## Readers pick favorite Winner Dinner recipes

## Continued from Page 1 ITALIAN MEATBALLS

A family favorite for two genera-tions, this recipe for Italian meat-halls and spatietti sauce submitted by Sandy Futterknecht of Biomfield Illills on Dec. 24, 1990 is dekletous and casy to make. Double the recipe and you will have enough for two meats.

ITALIAN TOMATO SAUCE FOR THE SPAGHETTI 2 cans tomato pasite, 6-ounce site 1 can litalino tomator, 20-onnee site 2 tablespoons builter or oll % cap sola, chopped flacity 1 clove garlie, chopped flacity 14 tespoon sail 11 tespoon granulated sugar % tespoon suitmest % tespoon suitmest % tespoon suitmest % tespoon suitmest % tespoon ball 1 tespoon perper % cop gratel Parmesan obseve % % tespoon balls goda 1 cup fresh mesthrooms, slited I alian mestballs Saute -onne, garlic and -centry 15 pound ground beef I slices very dry brow slices very dry brown toast or 's cup dry bread crumbs, combined with 's cup milk tablespoons parsley, chopped fine-

2 tablespoe ly I clove garlic, chopped finely

1 clove garlic, chopped finely 1 cfgg 2 tablespoons: grated Parmesan chese 1 teaspoon salt 3 teaspoon black pepper Combine all ingredients and work together unit i theroughly blended. Form 12 balls and (ry them slowly in a small amount of oil unit brown. Do not turn the meaballs until they are absoluted browned.

Continued from Page 1

Continued from Pago 1 have extended to me. My mother, Vrginia Chester, patiently listened to each column as 1 Inished II, offer-ing suggestions as needed. My bus-band Chip has always believed in me and supported by efforts. Finally, our three sons have been good sports as well as great Winner Dinner taste testers. testers. Speaking of friends and family, how appropriate it is then that the

DILLED ZUCCHINI SOUP (serves 4 at 71 calories per serving)

l's teaspoons olive oll 3 cups shredded zucchini 3 tablespoons dry milk powder fresh ground pepper dill to garnish 1 lårge en en

100h Winner, Dinner Winner, Nancy Strickland, should be not only a dear the kind, lowing and special person, scrickland its married and the mother al three children. Raised on Grosse IIe, she graduat-ed from Kingswood School Cran-brook and Michgan State Universi-ty; She has lived in the Birmingham area for the past 17 years. With her children Involved in

to the skillet and with a spoon scrape the drippings and add them to the sauce. Simmer the meatballs slowly in the sauce for about 20 minutes.

sports programs and music lessons, strickland spends a lot of time shut-ling them from one event to anoth-er. A supportive and involving and involving and is crazy about animals. Her family has one dog, two cats, a gerbil, four news and some dog, two cats, a gerbil, four news and some dog, two cats, a gerbil, four news and some dog, two cats, a gerbil, four news and some dog, two cats, a gerbil, four news and some dog, two cats, a gerbil, four news and some dog two cats, a gerbil, four news and some dog, two cats, a gerbil, four news and some dog two cats, a gerbil, four news and some dog two cats, a gerbil, four news and some dog two cats, a gerbil, four news and some dog two cats, a gerbil, four news and some dog two cats, a gerbil, four news and some dog two cats, a doesn't do as much as the submitted far-tramural hocky; program that was recently started at Drookside School . Strickland, enjoys playing tennis nult head, free fruit salad an inita te cream balls rolled. In nuts the season. T would like to offer a "Winner Dinner Winner." Winner Dinner Winner." Winner Dinner Winner."

thick, a little water or stock (beef broth) may be added as needed. If the sauce is to thin, cook the sauce uncovered for about 15 minutes. This recipe serves 45 people. simply crush the tomatoes with hands until they are broken apart into pieces. Add the tomatoes and to-mato paste to the onion, garlie and celery mixture. celery mixture. Add all the other ingredients, ex-cept for the baking soda and mush-rooms, and simmer in a covered saucepan for about 1 hour, if you are adding the baking soda. Cook at least 4 hours on low if the soda is omitted.

12 cherry tomaloes 1 red pepper, cut into 1-inch strips 3 onions, quartered 8-9 large mushrooms

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uncovered for about 15 minutes. This recipe serves 4-6 people. CHICKEN KEBABS This quick and easy to assemble of Birmingham on Jan. 11, 1990 With a little bit of supervision you can delegate and let your children with a little bit of supervision you can delegate and let your children make up their own kabobs. This re-cipe makes four to six kabobs, do pending on he aire of the vegetables that you use. • Kebabs 1 he plance hanks 2 hero i uncefuid, sliced thickly and herers were the rice appending the kebabs with roce marinade. The index were and serve over the rice, appoint of the size of the vegetables that you use. • Kebabs 1 he plance hanks 2 hero i uncefuid, sliced thickly and here were the rice appoint 12 berry tomators Marinate the chicken alone in the

RICE WITH CELERY AND ONIONS

This rice dish is so delicious. It is ; ractically a meal unto itself. practically a meal unto itseit. 1 cup converted long grain rice



diately. RASPBERRY SPRITZER (5 servings at 77 calories each. Replace the champagne with club soda and save 35

they are softened (about 5 minutes); Add zucchin, broth, cover and simmer 10 minutes. Transfer to a light and source and source over and sign wire whisk, while in this is roluced by 35, Add chick heat broth the alde into bowls and top each bowl with 1 tablespoon allow of the approximation of the Larry Janes' column, Taste on Taste front.

(serves 1 at 185 calories each) 
 dill to garnish
 (serves 1

 1 Jarge calon, chopped
 at 185 calories each)

 1 Vie tarpoons dill weed
 4

 4 tablerpoons pialn yogari
 halves, kinned

 Heat oli in medium saucenan over
 tablerpoons chicken or beet broth

 1 w heat. Add onlons and cook until
 1 tablerpoon tarragen, crushed

PRICES GOOD TUES., JAN. 14 THRU MON., JAN. 20

calories per serving!) 3 cups fresh raspoerries (or frozen, unsweetened, thawed)

G tablespoor boiling water I's caps wat

AP - Next time you're entertain-ing, whip up Sherried Pears, easy and elegant dessert that fits your low fat lifestyle. SHERRIED PEARS

<sup>1</sup> traipion ground dimamon Yanila ice milk (optional) Haive pears lengthetike, remove-cores: Place haives, cut side down, on a cutting board. To lan pears, make lengthetike cuts from blossom end to, but not through, stem ends. Place pears, cut side down, in a 10-y6 - by 2-inch haing diah. In a small saucepan, combine brown sugar, water, sherry or port, margarine or butter, lemon juice

Whip up Sherried Pears for guests

750 n

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@ Twice a week is better @ Twice a week is better @ Twice a week is better @ Twi





## cooking. Baking soda should be added 10 minutes before the sauce is done. Daking soda helps neutralize the acidity in the tomatees, making the sauce more polatable. Add the soda, a very little at a time, and cook the sauce sauce an innutes: longer. Taste and add more soda if needed. Italian meatballs Saute onlon, garlic and celery slowly in butter or oll for about 5 minutes. Put the tomatoes through a food strainer and discard the seeds, or id add more soda if needed. • Marinade If the sauce should become too • • cup soy sauce Column helps families solve the dinner dilemma



cooking.

Stir often to prevent scorching. Then add the meatballs that have been browned on all sides and simmer, covered, for about 30 milo-utes longer, or until the meatballs are tender. Mushrooms may be add-ed during the last 15 minutes of cooking.

and simmer, covered, for 20 min-utes. Remove from the heat and let the rice rest until all the moisture is absorbed. MAGIC COCONUT PIE

This dessert is easy to make and so delicious' 2 cups milk <sup>3</sup> cups sugar <sup>3</sup> cup biscult mix

a cup blscult mix 4 cegs 4 cegs 4 cup butter or margarlte 15 taspoors valila 3 cup stredded cocout 5 Combine mik, sugar, biscult mix, eggs, butter and vanilla in a blenet. Four linto a gressed binch pic pan and win con nut and bake will grees for 40 minutes. Serve warm or cool.

2 cups chicken broth 1 head celery hear(s, coarsely chopped, leaves and all 1 large onload, coarsely chopped 1 heaping (reaspoon lostant chicken bauillon Bring all the ingredients to a boil and stigmer covered (or 20 miles)