

Plan a party around these flavorful dips

AUNT AURELIA'S GREEN GODDESS GUNK

1 clove garlic, crushed
1/2 cup mayonnaise
1/2 cup sour cream
1/4 cup mayonnaise
1/4 cup chopped parsley
salt and pepper to taste

Combine all ingredients in a blender or processor until smooth. Chill for 1 hour before serving.

Lo-Cal version: substitute 1 cup

plain yogurt and 1/4 cup light mayonnaise for sour cream and regular mayonnaise.

MOMMA'S GARDEN DIP

1/2 cup plain yogurt
1/4 cup chopped dry roasted peanuts
1/4 cup minced parsley
1/4 cup peeled, seeded and finely chopped cucumber
1/2 tablespoons chopped green onion
dash fresh ground pepper

Combine all ingredients and mix well. Chill before serving.

VELVEETA MEXICALI DIP

1 pound Velveeta cheese, cubed
1-1/2 oz. can tomatoes, drained and chopped
4 oz. can green chilies, chopped
1/4 cup mayonnaise
Combine cheese with remaining ingredients in a saucepan over very low heat and cook until cheese melts. Serve hot with corn chips.

SMOKY EGGPLANT PURÉE
2 1/2 pounds eggplant (about 2)
2 tablespoons olive oil, plus extra for preparation
4 tablespoons fresh lemon juice
3 tablespoons plain yogurt

Combine all ingredients and mix well. Chill before serving.

NANCY BAYER'S GLORIFIED MEATBALLS

3 pounds ground beef
1/2 cup Italian flavored breadcrumbs
1/4 cup finely chopped walnuts
2 cups finely chopped onion
2 cloves crushed garlic
2 tablespoons Parmesan cheese
1 teaspoon dried basil
2 teaspoons salt
1/4 teaspoon fresh finely ground pepper
1/4 teaspoon paprika
2 lightly beaten large eggs
1 1/4-ounce bottle catsup
1/4 cup cream of beer
4 rounded tablespoons sour cream
Combine all ingredients and mix well. Form into small balls. Blend together 1 1/2-ounce can of beer and 1 1/4-ounce bottle catsup.

Pour over meatballs. Bake at 350 degrees, covered, for 1 hour 15 minutes. Cool and freeze. Makes 60 meatballs.

NANCY BAYER'S CRABMEAT AND CHEESE TRIANGLES

1 6-ounce can of crabmeat
1 jar Old English cheese spread
4 pimento-stuffed olives, drained
1 package English muffins
Mix the four ingredients together well and spread on all 12 halves. Cut each half into four pieces. Place on cookie sheet and freeze until firm. Now place them into a ziplock bag and back to the freezer. To bake, place on cookie sheet lined with foil and heat at 350 degrees for approximately 15 minutes. Makes 24 triangles.

SPINACH AND PEPPER FRITTATAS

5 ounce frozen spinach or 7 ounce raw
1/2 cup cottage cheese (1 percent milkfat)
1/4 cup parmesan cheese, grated
1/4 cup mushrooms, chopped
1/4 cup red bell pepper, or pimento, chopped
1/4 teaspoon oregano
1/4 teaspoon ground nutmeg
2 egg whites
Fresh ground pepper to taste
Preheat oven to 375 degrees and coat miniature muffin cups with vegetable cooking spray. Set aside. Combine first 8 ingredients in a medium bowl. Stir with a wooden spoon. Beat egg whites together,

2 cloves garlic, minced
2 tablespoons sesame tahini
1/4 teaspoon ground cumin
salt and pepper to taste

Preheat broiler. Place eggplants in a baking sheet and place 4 inches from the broiler. Broil until charred and soft, turning frequently, about 20 minutes. Cool. Remove all charred skin. Carefully squeeze out all the pulp and discard the liquid. Puree eggplant with remaining ingredients until smooth. Cover and refrigerate, preferably overnight. Serve with raw vegetables, crackers and pita.

SMOKED SALMON DIP

4 ounces smoked salmon
1/4 cup heavy cream
1/4 teaspoon capers
dash fresh ground pepper
2 drops Tabasco

Combine all ingredients in a food processor and process until smooth.

HOMEMADE HUNGARIAN LIPTAUER DIP

1/2 cup cottage cheese
1/2 pound butter
1 tablespoon caraway seeds (crushed or whole)

1 tablespoon minced capers
1 tablespoon minced chives
1 teaspoon dry mustard
1 anchovy, chopped
1 tablespoon paprika

Put the cheese through a ricer or fine sieve. Cream the butter with the caraway seeds, chives, dry mustard and anchovy and gradually stir in the cottage cheese. Form the mixture into a mound and sprinkle with paprika, preferably Hungarian paprika. Garnish with greens and serve as a dip for vegetables.

Holiday hosts serve up their favorite recipes

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2 egg whites
Fresh ground pepper to taste
Preheat oven to 375 degrees and coat miniature muffin cups with vegetable cooking spray. Set aside. Combine first 8 ingredients in a medium bowl. Stir with a wooden spoon. Beat egg whites together,

then beat into spinach mixture. Spoon into muffin cups. Bake 20-22 minutes. Makes 18 miniature muffins. Serves 6.

(Recipe by Anne Minchola and Tina Shepard, registered dietitians at William Beaumont Hospital's Preventive and Nutritional Medicine Clinic)

GOULDEN BROCCOLI SOUP

1 teaspoon minced garlic
1 cup onion
1 tablespoon olive oil
1/2 cup celery
1 bay leaf
2 cups chicken broth or bouillon
4 cups broccoli, chopped (stems included)
12 ounce evaporated skim milk
1/4 cup white cooking wine

1/2 teaspoon each of marjoram, basil, thyme
ground pepper and allspice to taste
1 cup broccoli flowerettes
1/4 cup sliced mushrooms
1/4 cup non-fat plain yogurt
2 tablespoons flour

In a 3-quart saucepan, saute garlic, onion, celery and bay leaf in olive oil until onions are translucent. Add bouillon, wine and 4 cups broccoli. Cook covered about 10 minutes or until tender. Remove from heat and cool slightly. Combine all ingredients with evaporated skim milk. Pour into blender or food processor and blend until smooth. Place back into saucepan. Heat until simmering. Add seasonings, mushrooms and broccoli flowerettes. Allow to cook for 4 minutes. Meanwhile, whisk yo-

gurt and flour together. After mixture has cooked, add yogurt and stir for 4 more minutes. Serves 8, approximately 1 cup each. (Anne Minchola and Tina Shepard)

CAFE BRULOT BREAD PUDDING

1 cup sugar
1 loaf stale french bread
1 quart milk
4 eggs, beaten
1/2 cup raisins
1 tablespoon vanilla
1 tablespoon nutmeg
1/4 stick butter
Break bread into small pieces. Mix all ingredients together. Bake in greased shallow baking dish 1 hour at 350 degrees. (Sandy Hidalgo)

cooking calendar

STORAGE TIPS

"Lots of people have been calling the Food and Nutrition Hotline to find out how long leftover turkey can be safely used," says Sylvia Trifman, home economist for the Oakland County Cooperative Extension Service. "Cooked turkey or other meat or poultry can be safely kept in the refrigerator for three or four days, providing it has been handled correctly."

It is very important to separate turkey meat from the bones and remove all stuffing and separate it from the meat. The turkey should not be left out of the refrigerator more than four hours.

If the turkey or meat is left in gravy or a cream sauce in the refrigerator, this shortens the storage time to one or two days.

Leftover turkey can also be fro-

zen, but it must be frozen promptly. Do not wait until you are doubtful of the food's safety before you freeze it.

COOKED TURKEY meat will keep about three months; if wrapped in small packages, it makes excellent sandwiches for brown bag lunches.

Some foods don't freeze well, however. They may become mushy, soft or too salty; some separate when defrosted.

Food that should not be frozen include cream or custard fillings, sour cream, mayonnaise or salad dressings, gelatin, meringue, cooked egg whites, raw salad vegetables and fried foods.

For a free brochure, "Spotlight on

Freezer Storage," send a self-addressed, stamped envelope to the Cooperative Extension Service, 1200 N. Telegraph, Pontiac, Mich., 48341. For answers to other nutrition and safety questions, call the Food and Nutrition Hotline Monday to Friday, 8:30 a.m. to 5 p.m., 858-0904.

MICHIGAN TRAVEL

The Michigan Travel Bureau and Farmer Jack/A&P have produced a new Michigan Travel Calendar that will be distributed free at the grocery stores. The calendar, designed to help promote Michigan tourism, contains many interesting facts about the state.

For information about this book and other holiday offerings at Farmer Jack/A&P, contact Etsie Minch, 644-5140.

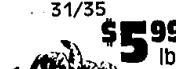
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