

Summertime means plenty of leafy greens

I don't know about you, but after a sweltering Michigan summer day when the heat registers in the 80s or 90s, the last place you will find me at home is next to a hot oven.

Even the thought of a big heavy meal could send me to bed without eating. My prerequisites for a summer dinner are cold food, and the more fresh summer produce the better. For me, this concept translates into entrée salads for everyone.

I know I am not alone as our salad sales more than double during these peak summer months. Everyone is looking for something cool and crisp to satisfy his or her hunger. This concept is strong in the restaurant industry. From McDonald's shake your salad up in a cup with dressing to the delightful duck breast salad I had the other night at a neighborhood bistro, it would appear everyone is tossing up some lively greens.

Varying your menus

Variety keeps your salad enthusiasm alive. Try these ideas:

Everything Asia: For your next salad try teriyaki marinated grilled chicken breast, slender sliced bok choy, bean sprouts and snap peas. How about some rice noodles mixed with Napa cabbage, spinach and curly endive?

Fish is good: Just about anything that swims would dive nicely into a pool of crisp greens - Salmon with barbecue sauce, tuna or swordfish off the grill with crunchy cucumbers, tomatoes, red onions and even artichokes with light vinaigrette. To give fish or shrimp some extra zip, marinate an hour or two in your favorite scented vinaigrette before grilling.

Meat is not an essential: You will find if you meander through your local produce aisles, there are a variety of vegetables. Experiment with unique baby greens such as radicchio, frisée, Chicory and Boston bibb. Shake up your salad bowl with these greens, yellow tomatoes, fresh green beans, red onions, a little Maytag bleu cheese and a fruited or balsamic vinaigrette and no one will be missing the meat. If you are looking for a little protein in your meatless salad, toss in a few beans or tofu, or both.

Imagination runs wild

There are no golden rules with produce, your imagination is your only limitation.

Mediterranean style is always a crowd pleaser. Marinated olives, fresh summer beets, cucumbers, feta, sundried tomatoes and red onions marinated in a red wine vinaigrette tossed on romaine lettuce and topped with chicken or shrimp will leave you feeling cool and not stuffed. Even taking an old favorite such as Caesar salad and re-inventing it as a Caesar slaw with thinly cut strips of romaine lettuce, petit croustons and thin strips of chicken will keep your family's interest peaked.

Interesting toppings and condiments will help keep them coming back for seconds. How about sprinkling veggie chips on your next mountain of greens? Don't forget all those wonderful beans like kidney, garbanzo and lentils.

Roasted corn and grilled tomatoes with a little salsa mixed with Italian dressing will put you in the Southwestern mood. Sliced fruits are great with many varieties of fish and chicken. Roasted veggies off the barbecue are sure to please.

Don't forget the bread with olive oil. Even tapenade spreads such as sundried tomato, olive or artichoke will be an exciting change from the normal butter zone. Be creative in your salad dressing selections. It is easy to start out with simple Italian style vinaigrette and by adding a pinch of orange juice concentrate or a few pureed

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LOOKING AHEAD

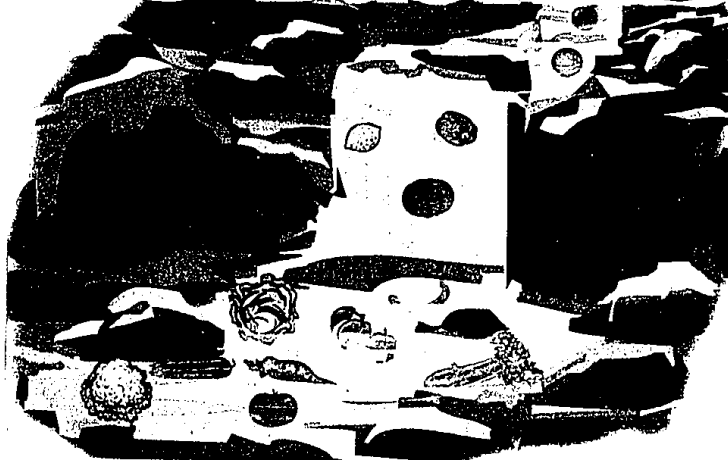
What to watch for in Taste next week:

- Cooking to win
- Seasonal Sensations

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STRESS-BUSTERS

Water, fresh produce may help cut strain and tension



BY PEGGY MARTINELLI-EVERTS
SPECIAL WRITER

Stress affects nearly everyone to some degree. When our bodies are poorly nourished the effects of stress are even more pronounced. Snacking is a good way to refuel.

Wendy Woodward of Canton enjoys it, but is doing less as she is on crutches for a few weeks.

"I miss my afternoon snack and likely will resume my old routine once I'm off crutches," she said. "However, I plan to eat healthier foods and fewer chocolate bars."

As pressure builds, you may be tempted to indulge in low nutrient foods. After all, "desserts" is "stressed," spelled backward.

Stress-busters

Use the following as a guide to healthy eating during times of stress:

Water: "I often keep a bottle of water on hand," said Kathy Vande Laere of Livonia. "When I'm really busy, and can't get away to eat, a glass of water is refreshing, and cures my hunger pangs."

Fruits and vegetables: Fresh fruits and vegetables are delicious, nutritious and portable. Their crunchy texture may help you "chew out" some of the aggravation of the day.

A cool salad of greens with your favorite dressing can help you cool off. Summer is the best time of year to find fresh produce, so why not enjoy it? For a healthy change of pace, try easy spinach pizza pie. (See related recipes.)

Cereals: Ready-to-eat breakfast cereal and low-fat milk is a quick, healthy meal any time of day.

Dairy: A glass of milk, even chocolate milk, can be satisfying and nutritious. Frozen yogurt, ice cream and pudding may be a little higher in calories and fat, but still have nutrients our body needs to keep healthy.

Meat and protein: Scramble eggs and sprinkle with grated cheese.

Spread peanut butter on a toasted bagel, or open a can of baked beans and serve with a grain or vegetable for a simple meal.

Triggers

Caffeine: Emile Mahanti of Farmington used to drink 10 to 15 cups of coffee a day.

"I watched to decal and cut down on chocolate in recent years in order to get a better night's sleep and found that it helped," Mahanti said.

The effects of caffeine can vary from person to person. Caffeine belongs to a family of chemical compounds called xanthines, which act as central nervous system and heart muscle stimulants, diuretics and muscle relaxants.

Consuming beverages with caffeine can worsen stress and anxiety.

Regular, brewed coffee, some sodas, and strong tea, contain 50 to 150 milligrams of caffeine per cup.

Alcohol: It may be tempting to reach for a drink when stress gets to you. At high levels, alcohol does produce euphoria and relief from anxiety.

However, in extreme cases, it can become a lethal drug. Alcohol is a depressant, not a stimulant.

Take the time

Take 15 or 20 minutes to put together a meal. Set aside work distractions, and enjoy an energy boost from eating and preparing a nutritious meal.

Savor the taste of food and enjoy some peaceful music or friendly conversation. Take a short nap or a brisk walk for renewed energy. Review priorities and get adequate rest for another day.

Eat well and be well.

Peggy Martinelli-Everts, a Clarkston 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 and nutrition service management for hospitals, long-term care facilities, businesses, private clubs and private schools. HDS Services has approximately 250 management accounts throughout the United States.

EASY SPINACH PIZZA PIE

1 each pre-made pie crust (2 crust variety)

1 (7 1/2 ounce) package spinach, chopped, thawed, drained

2 1/4 teaspoons olive oil

1/3 cup onion, chopped

3 cloves garlic, chopped fine

1 egg

6 ounces ricotta cheese, low fat, drained

1 1/4 ounces cream cheese, low fat, softened

3/4 teaspoon fresh basil, chopped

3/4 teaspoon oregano, crushed

1 3/4 tablespoons flour

6 1/2 ounces corn, canned, drained

1 tablespoon skim milk

2 1/4 teaspoons Parmesan cheese, grated

Place one pie crust in 9-inch pie tin.

In oiled skillet, sauté garlic and onion until soft. Set aside.

In large bowl, whisk together egg, ricotta cheese and cream cheese.

Blend well. Add sautéed garlic and onion mixture, drained spinach, basil, oregano, flour and corn.

Spoon mixture into the pie crust shell. Spread to the sides.

Cover edges with water to seal. Add second crust on top. Crimp edges together to seal. Cut vent holes in top.

Paint milk on top of crust. Sprinkle with Parmesan cheese.

Bake in 400° F oven for 25-30 minutes or until crust is golden brown and internal temperature is 145-160° F. Let stand 10-12 minutes before cutting. Makes 6 servings. Serve with hot tomato

sauce and green salad.

Nutritional analysis per serving: Calories, 377; protein, 9 grams; carbohydrate, 42 grams; fat, 21 grams; sodium, 500 mg; and cholesterol 37 mg.

BRUNCH SKILLET

5 ounces lean turkey sausage

1/2 cup onion, chopped

1 cup red bell pepper, chopped

1 cup green bell pepper, chopped

6 eggs (or substitute 12 egg whites)

1/2 cup ricotta cheese

1 teaspoon salt

1 teaspoon pepper

Salsa (optional)

In a large, non-stick fry pan, sauté crumbled turkey sausage over medium heat until thoroughly cooked. Remove from heat and drain away fat. Return to pan to heat and cook onion and peppers until onions are slightly transparent but peppers are firm.

In a separate bowl, beat eggs with salt, pepper and ricotta cheese until combined. Remove vegetables from pan, turn heat to very low, spray pan with non-stick cooking spray and pour egg mixture into pan. When bottom is slightly set, arrange sausage, peppers and onions on top.

Cover and cook until set through, about 10-12 minutes. To serve, invert onto a platter and cut into wedges. Serve with warm salsa. Serves 6.

Nutritional information per serving: calories, 100; protein, 12 grams; fat 10 grams, and carbohydrate 6 grams.

Recipes courtesy of HDS Services.

Australian decision has big payoff

Exactly 60 years ago, the decision by David Wynns to buy an existing chateau in Australia's famed Coonawarra district and rename it Wynns Coonawarra Estate is one for which lovers of great Australian wines should be forever grateful.

Some 60 years ago the wines of the land Down Under had minimal international appeal and those from Coonawarra were used mainly for blending.

They were relatively unknown even in their homeland and most consumers had no idea that many of the top red wines of the era had a Coonawarra component in the blend.

Today, Wynns is the yardstick by which to measure the wines of Coonawarra. By being the largest single grower in the region with 2,100 acres of vineyards, Wynns preserves a commitment to make 100 percent Coonawarra wines.

Given the penchant of Australian producers today to create multi-distinct blends, the Wynns' decision is unique.

Coonawarra is part of South Australia, the region producing more than half of all Australian wine. It is located about 200 miles inland from the coast and midway between Adelaide and Melbourne, but on the way to neither.

Coonawarra offers the "feel" of cultural isolation.

This "place of the wild honey-suckle" in Aboriginal, is a small cigar shaped ridge of terra rossa soil (reddish with high iron content), approximately 10 miles long by one mile wide, with a limestone subsoil that is well drained. Like most of the world's greatest vineyard areas, it is a cool climate growing region.

Because cabernet sauvignon is dominant, South Australia's Coonawarra region has been called the Bordeaux of Australia. Australians say the secret lies in the rich soil and long, cool ripening season. Soil wise, however, Coonawarra is

not at all like Bordeaux.

In some years, it is too cool to ripen cabernet sauvignon generating herbal wines on occasion, too overt for an American palate, lusty for generously fruity reds. From the same vintage, one can find herbal and rather green cabernets from some producers, while others have wines built on solid red fruit aromatics and flavors.

The difficulty is that the planting of cabernet sauvignon has been extended beyond the limits of the terra rossa soil. Fruit outside this boundary, although passed off as Coonawarra, is not the same quality.

According to Wynns Peter Douglas, "Cabernet sauvignon is Coonawarra's best variety when grown on true terra rossa." This is evidenced by Wynns John Riddoch



Wine Picks

Testing Wynns Coonawarra Estate

■ 2000 Chardonnay \$13 is food friendly with backed off oak, delicate flavors and delightful citrus notes.

■ 1999 Shiraz \$15 sports deepthulth black fruits, brown spices, tobacco leaf, dark cherries and pepper qualities. A very good value.

■ 1998 Cabernet-Shiraz-Merlot \$13 with violet scents, black currant and blackberry fruit is well structured with managed tannins. Rich and delicious.

■ 1998 Cabernet Sauvignon \$15 has typical Coonawarra character, a nice perfume of dark fruits with cedar spice notes and a mellow, silky finish.

■ 1997 John Riddoch Cabernet Sauvignon \$50 named after Wynns' son, is a legend in Australian Shiraz. It shows aromas of black currant, black cherry and cedar spice with cinnamon, dark cherry, a hint of mint and black pepper flavors.

■ 1997 John Riddoch Cabernet Sauvignon \$50 is highlighted by aromas of smoky oak, tobacco, blackberry, black cherry and black olive leading to similar, well-layered, complex flavors, and generous structure portending longevity.

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