

Make your own smoothies

BANANA FRUIT SMOOTHIE

- 1 ripe banana
- ½ bag frozen fruit (cherries or blueberries)
- ½ cup apple juice
- ½ cup soy milk or skim milk

Add frozen fruit to a blender. Add apple juice — enough to cover most of the frozen fruit. Add ½ cup soy milk and banana. Blend. After making this the first time, you'll get a feel for how much liquid to add. If possible, add fresh apple juice, such as Odwalla or other fresh juice brands. I think cherry is the best flavor.

Source: www.vegsmoothies.com

CHOCOLATE RASPBERRY SMOOTHIE

(FOR THOSE IN A HURRY!)

- 1 cup milk
- 3 tablespoons Luscious Smoothies Mixed Berry Mix, available on www.luscioussmoothies.com
- 1½ cups chocolate ice cream
- 1 cup ice

Combine all ingredients in a blender and process until smooth. Makes 24 ounces.

Source: www.LuzianneSmoothies.com

PINEAPPLE BERRY CRASH

- 1 cup orange juice
- ½ cup pineapple juice
- 2 pineapple rings (Dole pineapple slices)
- 6 fresh strawberries
- 12-15 frozen raspberries
- 8-10 frozen boysenberries
- 12-15 frozen blueberries
- 3 oz. non-fat yogurt, any flavor
- 1/2 cup of hand before placing on grill for more uniform thickness and even cooking.

Source: www.smoothercontrol.com

CREAMY BERRY-DATE

- 10 dates
- 2 cups pint strawberries
- 1 cup blueberries
- ½ cup soy milk or more depending on thickness desired
- Ice
- Blend in blender until creamy.

Source: www.vog-smoothie.com

— Compiled by Lana Mini

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cooked in the microwave before being placed on the grill. However, partially cooked chicken should be grilled immediately. While grill is heating, microwave chicken on HIGH, about 5 minutes per pound (less for cut-up parts), and then grill about 20 minutes.

Place chicken on the grill skin side up, with smaller pieces near the edges. Turn chicken often during cooking for even doneness. Handle chicken with tongs instead of a fork to prevent piercing and loss of juices. Chicken drumsticks, thighs and legs (which consist of thighs and drumsticks attached) require a longer cooking time than chicken breasts. Flatten chicken halves with heel of hand before placing on grill for more uniform thickness and even cooking.

To preserve chicken's natural moisture and to prevent dryness, leave the skin on during grilling and remove before eating, if desired.

Test for doneness

The most accurate way to tell when chicken is properly cooked is to use a meat thermometer. The internal temperature should reach 170° F for breasts and ground chicken, 180° F for whole chickens, wings and other parts. To check visually to see if chicken is

GARLICKY GRILLED ORANGE CHICKEN

- Charcoal: Indirect
- Gas: Indirect/Medium heat
- 2 medium, whole chickens, about 3½ pounds each
- ½ cups fresh orange juice
- ½ cup tequila
- 1 small white onion, roughly chopped
- 8 cloves garlic, peeled and roughly chopped
- ½ teaspoon each: dried leaf thyme, marjoram and oregano
- 4 bay leaves, broken
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- Spritzer of oil
- Optional garnish: Grilled green onions

Use a large knife to split each chicken down the middle into two halves. Rinse well and pat dry with paper towels. Place the

chickens in a large bowl or two large plastic resealable food bags.

Puree the orange juice, tequila, onion, garlic, herbs and spices in a food processor or blender. Pour over the chickens and rub to coat them thoroughly. Cover tightly and refrigerate at least 4 hours (or preferably, overnight) turning the chickens several times.

Remove the chickens from the marinade. Lightly spray the chickens with oil and place them on the cooking grate, skin side up. Cover and grill for 45 minutes or until the chicken breast registers 165°F and the thigh juices run clear when pierced with a knife.

Remove the chickens from the grill and let rest 10 minutes. Cut each in half and serve garnished with grilled green onions, if you wish. Serves 6 to 8

done, pierce it with a fork. You should be able to insert the fork with ease, and the chicken juices should run clear. When in

doubt, remove the chicken to a plate and cut with a knife to be sure the flesh is opaque throughout.

Interesting news from the world of food

BY LANA MINI
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HEALTHY DESSERTS

Cherry and peach lovers will adore this recipe.

Health-conscious folks will too. We enjoyed this recipe featuring fruit and wheat germ. It's called Clafouti, from the folks who bring you Kretschmer wheat germ and Quaker Oats. Clafouti is a traditional French-country dessert. A moist, pudding-like cake baked with a layer of fruit, any fruit is good. Cherries are usually used, but peaches are a good substitute. Or use both fruits together like in the following recipe.

I made the Clafouti last week (but used an egg substitute for the eggs) and it's easy to whip up, plus is interesting enough to serve to guests. Just blend, top with fruit and bake.

The Kretschmer company recommends a scoop of vanilla ice cream with it. I used nondairy sorbet.

Wheat germ is a nutrition booster for it filled with thiamin, zinc, Vitamin E and folate. It was the first time I've used it in anything other than cereal and was a good choice. Wheat germ

can be added to any baked good with a simple reminder: Substitute one-half cup wheat germ for one-half cup flour.

CHERRY-PEACH CLAFOUTI

- 3/4 cup granulated sugar
- 1/2 cup Kretschmer wheat germ, any flavor
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 3/4 cup fat-free milk
- 2 tablespoons vegetable oil
- 3 egg whites
- 2 teaspoons grated lemon peel
- One 16-ounce can pitted sour cherries, drained
- 1 cup fresh or frozen, pitted, sliced peaches, thawed
- 1 tablespoon powdered sugar

Heat oven to 350°F. Spray 10-inch round quiche dish 8 by 8-inch square glass baking dish with non-stick cooking spray or grease lightly. In a blender or food processor, combine first 10 ingredients; cover. Blend on high or process one minute until blended well. Pour into prepared dish. Arrange cherries and peaches evenly over bat-

ter. Bake 35 to 40 minutes or until golden brown. Cook on wire rack 10 minutes. Sprinkle with powdered sugar and, if desired, additional wheat germ. Serve warm.

Makes 8 servings.

INTERESTING BEER SITE

We receive many press releases weekly from companies who want to tell us about Web sites that can revolutionize the way we cook. Some are cutting-edge, some traditional and some are just fun.

We like the look of www.beer-cook.com. The poetic motto of the site:

Because beer is food, in cooking, at the table, and by the glass

The site is everything beer and beer-in-food related. Here's just one recipe available. I tried it with potatoes and broccoli.

HOT HONEY ALE MARINADE

- One bottle honey ale
- 1/3 cup unsweetened coconut milk
- Juice of one orange
- 1 tablespoon grated orange zest

1 clove peeled and minced garlic
Wasabi (Japanese horseradish) powder to taste — start with a half teaspoon

Blend all ingredients in a blender or mixing bowl. Pour over foodstuffs to be marinated — especially with pork or fish or veggies. Marinate for at least two hours.

INTERESTING CHARITY NEWS

The Food Bank of Oakland County was awarded \$7,600 from the Michigan AIDS Fund to help support Eating Well with HIV.

The program is a six-week class offered to service up to 100 people living with the HIV or AIDS virus in metro Detroit.

Eating Well teaches participants the importance of nutrition and HIV such as which foods to eat to avoid food-borne illnesses that are even more serious for those with HIV. It also tackles food budgeting, safe food handling, etc.

The Southfield-based Michigan AIDS Fund tries to reduce the spread of HIV and AIDS and to alleviate suffering caused by it.

To donate to the food bank contact (248) 332-1472.

Healds from page B1

■ 1999 Mount Veeder Cabernet Sauvignon, Napa Valley \$40 has an outstanding black fruit profile. Rich and concentrated, the wine has power, yet, integrated tannins create a lush, mouth and silky finish. I've used it in anything other than cereal and was a good choice. Wheat germ

me-now juicy wine with dried leaf aromas and abundant cherry fruit flavors. A fun, flavorful mouthful.

■ 1999 Estancia Reserve Pinot Noir, Monterey County \$22 displays abundant cherry-berry fruit with spice hints and slight minty notes. Rich and concen-

trated, it has good length and depth.

■ 1998 Simi Cabernet Sauvignon, Alexander Valley \$24 is redolent of opulent red fruits and sweet vanilla oak notes. Ripe fruit accents the palate in a lighter style wine with good balance.

■ 1998 Simi Reserve Cabernet Sauvignon, Alexander Valley \$70 has prevailing dark berry fruit with slight earthy notes. With medium body, the wine is expressively full and rich with

good length.

■ 1999 Ravenswood Monte Rosso Zinfandel \$30 delights with rich, deep color and anise-scented spicy black cherry aromas and flavors. Vanilla accents in the finish round out a classic Sonoma County Zinfandel.

(The Healds are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentricist newspaper. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864#.)

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