

Everyone in household enjoys this fish dish

With an ever-increasing emphasis on eating healthfully, seafood has left the deep freezer and come swimming to the forefront of our national nutritional consciousness. Fish is an excellent source of protein, B complex vitamins and minerals, including calcium, iron, potassium and phosphorus. Both saltwater and freshwater fish are low in sodium and, compared to meat, also low in calories.

This week's Winner Dinner, submitted by Debbie Wallis Landau of West Bloomfield, offers a recipe for preparing fish that even her husband—who is more of a meat-and-potatoes man—loves. It is an easy and quick meal to put together. Landau likes to serve the fish with a colorful pasta salad, chock-full of fresh vegetables, followed by a spicy, heated melange of winter fruits for dessert.

Landau is a lifelong resident of the Detroit area. She and her husband are the parents of a young son. After earning a degree in journalism in 1974, she was hired by another Winner Dinner Winner, Peggy Brewer, and worked as her assistant editor for Kmart Corp. employee publications.

LANDAU LOST touch through the years, with her first boss, and was delighted to read about Brewer in this column. Landau credits that first job with providing invaluable writing experience.

Now home full-time raising her son, she volunteers at her son's school, is involved in a monthly book review group and enjoys taking care of their pets. She continues to keep her writing skills sharp by doing free-lance work for area publications, as well as for the small business she started more than 10 years ago, called Rhyne or Reason. For this, she writes poems or prose on request for all occasions, such as birthdays, anniversaries and special tributes.

Thank you, Debbie Landau, for sharing your recipes with us and congratulations on being this week's Winner Dinner Winner. I wish you and your family all the best and appreciate your support of this column.

Until next week, my thoughts and prayers go out to the men and women



family-tested winner dinner

Betsy Brethen



DAN DEAN/staff photographer

Fish Hater's Surprise, Party Pasta and Winter Fruit Melange is Winner Dinner from Debbie Wallis Landau of West Bloomfield, with her son David, 6.

en who are fighting in the Middle East as well as to their loved ones at home.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 3502, 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.

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 clippings 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.

Observer & Eccentric Winner Dinner

Recipes

FISH HATER'S SURPRISE

Quick and easy, this recipe provides a tasty and appealing way to get family members to eat fish. This recipe serves 4-6.

1½ pounds orange roughy or other mild, white fish
1 egg
½ cup low-fat milk
½ cup or more seasoned Italian bread crumbs
¼ cup grated Parmesan cheese
Cayenne pepper, garlic powder and onion powder to taste, or other preferred seasoning, to taste
Puritan or other canola oil

Beat the egg and mix in the milk and seasoning. Dip the fish fillets into the mixture combine the bread crumbs and Parmesan cheese and completely coat the fish with this dry mixture. Place the fillets in a baking dish sprayed with a non-stick coating. Drizzle a little oil on the fillets before baking.
Bake the fish at 325 degrees for 20 minutes. Then, broil for 3-4 minutes until browned, under a 550-degree setting.

RED, WHITE AND GREEN PARTY PASTA

8- or 12-ounce box of bowtie pasta
1 small bunch broccoli
1 large red bell pepper
2 cups fresh pea pods
4-5 large red radishes
1 bottle Wishbone Light Creamy Italian Salad Dressing or other creamy-type dressing of your choice.

Spice Islands Fines Herbes or Bouquet Garni, or other herb blend of your choice, without added salt
Fresh parsley, chopped finely, optional

Boil the pasta until it is al dente, about 8-10 minutes. Drain it and set it aside.
Clean and separate the broccoli into small flowerettes. Blanch in hot water for a few minutes or cook in the microwave until it, too, is al dente. Drain.

Wash and slice radishes into rounds and slice the red pepper into strips. Wash the peas pods.
Add all the well-drained vegetables to the cooked pasta. Mix the herbs in with the dressing and pour it over the pasta and vegetable mixture. Toss well and garnish with parsley. Serve in a glass bowl lined with red cabbage leaves.

WINTER FRUIT MELANGE

2 navel oranges
2 firm-fleshed fresh pears
1 jar spiced apple rings

Peel and slice the oranges and the pears. Drain the apple rings and set aside the liquid.

Combine the fruits and place them in an oval baking dish. Add 1 tablespoon honey and 1 tablespoon cranberry to the liquid from the apples and mix well. Pour this over the fruit. It can be baked alongside the fish for 20 minutes at 325 degrees. Melange can be made ahead, and it keeps well in the refrigerator.

Shopping List

1½ pounds orange roughy or other mild and firm white fish
Milk
1 egg
Italian bread crumbs
Parmesan cheese
Garlic powder
Cayenne pepper
Onion powder
Fresh parsley
Canola oil
1 box bowtie pasta
1 small bunch broccoli
1 large red bell pepper
Several radishes
Pea pods
1 bottle creamy Italian salad dressing
2 oranges
2 pears
1 jar spiced apple rings
Honey
Cinnamon

Notes

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