

# Wing it, toss up flavorful, easy pizza

BY THE ASSOCIATED PRESS

A dish inspired by two favorite snacks is bound to score high on Super Bowl Sunday or any other hungry, nail-chewing game day. Pizza and hot Buffalo chicken wings are the flavors borrowed for this easy combination dish, Honey-Hot Buffalo Chicken Pizza. Honey, tomato and hot pepper sauces mixed with shredded chicken team up in a tasty combination topped with crumbled blue cheese and celery. With a few ingredients at hand, you can make the pizza at home in about 20 minutes.

## HONEY-HOT BUFFALO CHICKEN PIZZA

- 3/4 cup crushed tomatoes (thick puree, available canned)
- 1/4 cup honey
- 1 clove garlic, chopped finely
- 1/2 teaspoon oregano
- 1/2 teaspoon hot pepper sauce or to taste
- 1 cup diced or shredded, cooked chicken breast
- 10-ounce tube refrigerated pizza dough
- 1 tablespoon olive oil
- 3 ounces blue cheese, finely crumbled (3/4 cup)
- 1/2 cup finely diced celery

In a small saucepan, combine crushed tomato with honey, garlic, oregano and hot pepper sauce. Simmer over low heat for 5 minutes. Mix 1/4 cup tomato mixture with chicken; reserve.

Shape pizza dough according to package directions for thin-crust pizza.

Brush pizza shell with 1 tablespoon olive oil. Spread remaining sauce over dough. Scatter reserved chicken over sauce. Bake at 400° F until lightly browned, about 10 minutes. Remove from oven. Sprinkle pizza with cheese, then celery. Cut pizza into 6 wedges. Makes 6 servings.

Recipe for AP from the National Honey Board

# Saucy chicken has cranberry flavor

The cranberry gets its 15 minutes of fame during the winter holiday season. Then it's forgotten for another year. It doesn't have to be this way. Cranberries are versatile, store well and are nutritionally rich. They can be used in sweet and savory dishes, and come fresh, frozen, canned and juiced.

Cranberries are abundant in dietary fiber, vitamin C, and flavonoids, a powerful group of phytochemicals that helps fight cancer and heart disease. Scientists have also confirmed "old wives' tales" that this fruit helps prevent urinary tract infections. Some studies have found that drinking a 10-ounce glass of sweetened cranberry juice daily reduces the incidence of bacterial infections of the urinary tract in elderly women by about 60 percent.

When buying sweetened cranberry juice, if you have diabetes or glucose intolerance, choose the artificially sweetened versions, since regular cranberry juice cocktail contains about three tablespoons of sugar per cup.

These scarlet berries grow in large, sandy bogs on low, trailing vines. Cranberries grow wild in northern Europe and in northern North America, and they are extensively cultivated in Massachusetts, Wisconsin, Washington and Oregon.

Fresh cranberries usually come in 12-ounce plastic bags. Tightly wrapped and refrigerated, they will last at least 2 months, or frozen up to a year. Some markets stock frozen cranberries and canned cranberry sauce, jellied or whole-berry, is available year-round. Sweetened dried cranberries are used like raisins in baked goods and other foods. Because they are extremely tart, cranberries are usually combined with sugar or another, sweeter, fruit.



AMERICAN INSTITUTE FOR CANCER RESEARCH

Cranberries aren't just for holidays. Create a savory topping for chicken breasts with cranberry relish, chutney, or whole-berry sauce and Dijon mustard.

Cranberries can be used in many ways. Cook four ounces in a cup of orange juice until they pop and use this sauce over green vegetables. Before baking apples, fill their centers with cranberries and a sprinkle of cinnamon and sugar.

### CRANBERRY CHICKEN

- Canola oil spray
- 2 tablespoons olive oil
- 2 tablespoons Dijon mustard
- 1/2-1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 4 skinless, boneless chicken breast halves (3 oz. each)
- Salt and pepper to taste
- 1 1/2 cups cranberry relish, chutney, or whole-berry sauce
- 2 tablespoons finely minced scallions (white part only)
- 2 tablespoons red wine vinegar

Preheat oven to 450° F. Have ready a non-stick baking pan, or cover a non-stick pan with aluminum foil and spray surface lightly with canola oil spray.

Whisk together oil, mustard, salt and pepper in a medium bowl. Transfer two tablespoons of

the mixture to a small cup or bowl and set aside remainder. Use the 2 tablespoons to brush on chicken pieces before placing meat on prepared pan.

Discard any remaining mixture used on chicken. Roast 12 to 15 minutes on each side, or until cooked through, turning once.

Remove chicken from oven. Preheat broiler. Broil chicken until tops begin to brown, about 30 seconds. Remove from the broiler.

Meanwhile, whisk cranberry mixture, scallions and vinegar with remaining mustard-oil mixture. Heat gently in microwave until hot. Add salt and pepper to taste. Spoon warm sauce over chicken and serve. Makes 4 servings.

Per serving: 347 calories, 9 g total fat (1 g saturated fat), 49 g carbohydrate, 21 g protein, less than 1 g dietary fiber, 569 mg sodium.

Information for this column is from the American Institute for Cancer Research. Call their Nutrition Hotline (800) 843-2114, 9 a.m. to 5 p.m. to ask a registered dietitian questions about diet, nutrition and cancer. AICR's Web address is [www.aicr.org](http://www.aicr.org).

## WINE

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### IDEAL PAIRINGS

"Sauternes is a classical wine," said Berenice Lurton-Thomas, proprietor of Chateau Climens, Premier Cru Basac. "Perhaps that's why it is confusing to those who are just discerning wine and food matches." Xavier Plany, manager of Chateau Guiraud, a Premier Cru Sauternes, likes his wine with spicy foods, including carries.

"Perfect with seared foie gras," continued Lurton-Thomas. "But Chateau Climens goes equally well with roast poultry, fruit desserts and more sophisticated foods like frozen sea scallops (or Nantucket scallops in season) in caramelized spices and accompanied by a truffle-accented risotto. Saddle of young rabbit stuffed with marjoram is delicious."

Chef Steve's pairing of Chateau Climens with finely matured cheeses such as Fromage d'Affinois from France, Montagnolo from Germany or California Cypress Grove, pleased Lurton-Thomas. On the cheese plate, Chef Steve served bitter greens, lightly tossed with 30-year-old Balsamic vinegar as the perfect palate cleanser. Dedieu seeks to

### WINE PICKS

Wine prices have dropped and the beneficiaries are chardonnay lovers. Today, there are more terrific chardonnays under \$20 than ever before.

■ Topping our recent tasting: 2001 Chateau St. Jean Sonoma County \$14; 2001 Estancia Pinnacles \$13; 2001 Meridian \$11; 2001 Gallo of Sonoma \$11; 2000 Hess Select \$11; and 2001 Canyon Road \$9.

■ Top organically-grown: 2000 Bonterra \$15.

■ Spending over \$20 gets you some dazzling chardonnays. They include: 2000 Joseph Phelps Ovalton \$44; 1999 Byron Nielson Vineyard \$40; 1999 Byron Sierra Madre Vineyard \$35; 2000 Ferrari-Carano Reserve \$33; 2001 Stag's Leap Wine Cellars \$29; and 2000 Jordan \$26.

All wines mentioned are available in the metro Detroit area. If a retailer does not stock a specific wine, ask that it be ordered from the distributor.

match the pear, honey, pineapple, apricot and citrus zest notes of a young Sauternes to desserts as Chef Steve did with a Caramel Flan with Roasted Pineapple and Caramel-Passion Sauce.

"Chef Steve takes food and wine matching seriously," said Gerard Van Grinsven, general manager of The Ritz-Carlton, Dearborn. "In 2003, we have plans for more unusual wine dinners." So keep reading this column for more information. Both the 1998 and 1999 Sauternes are available in 375

ml bottles; the perfect size. Among our favorites are Chateau Climens 1998 (\$35) and 1999 (\$41); Chateau Dolsy Daene, both 1998 and 1999 (\$26); Chateau Guiraud 1998 (\$33) and 1999 (\$50); and Chateau Sauternes 1998 (\$27) and 1999 (\$29).

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.

# These peppers won't leave you stuffed

BY THE ASSOCIATED PRESS

What's for dinner tonight? Without much fuss, a meal for four can be centered on a main course of peppers stuffed with shrimp, cheese and rice, an easy, gratifyingly low-fat version of a classic favorite.

The recipe is included in a menu from the Dinner Tonight feature in the January-February issue of Cooking Light magazine. The headline points out that bringing the sauce mixture to the boil before adding it to the dish cuts down on the overall cooking time.

What accompanies dinner tonight? Sautéed cabbage would be a tasty balance, or sugar snap peas and rice, or dessert would stay nicely in tune with the low-fat theme.

### STUFFED PEPPERS

- (Total preparation and cooking time 45 minutes)
- 3/2-ounce bag boil-in-bag long-grain rice
- 4 medium red bell peppers
- 3/4 pound ground sirloin
- 1 cup chopped onion
- 1/2 cup chopped fresh parsley

- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/8 teaspoon ground allspice
- 2 cups bottled tomato-and-basil pasta sauce
- 1/2 cup (2 ounces) grated fresh Parmesan cheese
- 1/2 cup dry red wine
- Cooking spray

Preheat oven to 450° F. Cook rice according to package directions, omitting salt and fat. Set aside.

While rice cooks, cut tops off bell peppers; reserve tops. Discard seeds and membranes. Place peppers, cut sides down, in an 8-inch-square baking dish; cover with plastic wrap. Microwave at HIGH 2 minutes or until peppers are crisp-tender. Cool.

Heat a large nonstick skillet over medium-high heat. Add beef, onion, parsley, paprika, salt and allspice; cook 4 minutes or until beef is lightly browned, stirring to crumble. Remove from heat. Add rice, 1/2 cup pasta sauce and cheese to beef mixture, stirring to combine.

While beef cooks, combine

1 1/2 cups pasta sauce and wine in a small saucepan; bring to a boil.

Spoon about 3/4 cup beef mixture into each pepper. Place peppers in a 2-quart baking dish coated with cooking spray; add wine mixture to pan. Cover with foil.

Bake at 450° F for 20 minutes. Uncover; bake an additional 5 minutes or until lightly browned. Serve peppers with sauce. Garnish with pepper tops.

Makes 4 servings (1 stuffed pepper and 1/3 cup of sauce each).

### SAUTÉED CABBAGE

- 1 teaspoon olive oil
  - 1 teaspoon butter
  - 1/2 cup thinly sliced onion
  - 4 cups shredded napa (Chinese) cabbage
  - 1/2 teaspoon salt
- Heat olive oil and butter in a large nonstick skillet over medium heat. Add onion; sauté 3 minutes. Add cabbage and salt; cook 3 minutes or until cabbage is tender, stirring frequently. Makes 4 servings.

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