

# Healthy lunches your kids might devour

**OLIVE CHEESE SUB**  
Sub rolls  
2 slices Provone, American or soy cheese slices  
2 tablespoons black olives, drained  
1 teaspoon pimento olives, drained  
3 artichoke hearts  
Romaine lettuce  
Mustard  
Layer sandwich cheese and then add mustard and other items (keep mustard off bread to prevent it from getting soggy.) To vary the sub, replace mustard with more exotic sauces like honey mustard, barbecue or horseradish sauce.

**FISH SANDWICH**  
1 pound halibut fillet  
2 tablespoons fresh lemon juice  
1 tablespoon extra virgin olive oil  
1 teaspoon dried crushed rosemary  
Salt and freshly ground black pepper, to taste  
1/2 teaspoon grated orange rind  
Bread  
Place halibut in a large, shallow dish. In a small bowl, mix together lemon juice, rind oil and rosemary. Season with salt and



JOHN STORWANDZ/Observer & Eccentric  
Left: Natalie Bloom, Hanna Kohn, Alex Hartman and Melanie Kohn all said they preferred the chicken, grape and celery salad and the sweet potato burgers over pasta dishes or sandwiches in a brown bag school lunch.

pepper to taste. Pour marinade over fish and turn to coat both sides. Cover and refrigerate for at least 30 minutes or up to 4 hours.  
Drain fish and place on a greased grill 4 inches from the heat source and cook, turning once, until opaque throughout, about 10 minutes per inch of thickness.  
Season with salt and pepper to taste. Heat sauce on low heat until warm. Place grilled fish in a bun and refrigerate.

**PEANUT BUTTER WITH A TWIST**  
Whole wheat bread  
Organic peanut butter  
Sliced apples  
Cinnamon  
Spread peanut butter onto bread. Add sliced apples and top apples with cinnamon (good for the digestive tract).

tomatoes  
cucumber slices  
red pepper slices  
Whole grain bread or submarine roll  
Squeeze water from tofu and place on baking sheet. Marinate in oil and spices. Bake for 25 minutes at 350°F and flip halfway through. Layer tofu, lettuce, tomatoes, cucumber and red pepper on bread.

**MANGO WITH STICKY RICE (FUN FOR THE KIDS)**  
3 to 4 ripe mangoes, chilled  
3 cups cooked sticky rice  
1 cup coconut milk  
2 to 4 lbs. sugar  
1/4 tsp. salt  
Rinse mangoes and chill whole. Peel and slice mangoes just before serving to keep the fresh sweet taste. In a saucepan combine sticky rice and coconut milk and cook on medium heat for 5 minutes or until thick. Stir in sugar and salt. The amount of sugar depends on the sweetness of the mangoes. Reduce heat to low and simmer, covered, for two minutes. Pack in Tupperware. Make 4 to 6 servings. (Note: mold the rice-coconut-milk mixture in a bowl, then invert and place on a large round serving platter. Remove bowl.)

**PESTO PIZZA (SERVES 2)**  
2 sesame seed or garlic bagels  
1/2 cup pine nuts  
3 lbs. olive oil  
1/4 cup parsley, chopped  
1 tsp. chives  
dash of garlic  
tomatoes, sliced into half-rounds  
fresh mushrooms slices  
Toast bagel just to give it a crunchy texture. Blend pine nuts, parsley, chives and oil until it smoothes into a sauce texture. Add a dash more oil if needed. Spread Pesto sauce onto bagel, add sliced tomatoes and mushrooms. Refrigerate the evening before so Pesto sauce firms and holds well onto bagel.

**EASY SNACKS**  
**MAKE YOUR OWN LUNCHABLES**  
Hummus and romaine lettuce sandwich on rolled pita  
Carrots  
Grapes  
**EZ TOFU SANDWICH**  
4-6 oz extra firm tofu (or baked tofu from White Wave)  
1 teaspoon olive oil or tamari soy sauce  
1/3 teaspoon basil or garlic  
Whole Grain bread  
Dark green leafy lettuce

## LUNCH

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Don't give her "yucky" sandwiches though, Brianna said, she'll throw them away.  
"As parents learn to read books, to distinguish the 'good' ingredients from the not-so-good ones, and to truly understand what they are feeding their children, they will be better equipped to assemble a meal that provides a child with more of the good nutrition they need," said nutritionist Alana Sugar.

### WHAT THEY LIKE

Alex, 11, said chicken salad with celery and grapes is a nice snack for school. Natalie Bloom, 7, liked it too, but on some days, she said, she might throw away the grapes.  
Kids will eat "unusual" foods if presented in a normal fashion. We asked the five girls from age 5 to 15 to sample sweet potato burgers, marinated tofu strips, organic chicken salad and vegetable latkes. All 5 kids — from ages 5 to 14 gobbled it up. Bloom wasn't exactly sure what she was eating, but it sure tasted good, she said.  
It was so good she said she'd pack it in her lunch for school. When she learned she was munching on baked seasoned tofu, she shrugged her shoulders.

"It's good," Bloom, 7, said, "Pretty spicy."  
Her friend Brianna Kohn liked it too.  
"Yeah, it is pretty good," Kohn said. "But still I like 'Lunchables' better. Or grapes or peaches or peanut butter sandwiches."  
Nutritionist, Alana Sugar, suggested that parents beware of foods that contain the following:  
■ Partially hydrogenated fats, unnecessary colorings or sweeteners, high sugar content  
■ Too large of portions. One small bag of chips may actually be more than one serving size.  
■ High sodium content  
"The key to getting kids to eat well is to give them typical things that they want — like the cookies — but healthier ones," said Wesselman.

Kids want to feel normal and fit in with the crowd.  
They'd be just as happy with "ants on a log" — celery with peanut or soy butter topped with raisins or sunflower seeds. Melanie Kohn said many of her teenage friends like rice cakes with peanut butter and banana — or salad.  
Hanna Kohn said she loves pretzels and carrots with ranch dressing. Brianna Kohn said she'd throw away olives or lettuce from dinner the night before if they were packed into her lunch.  
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## Chicken burritos are fun, low-fat

BY THE ASSOCIATED PRESS

"More fun, less fat" sounds like a winning idea, especially when it's all about putting cuisine on a diet — for YOUR health's sake.

This is the theme of a feature offering revised recipes for favorite dishes, lightening them up and slashing calories and fat, in the July issue of Self magazine.

Every region of the United States has its own unique flavor, food writer Patricia Hamman says, but "we're one nation united under — a huge weight problem."

One of the slimmest down recipes is Chicken Burritos, associated with Southern California's Mexican-influenced cuisine, a cooking style which has the potential to be fat-laden (cheese, sour cream), or a healthy mix of carbs (tortillas, beans) and protein (chicken, beans).

### CHICKEN BURRITOS

1 small onion, chopped  
2 small garlic cloves, minced  
2 teaspoons vegetable oil  
12 ounces boneless, skinless chicken breasts, cut into 2-inch strips  
12-ounce can black beans, rinsed and drained  
1/2 cups hot salsa  
1/2 teaspoon chili powder  
Six 6-inch whole-wheat tortillas  
3/4 cup Cheddar cheese, shredded  
6 cups fresh spinach, shredded  
1/2 cup nonfat sour cream  
In a large skillet, saute onion and garlic in oil over medium-high heat until onion is translucent. Add chicken; cook 4 minutes or until no longer pink. Stir in beans, 1/2 cup salsa and chili powder; cook 2 minutes longer.  
Place tortillas between moist paper towels and microwave on high for 10 seconds.  
Spoon 1/2 cup filling onto each tortilla; top with 1 tablespoon cheese. Fold each into a burrito. Serve with a cup of spinach, salsa, remaining cheese and sour cream.

BY LANA WINT  
STAFF WRITER

Imagine... Sanders hot fudge cream puffs once again — maybe even in Rochester!

Hot Fudge and Morley's famous Pecan turtles, Ron Davies, the new CEO said, "Both have steady Internet sales from locations outside of Michigan."

Morley is headquartered in Detroit with Peninsula Capital Partners controlling over \$400 million in investment capital. Its owned by several Morley family members and managed by Peninsula.

"Morley's has been on an expansion track and recently purchased Red Apple Resources (a fundraising firm) of California," he said.

The marriage of the two companies gives us more critical mass and lets us capitalize on what makes each company so great.

The three companies have combined sales of more than \$54 million. And if customers demand it, the soda fountains might even return.

The new company is Morley Brands LLC. The three Michigan stores are located at 436 S. Main Street in Rochester; 23770 Hall Road in Clinton Township and 18577 East Nine Mile Road in Eastpointe.  
Morley's purchase of Sanders includes the secret recipes like Bumpy Layer Cake. The company plans to expand beyond Michigan. Currently Sanders

## A history of peanut butter

CHAMPAIGN, Ill. (AP) — "Peanuts: The Illustrious History of the Goober Pea" (University Press, \$29.95) by Andrew S. Smith tells the back story of one of the wonders of the national food scene.

Quite a definition — bearing in mind that in antebellum America, the peanut is shunned by Southern aristocrats and Northern elite, con-

sidered ungenteel, fit only for the poor and slaves to eat. Thereafter, it soared in public esteem, of course. Fresh roasted peanuts soon found a wider popular fan base, and now peanuts and peanut butter are part of the food mainstream.

The book surveys that long history, drawing from many scholarly sources. Among Smith's offerings is a chapter titled Historical Recipes.

tured in the July edition of Modern Baking as the recipient of a 2002 Leadership Merchandising Award. "It's a great honor to be named Gerald Matthes," considering our infancy."

Open since May 1999, the Bakery and Cafe in downtown Rochester seats 12 and offers more than 30 varieties of bread including crunchy baguettes, Swiss multi-grain, and fruity kugelhopp.

"There's something symbiotic about a hand-knitted sweater and a hand crafted loaf of bread," said Matthes.

It's all part of the fun and the charm that makes Give Thanks unlike any other bakery in this area.

Gerald Matthes is the owner of Give Thanks Bakery, and a Bloomfield Hills Look for his column in Taste on the third Sunday of the month.

### EDITOR'S NOTE

Give Thanks Bakery was fra-

## Japanese bakers win prize for bread

Well, the secret is out. The team that recently won first prize for bread at Coupe du Monde in Paris was from — Japan!

This was not a surprise to bakers "in the know" but it was a revelation for most folks, especially the French team which placed fourth.

In the country of rice, bread has made a big impact — admittedly, the result of French tutoring.

First the grandfather of artisan bread, Raymond Calvel provided foundational advice. And the great French baker Bernard Gouache opened a bakery in Tokyo in 1984. He

now advises more than two dozen stores in Japan.

The Japanese bakers have learned their craft well.

For them, artisan bread is very special, and they treat the process with great respect.

They appreciate the skilled working of natural ingredients toward an idea.

After all, artisan bread baking is a craft and the best results come from the exercise of patience, attention to detail, and sheer enjoyment of "handing dough."

So, when you bake at home, unwind, don't rush the process, take your time. Baking can be one of life's special pleasures.

Now, it should be noted that the team the Japanese beat in the Coupe du Monde competition (by the smallest of margins) was from the United

States. And it was the U.S. who won the last World Cup in 1989 against 11 other countries. The American present in this country is strong and growing quickly.

By the way, it wasn't so long ago that a poster campaign in Europe claimed "the French make the best breads." Well, that's probably only partially true now.

Some of the best bread can be found in France — made by bakers who are using the tried and true method of long, cold fermentation to achieve wonderfully complex flavors.

But now you can find superlative quality breads in Tokyo and across the United States; even in Michigan, in those bakeries that refuse to compromise.



Give Thanks  
Gerald Matthes