Brown baggers off to school Seems that this Livonia family packs more than 75 percent of its own lunches, only relying on school food when there is an occasional good-tasting pitra or nachos being offered. With Jim Boodigheimer beling the main purveyor of food at their household, he buys what he knows the kits will eat. "Why make something that just gets thrown away!" was the comment received, when he was asked if the family eats wholegrain breats with healthier filings. In addition, the Boedigheimer kids get the additional perks of having Dad around when bus schedules or THE BOEDIGHEIMERS are bo-dactous recyclers, and although they all agree that julce boxes might not be the most ecologically sound addi-tion to their lunch bags, the entire family participates in the recycling effort and makes almost weekly stops at the Livonia Recycling Cen-ter.

Continued from Page t

• Luncheon means are still the most popular, with peanut butter running a close third right behind baloney and boiled ham.

baloney and boiled ham.

• Julce boxes are as popular as
Reeboks. Sorry, Elsie, milk just isn't
as "cool" as it once was. Lower elementary students drink more milk,
probably because Mom and Dad say

pits.
Surprising? Not really, especially when you talk with the Boedi-gheimers about their home-packed lineher.

Looking for something just a little different to pack in the kids' lunch boxes and bags? Try these nifty ide-

CRUNCHY APPLE DIPS 1 medium apple 3 tablespoons peanut butter 3 tablespoons crisp rice cereal

Core the apple and cut into 8 alices. Spread peanut butter onto each slice. Roll in rice cereal. Wrap.

GRAPE MEATBALLS IN A PITA

I egg
³4 cup seasoned breadcrumbs
1 cup chill sauce
1 cup grape jelly
2 pita breads, split

Combine hamburger or ground turkey with egg and seasoned bread-crumbs. Mix well, shape into meat-balts and broll until cooked through-out. Meanwhile, combine chill sauce with grape felly. Heat over medium beat until hot and combined. Toes in preceded meatballs, heat and place meatballs into pita bread halves.

pre/post school activities turn lunch preparation into a grab bag of unhealthy selections. Dad is always there to put a few silices of turkey, ham or baloney between bread silices, but he does draw the line at crust cutting.

This Livonia family has never used menu planners. Surprisingly so, Jim Boodigheimer goes grocery shopping weekly and will even make special trips to the grocery for sale items. He has no allegiance to one grocer over the other, instead letting advertised prices rule when and where he show.

PECAN CHICKEN BALLS
AND CRACKERS
What a great way to use up leftover

Wrap securely.

1 cup pecans, finely chopped 1 cup cooked chicken, finely chopped 8 ounces cream cheese Salt and pepper to taste Crackers

ture into balls and roll in chopped pecans. Place in food container and serve with a small bag of favorite crackers.

ter.

Most of us make lunch packing seem more of a chore than what it should be, but with an attitude like the Boedighelmers, lunch packing is a family affair that involves everyone who partakes. If they don't cat, it's not because they didn't have the chance to do something different.

SUBMARINE BREADSTICKS 6 slices favorite luncheon meat 3 large breadsticks Mustard, mayo, or whatever Toothpicks

Combine all ingredients except pe-cans and crackers in a food process-sor and process until well mixed, about 10 seconds, Chill. Form mix-and bottoms with toothpicks, Wrap.

Autumn vegetables roasted for dinner

ROASTED
AUTUMN YOGETABLES
1% pound small red polatoes
1 pound shallots (about 24), peeled and trimmed
5 tablespoons olive oil
1 bay leaf
1/4 teaspoon delayed

4 cups)
Fresh thyme sprigs for garnish if de-

This recipe is from the article "An Autumn Dinner" in the October Issue of Gourmet magazine.

ROASTED
ATUTUMN VEOETABLES
1% pounds small red potatoes
2 pounds butilots (about 24), peeled and trimmed is tablesponan clive oil tablesponan clive oil tablesponan clive oil tablesponan dired thyme, crambled garile cloves, crushed and cut into %-inch pieces (about 4 ceps)

Test thyme sprigs for garaish if desired

In a bowl toss together the pota
Discard the bay leaf and garaish the vegetables with the thyme sprigs.

Mexican Beef Stir-Fry is under 250 calories

AP — The National Live Stock and Meat Board provides the follow-ing recipe for Mexican Beef Stir-Fry. Each serving has less than 250 calories, including 103 calories from fat and 23 calories from saturated

fat.
MEXICAN BEEF STIR-FRY
1 pound beef top round steak
2 tablespoons vegetable oil
1 teaspoon ground cumin
1 teaspoon dried oregano leaves

I clove garlle, minced
I red bell pepper, cut into thin strips
I medium onion, cut into thin wedges
I to 2 jalapeno peppers, cut into
silvers

3 cups sliced romaine lettuce, cut 14-inch thick

Cut round steak into strips, W-Inch thick. Combine oil, cumin, oregano and garlic, reserve half. Heat remaining half of oil mixture in a large, non-stick frying pan over medium-high heat until hol. Add red pepper, onlon and jalapeno pepper. Stir-fry 2 to 3 minutes or until crisp-tender. Remove and reserve. In the same pan, sit-fry beef strips, one half at a time, in reserved oil for 1 to 2 minutes. Return vegetables to pan and heat through. Serve beef mixture over letture. Makes 4 servings. Nutrition information per serving: 238 cal., 11 g fat (103 callories from fat), 65 mg chol., 4 mg iron, 65 mg sodium.

These recipes are the bees' knees

APPLESAUCE HONEY MUFFINS

A good friend, Trisha Albers of Northville, recently presented me with a batch of these great muffins made with whole wheat flour. In-stead of being heavy, the muffins are almost cupcake-like.

% cup light alive oil

% cup ingat clive oil
% cup honey
1 cup appleanace
2 eggs
1% cups whole wheat flour
1 teaspoon baking soda
1 teaspoon vanilla
1 teaspoon on numer
% teaspoon numer

Cream together the oil with the brown sugar and honey. Mix in ap-plessuce and eggs. Sift together the dry ingredients and fold in liquid mixture with the vanilla. Pour into lightly greased and floured muffin pans and bake at 375 degrees for 20

HONEY DIJON-MUSTARD CHICKEN CHICKEN
Great on all positry
4 chicken breasts, skinned
¼ cup koney
2 tablespoons Dijon-style mustard
1 teaspoon lemon juice

Wash chicken and pat dry. Combine honey with musterd and lemon juice. Mix well.



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Wash chicken and pat dry. Com-bine honey with mustard and lemon juice. Mix well. Brush over chicken and baste while baking, broiling or

HONEY CREAM DRESSING

Outstanding over fresh fruit
2 eggs
½ cup honey
½ cup honey
¼ cup emon juice
¼ cup orange juice
¼ cup whipped topping
2 teaspoons grated orange rind

Beat eggs in a small saucepan and stir in the honey, lemon julce and orange julce. Cook, stirring over low heat until the mixture coats the back of a spoon, about 4 minutes. Cool thoroughly. Fold in the whipped topping and orange rind.

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2B(O)