

Nutritionist emphasizes the well-balanced meal

I love the television commercial where the bearded prophet appears out of nowhere with coffee cakes in his hands and utters those infamous words, "Let them eat cake."

My sons wish he would pay a visit to our house, too, and say, "Let them eat cookies, cake and candy." Believe me, that would really make their day.

With the current emphasis on eating more healthfully, it is not surprising that food manufacturers and grocery stores have jumped on the bandwagon. Today's shopper is faced with more choices than ever before and, quite frankly, having to select between products whose packages scream out claims such as "low in fat," "high in fiber," or "no cholesterol" can be downright confusing.

This week's Winner Dinner Winner, Gail Posner, works very hard at cutting through the confusing wording on package labels and teaches people how to make intelligent choices when grocery shopping. The mother of two young boys, Posner is a registered dietitian who conducts group tours, pointing out healthy food choices to make in the supermarket.

IN ADDITION to leading the information-packed tours, Posner also has a private practice in Southfield where she counsels clients on nutrition and develops individualized eating plans for them that match their needs and lifestyle. Formerly the assistant director of dietetics at the University of Michigan hospitals, Posner truly knows the importance of eating a well-balanced meal. Her recipes for heart-healthy chicken and vegetable rice, Ramen noodle salad and chocolate-topped strawberries are nutritious as well as delicious.

Thank you, Gail Posner, for taking time out of your busy life to share your family's favorites with us. Continued good luck with your career and congratulations on being this week's Winner Dinner Winner.

Submit your recipes, to be con-



family-tested winner dinner

Betsy Brethen



JERRY ZOLYNSKY/staff photographer

Gail Posner combines heart-healthy chicken and vegetable rice, Ramen noodle salad and chocolate-topped strawberries for a Winner Dinner.

considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 3503, Birmingham 48012. All submissions be-

come the property of the publisher. Each week's winner receives an apron with the words Winner Dinner Winner on it.

Recipes are printed the same size so that you may clip and save them in a three-ring binder. Use a paper punch to make holes in the clipping, or paste the clipping on a blank sheet of three-ring notebook paper. Another option is to simply file the clippings in a folder with pockets that will hold them.

cooking calendar

● AT JACOBSON'S
State-of-the-art kitchen products will be demonstrated from 2-4 p.m. Thursday, May 16, at Jacobson's Kitchen Shop in the Store for the

Home, Birmingham. The demonstration is designed to provide ideas for gift-giving occasions such as weddings and graduations.

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Observer & Eccentric Winner Dinner

HEART-HEALTHY CHICKEN AND VEGETABLE RICE
Low in fat and calories, this dish is loaded with flavor. Although quick and easy to assemble, it also can be made in advance and reheated before serving. This recipe makes 6 ample servings.

- ### Recipes
- 1 package broiler-fryer chicken pieces (3-3½ pounds)
 - 1 large onion, chopped
 - 1 clove garlic, chopped, or ½ teaspoon minced garlic
 - 3 cups water
 - 1½ cups uncooked brown rice
 - 1 can (16 ounces) tomatoes, cut into quarters
 - 2 teaspoons salt, optional
 - 1 tablespoon paprika
 - 1 tablespoon instant chicken bouillon
 - ¼ teaspoon black pepper
 - ¼ teaspoon saffron or ground turmeric
 - ¼ teaspoon cayenne pepper (or up to 1 teaspoon for a spicy dish)
 - 1 can (15 ounces) artichoke hearts, drained and cut in halves
 - 1 package (16 ounces) frozen peas and carrots

Cook and stir onion and garlic in a frying pan sprayed with a vegetable cooking spray (Pam). Spray a large covered roaster with a vegetable cooking spray. Add water, rice, tomatoes, salt (optional), paprika, bouillon, black pepper, saffron, cayenne pepper and the sautéed onions and garlic and stir to mix. Wash chicken and remove skin and all visible fat. Place the chicken, meatless side down, in the rice mixture. Cover pan and cook for 3-3½ hours in a 350-degree oven, or until the rice absorbs all the liquid and the chicken is cooked. If white rice is substituted, the cooking time will be shortened by an hour. Prior to serving, cook peas

and carrots; add drained artichoke hearts. Heat a few minutes to warm artichoke hearts. Remove chicken from the rice mixture. Mix peas and carrots and artichoke hearts into the rice. Place on a serving platter and top with the chicken.

- ### RAMEN NOODLE SALAD
- This tasty salad makes creative use of Ramen noodles and the little seasoning packet that comes with them.
- 1 head iceberg lettuce, or mixed salad greens, torn into bite-sized pieces
 - 6 green onions, chopped
 - 3 stalks celery, chopped
 - 8 mushrooms, sliced
 - 2 small tomatoes, quartered
 - 1 can (11 ounces) mandarin oranges, drained and rinsed thoroughly
 - 1 package (3 ounces) Oriental-flavored Ramen noodles, uncooked and crumbled

Dressing:
2 tablespoons canola oil
1 tablespoon sugar or equivalent artificial sweetener
4 tablespoons red wine vinegar
¼ teaspoon black pepper
1 teaspoon of seasoning mix from Ramen noodles

Toss lettuce, green onions, celery, mushrooms, tomatoes and oranges together. Mix dressing ingredients together. Prior to serving, crumble Ramen noodles over the tossed salad, add dressing and toss.

- ### CHOCOLATE-TOPPED STRAWBERRIES
- ½ cup low-fat sour cream
 - ½ cup low-fat vanilla yogurt
 - 2 tablespoons powdered sugar
 - 1 tablespoon unsweetened cocoa
 - 1 quart fresh strawberries, washed, hulled and chilled

Shopping List

- 1 package broiler-fryer chicken pieces (3-3½ pounds)
- 1 large onion
- 6 green onions
- 1 head iceberg lettuce or mixed greens of choice
- celery
- mushrooms
- 2 tomatoes
- brown rice
- 1 can (16 ounces) tomatoes
- 1 can (15 ounces) artichoke hearts
- 1 package (16 ounces) frozen peas and carrots
- 1 can (11 ounces) mandarin oranges
- 1 quart strawberries
- 1 package (3 ounces) Oriental-flavored Ramen noodles
- 1 small carton low-fat sour cream
- 1 carton low-fat vanilla yogurt
- Salt (optional)
- Paprika
- Instant chicken bouillon
- Black pepper
- Saffron or ground turmeric
- Cayenne pepper
- Canola oil
- Red wine vinegar
- Powdered sugar
- Unsweetened cocoa
- Sugar or equivalent sweetener

Notes

Combine first four ingredients in a small bowl, stir well, cover and chill thoroughly. Divide strawberries among 4 individual dessert dishes, reserving 4 strawberries for garnish. Spoon ¼ of chilled chocolate mixture over individual servings of strawberries and garnish with reserved berry.

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