# Everyone in household enjoys this fish dish

With an ever-increasing emphasis on cating healthfully, scafood has left the deep forever and come swimming to the forefront of our na-tional nutritional consciousness

tional nutritional consciousness
Fish is an excellent source of pro-tein, B complex vitamins and miner-als, including calcium, iron, potassi-um and phosphorus. Both saltwater and freshwater fish are low in sodi-um and, compared to meat, also low in calories.

in calories.

This week's Winner Dinner, submitted by Debbie Wallis Landau of West Bloomfield, offers a recipe for reparing fish that even her husband who is more of a meat-and-potates man - towes. It is an easy and quick meal to put together. Landau is kies to serve the fish with a colorful pastia safiad, chock-full of fresh vegetables, followed by a spicy, heated inclange of winter fruits for dessert. Landau is a lifelong resident of the

inclange of winter fruits for dessert.

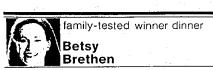
Landau is a lifelong resident of the
Detroit area. She and her husband
are the parents of a young son. After
earning a degree in Journalism in
1974, she was hired by another
Winner Dinner Winner. Peggy
Brewer, and worked as her assistant
editor for Kmart Corp. employee
publications.

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.

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 Rhyme or Reason. For this, she writes poems or prose or 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 Dunner 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 wom-





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.

Submit your recipes, to be con-sidered for publication in this col-umn or elsewhere, to: Winner Duner, P.O. Box 3503. Birming-ham 48012. All submissions be-come the property of the publish-er. Each week's winner receives

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

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#### Observer & Eccentric

## Winner Dinner

#### Recipes

FISH HATER'S SURPRISE

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

11/2 pounds orange roughly or other mild, white fish

other mild, white nat-l egg % cup low-fat milk cup or more easiened Italian bread crumbs k cup grated Parmesan cheese Cayenne pepper, garlic powder and onion powder to taste, or other preferred season-ing, to taste

Best the egg and mix in the mak and seasoning. Die the fish fillers with the mixture combine the bread crumbs and Parmesan chance; and completely conflicted with this dry mixture. Place the filler in a baking distrayed with a non-stac coating Druztle a lattle oil on the fillers on the coating Druztle a lattle oil on the fillers before baking. Bake the fish at 325 degrees for 20 minutes Then, brief 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

Spice Islands Fines Herbes

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

Bot the pasta until it is all detect about 8-10 menutes. Drain and separate the broschot for a manufacture of the separate of

#### WINTER FRUIT MELANGE

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

Peel and slice the oranges and e pears. Drain the apple rings

the pears Draw the applie rings and set apple the legal Combine the frout and piace them an anoval paking dish Add. Labbersoon soney and 1 table scann consistent of the factor consistency and the work of the apples and the well become the fact to do be based alongside the fold for 20 minutes, at 25° degrees. Melange, and can be made aread, and it keeps well in the refrigerator.

#### Shopping List

Milk
1 ogg
Italian braad crumbs
Parmesan choose
Garlic powder
Cayenne pepper,
Onion powder
Fresh parsley
Canola oil
1 box bowtie pasta
1 small bunch broccoli
1 large red belli pepper
Several radishes
Peo pods

l jar spiced apple rings

Notes

