

Reaching, sharing bring their reward

Each week when I begin to write this column, I sit down at my trusty word processor and say, "O.K., what are we going to cook up this week?"

As I organize my thoughts, I picture, albeit idealistically, a huge collective of readers, reaching out and sharing recipes with one another. Hopefully, at least some of the 66 menus shared here have helped make your dinner hour tastier as well as more rewarding.

This week's Winner Dinner Winner, Ellen Folz of Rochester Hills, also has discovered the rewards of reaching out and sharing through her volunteer efforts for the Oakland Family Services. For more than a year, Folz has served as a perinatal coach for a single mother, offering her a positive role model as well as giving her emotional support, beginning in the seventh month of pregnancy. She will continue to visit both mother and child until the baby is one year old.

She has thoroughly enjoyed working for the Oakland Family Services and is a frequent participant in panel discussions held for new volunteers. Folz has found her experiences working for this very professionally run organization to be tremendously rewarding, fulfilling and very "hands-on." She suggests that anyone interested in getting involved in the Oakland Family Services call 858-7766. In January, the organization will be training volunteers whom, Folz says, "they treat like gold."

ORIGINALLY FROM New Jersey, Folz has lived in the Detroit area for more than 14 years. Married and the mother of a young daughter, Folz left a full-time career as a market analyst with Volkswagen, and since October has worked part-time for Pampered by Polly, a catering service.

Her recipe for Upper Crust Chicken is delicious and easy to make. She suggests using the low-calorie, no-cholesterol mayonnaise and low-fat cheese, for she has found these work as well and are healthy alternatives.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner



family-tested winner dinner

Betsy Brethen



Ellen Folz of Rochester Hills makes dinner featuring Upper Crust Chicken.

Dinner: P.O. box 3303, Birmingham 48012. All submissions become the property of the publisher.

Each week's Winner receives an apron with the words "Winner Dinner Winner" on it.

Cranberry vinaigrette adds sparkle

WINTER GREENS WITH CRANBERRY VINAIGRETTE
1 cup cranberry juice cocktail
2 tablespoons salad oil
1 tablespoon red-wine vinegar
1 teaspoon sugar
1/4 teaspoon salt
1 small head romaine or leaf lettuce

1 head Belgian endive
1 cucumber, thinly bias-sliced
1 cup fresh enoki mushrooms (1 1/2 ounces)
1 sweet red pepper, cut into thin bite-size strips
1/4 cup alfalfa sprouts
1 avocado

Lemon juice

For dressing, in a screw-top jar combine cranberry juice cocktail, oil, vinegar, sugar and salt. Cover and shake well. Chill until serving time.

Meanwhile, rinse romaine and endive, pat dry. Line a platter with some of the romaine and all the en-

dive. Coarsely shred remaining romaine, spread over the platter. Arrange cucumber, mushrooms, red pepper and sprouts on the platter. If desired, cover and chill for up to 24 hours.

To serve, halve, seed, peel and thinly slice avocado, brushing slices with lemon juice. Add avocado to

platter. Shake dressing well and serve with salad. Makes 6 servings.

Nutrition information per serving: 192 cal., 4 g. pro., 24 g. carb., 11 g. fat, 0 mg. chol., 205 mg. sodium. U.S. RDA: 70 percent vit. A, 113 percent vit. C, 14 percent thiamine, 21 percent riboflavin, 19 percent niacin, 12 percent iron.

Observer & Eccentric Winner Dinner

Menu

UPPER CRUST CHICKEN
CABBAGE SALAD
CHERRY CRUNCH

Recipes

UPPER CRUST CHICKEN

Easy to make. Be sure to allow enough time at least 4 hours, for the chicken to refrigerate before being baked. This recipe serves 4-6.

10 white bread slices, day-old
2 cups chopped cooked chicken
2 cups cooked broccoli
2 cups shredded sharp natural cheddar cheese
1 cup mayonnaise
2 eggs, slightly beaten
1/2 teaspoon salt
1/2 teaspoon poultry seasoning
1 1/2 cups milk

dressing, just before serving

2 cups finely shredded cabbage
1/2 cup chopped parsley
2 tablespoons green onions, chopped

Dressing
3 tablespoons sugar
3 tablespoons vinegar
2 tablespoons salad oil
1 teaspoon salt

This recipe serves 4

CHERRY CRUNCH

Keep this recipe in mind when celebrating President's Day in February. This recipe serves 8-10.

1 can cherry pie filling, 21-ounce size
1 can pitted, dark, sweet cherries, drained, 16-ounce size
1/2 cup Bisquick baking mix
1/2 cup chopped nuts
1/2 cup sugar
1/2 teaspoon cinnamon
1/2 cup firm margarine or butter

Mix the pie filling and cherries in an ungreased square baking dish, 8 by 8 by 2 inches, spreading mixture evenly. Mix baking mix, sugar and cinnamon. Cut in margarine or butter until crumbly. Sprinkle over the cherry mixture. Bake at 375 degrees until lightly browned, about 35 minutes. Serve with ice cream, if desired.

CABBAGE SALAD

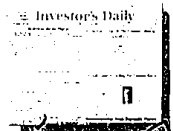
1/2 cup oil and 1/2 cup milk

Shopping List

1 loaf day-old white bread
2 cups cooked chicken, about 3-4 breast halves
One 10-ounce package frozen broccoli
2 cups shredded sharp natural cheddar cheese
Mayonnaise
2 eggs
Salt
Poultry seasoning
Milk
Cabbage
Parsley
Green onions
Sugar
Vinegar
Salad Oil
1 can cherry pie filling, 21-ounce size
1 can pitted, dark, sweet cherries, 16-ounce size
Bisquick
Chopped nuts
Cinnamon
Margarine or butter

Notes

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