

## Favorites from page B1

Spray 9 x 13 baking dish with vegetable oil. Line bottom with cabbage. Top with meat mixture. If desired, add another can of soup. Cover and bake at 350 degrees for 1 hour.

Serves 6

### GRANDMA'S JELL-O SUPREME

1 small box each of lime, cherry, orange and lemon gelatin dessert  
6 cups of boiling water, divided  
2 cups milk  
½ cup granulated sugar  
2 envelopes Knox unflavored gelatin  
½ cup cold water  
1 pint sour cream  
2 teaspoons vanilla extract

Spray 9 x 13 pan with vegetable oil.

In small bowl or measuring cup, mix one fruit-flavored gelatin with 1½ cups boiling water until dissolved. Pour into prepared pan and refrigerate until set, approximately ½ hour.

Meanwhile, prepare filling in another bowl. Boil milk and add sugar; mix, dissolve Knox gelatin in cold water. Add to milk mixture. Add sour cream and vanilla. Stir until thoroughly mixed. Set bowl with filling in warm water.

Put 1 cup of filling on top of set gelatin. Allow this layer to set, approximately ½ hour. Repeat gelatin, then filling layers ending with a gelatin layer. Allow all layers to set before adding another.

Serves 12-16

### APRICOT-GLAZED PORK TENDERLOIN

4 pork tenderloins (approximately the same size and 2 pounds each)  
3 cups apricot jam, divided

Split tenderloins open lengthwise (do not cut through); flatten. Lay two tenderloins side by side on rack in roasting pan. Brush each with approximately ¼ cup jam. Top each with remaining tenderloins and brush tops with remaining jam.

Bake in slow oven (325 degrees) for approximately 1½ hours, until meat is no longer pink. Periodically baste with pan juices.

Serves 14-16

## Heads from page B1

near the front of the book, Montevina and Shenandoah Vineyards (with its Sobon Ebanzine) came first. Sadly, Sobon vines are not available in Michigan. Montevina is and Stewart tells this winery's rise to acclaim with great accuracy.

From Paso Robles, there's Eberle. It's Sauret Vineyard Zinfandel scores high in our books. At Saucelle Canyon, Bill Greenough is dedicated to preserving 120-year-old zinfandel vines. From Sonoma County, Stewart accurately relates the story of Rafanelli Winery that

produces our all time favorite zinf. It too is unavailable in Michigan. Most of the small Rafanelli production is sold via a mailing list.

Stewart unwraps the great history of Gallo's Sonoma zinfandel and the wines now labeled as single vineyards, each with a unique spin on the variety. Then there's Ravenswood. What a story of no winpy wines allowed!

This is! The comment applies equally to St. Francis winery.

So many great zinfandels, so many great stories, so little

space to talk about them all. But Rhoda Stewart does in her serious book. If you have trouble sourcing it, phone the publisher at (415) 479-5819 or order directly by sending a check in the amount of \$60 + \$4.50 postage to PVV Inc., 58-D Paul Drive, San Rafael, CA 94903.

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

## Healthy from page B1

where and when you can do it.

**Simple** - You don't need fancy equipment, unless you want it, to get daily exercise. While it is better to do something than nothing, don't avoid physical activity because you don't have all the accoutrements.

**Convenient** - Joining a health club is a great idea, unless the health club is far away or requires major schedule juggling to get there. There is some benefit to exercising with others, but if you must choose a solitary activity because it fits into your schedule, you'll still get the benefits.

**Personalize the Food Guide Pyramid** as your roadmap toward eating a variety of foods, using moderation when selecting portion sizes, and balancing your choices over time. Pay attention to how food is affecting you. Listen to your body's internal signals rather than eating "by the clock." Be mindful of the wonderful flavors and textures of foods and enjoy every bite. Remember that food is not the enemy; make peace with your refrigerator.

Taking the first step toward making healthful choices can be easy if you enlist help from friends and family. Sometimes we use food to fill up more than our stomachs. Food fills in the empty spaces in other parts of our lives.

The association between food, love and intimacy is inextricable. Notice a woman feeding her baby and you can see how powerful food is at nourishing both the body and the soul. The people around you play an important role in helping you stay healthy. Here are some techniques for including others in your health plans:

■ Ask for what you want - praise, feedback, cooperation, rewards, etc.

■ Teach family and friends the concepts of eating a variety of foods and enjoying them in moderation.

■ Request that affection and sharing not be in terms of food. Ask for non-food treats and gifts.

## Recipes are healthy, delicious

### HERB CRUSTED FISH FILET

6 pieces whole wheat bread, sliced, with crust  
2 garlic cloves, fresh, peeled, large  
4 tablespoons chives, chopped  
1 cup parsley, fresh, chopped  
2 tablespoons basil, fresh, chopped  
4 tablespoons oregano, fresh, chopped  
8 tablespoons yogurt, plain, non-fat  
2 tablespoons olive oil  
4 teaspoons Dijon mustard  
8 fish\* filets, 5-6 oz each  
(\*Good choices include halibut, halibut, salmon or sole)

Preheat oven to 400°F. Break the bread into pieces and process in food processor until fine crumbs. Remove from processor. Add the garlic to the food processor and set to mince. Add the chopped chives, parsley, basil and oregano. Mix until combined. Fold in the herb mixture with the bread crumbs to mix. In a separate bowl, mix the yogurt, olive oil and mustard. Stir the yogurt mixture into the herb crumb mixture. Line a baking sheet with foil and place the fish filets on foil. Spread the yogurt-herb mixture evenly over each fish filet. Bake 15-20 minutes until fish is flaky. Serves 8.

Nutrients per serving: Calories - 308, Protein - 45 g, Fat - 6.3 g, Sodium - 286 mg, Cholesterol - 126 g.

### HARVEST APPLE RAISIN PANCAKES

2 cups all purpose, sifted flour  
2 tablespoons sugar, granulated  
1 tablespoon baking powder  
2 teaspoons cinnamon, ground  
1 and 3/4 cup milk, skim  
6 and 1/2 tablespoons egg substitute  
4 tablespoons margarine, melted  
1 cup Granny Smith apples, chopped  
3/4 cup raisins, seedless, golden  
4 tablespoons powdered sugar, (topping)

In a large bowl, combine sifted flour, sugar, baking powder and cinnamon. In a separate bowl, whip together the milk, egg substitute and margarine. Add to the dry ingredients and mix to combine. Fold in the chopped apples and raisins. Heat a large nonstick skillet or griddle. Pour one-fourth cup of batter for each pancake. Cook until bubbly around the edges. Flip over the pancakes and cook until golden brown. Sprinkle tops with powdered sugar. Serve with syrup. Serves 8.

Nutrients per serving: Calories - 174, Protein - 4.4 g, Fat - 7.4 g, Sodium - 318 mg, Cholesterol - 18 g.

Recipes courtesy of HDS Services.

You can start today for a healthy tomorrow.

Peggy Martinelli-Everts, R.D., a Clarkston resident, is a registered dietitian and director of clinical operations for HDS Services, a 36-year-old Farmington Hills-based food service and hospital 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.

Got an idea for a story? E-mail us at [jhubred@oe.homecomm.net](mailto:jhubred@oe.homecomm.net)

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