

Bananas are a healthy treat

Happy President's Day to everyone who has today off and is home relaxing.

YOU'VE HEARD the saying "an apple a day keeps the doctor away." Add bananas to the list. They're nutritious, and provide complex carbohydrates, fiber, vitamins and minerals, especially potassium, said Mary Helen Gunkler, registered dietitian and staff nutritionist for Total cereal.

Recent studies show a diet high in potassium and low in sodium may help to control high blood pressure. Other potassium-rich foods include tomatoes, oranges, grapefruit, and all citrus juices.

IF YOU'RE wondering who to blame for raising prices of fresh tomatoes and other salad vegetables, it's the weather.

According to the Michigan State University Cooperative Extension Service, cloudy skies and rain over Texas, Mexico and southern California



tidbits
Keely Wygonik

nia are to blame. Look for prices of carrots and onions to increase next month as the usual-Texas supplies are absent.

But, on the plus side, broccoli and cauliflower are now available at reduced prices. Meat prices, especially poultry and pork are lower too, reports Ada Shinabarger, MSU food marketing specialist.

Here are some food storage tips from Sylvia Treitman, home economist for Oakland County Cooperative Extension Service. Vacuum-packed deli-meats have to be kept in the refrigerator.

Delogs keeps three to five days;

turkey, or roast beef, two to four days; hard salami and dry sausage, four to six weeks. Use all pre-heated cooked foods from the gourmet or deli sections quickly.

A PAMPHLET entitled "Storing Designer and Convenience Foods" Bulletin E2297 is available for \$1.25 to cover postage and handling. The pamphlet outlines safe storing times and storage tips for the newer foods found in the market today. Call 858-0901, 8:30 a.m. to 5 p.m. Monday through Friday, or write the Cooperative Extension Service, Food and Nutrition, hot-line, 1200 N. Telegraph, Pontiac, MI 48341 to request this publication.

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WINE SELECTION of the week from Ray and Eleanor Heald - 1990 Beringer Vineyards Proprietor Grown Chardonnay. On the Wine Bulletin Board, 5:30-7:30 p.m. Wednesday Wine Bar at the Rattlesnake Club in Detroit, \$15 per person inclusive of six wines and whimsical appetizers. Feb. 19 Australian wines from "Kooka Wines," Feb. 26, delicious red wine buys from Portugal and Spain. Reservations are not necessary for any of these tastings.

Betty Crocker Tip of the Week: Store leftover chicken or turkey in large pieces so they won't dry out in either the refrigerator or freezer. Cover with chicken broth. Cut them into bite-size pieces just before adding to a recipe.

For answers to questions about articles in Taste. Call Keely Wygonik, 953-2105.

Nature Made

Stock Up for The Cold & Flu Season

Vitamin C 500 mg \$1.89	Essential Balance Bonus Pack \$7.59
Calcium Magnesium & Zinc \$2.49	Sunny Maid Chewable C 500 mg \$3.39
Garlic Oil Capsules \$1.99	Vitamin E 400 IU DLA \$3.59

Supplement prices: Superman Multi-Vit \$4.99, Superman Multi-Vit w/Est \$4.99, Superman Multi-Complete \$5.99

Beef bourguignon perfect for cold days

See Larry Jones' taste buds column on Taste front.

- BEUF BOURGUIGNON**
Serves 8
- 3 lbs. beef, cut into 2-inch cubes
 - 1 lb. (1 stick) butter or margarine
 - 3 tablespoons olive oil
 - 1 healthy "splash" Cognac or Brandy
 - 3 strips bacon, cooked crisp and chopped fine
 - 2 small cloves garlic, smashed

- 1 bunch green onions, chopped
- 1 carrot, cubed
- 1 cup shallots, chopped (optional)
- 1 medium onion, chopped
- 1 tablespoon parsley, chopped
- 1/2 teaspoon thyme
- 1 bay leaf
- 1 bottle cheap red wine
- 12 whole small onions
- 18 mushrooms, sliced

Dredge beef cubes in flour.

Heat butter and oil in a skillet and when smoking, add the beef and brown on all sides. When browned, remove from heat, add cognac and ignite. Allow to burn down. Using a slotted spoon, drain beef (discard juices). Cover with remaining ingredients except whole small onions and mushrooms.

Cover and cook at medium-low for 4 1/2 hours. About 4 hour before

serving, add whole small onions and mushrooms. Serve with rice or noodles.

Chef's Note: This wonderful dish can also be prepared in a crock pot or slow cooker. Brown the beef as per regular directions, then add remaining ingredients and cook on low for 6-7 hours, adding onions and mushrooms during the last hour of cooking. Great for working people!

Fiber-rich muffins good way to start the day

AP - Here's a muffin recipe that lives up to its good-for-you name. The fiber-rich fruits and whole grains hiding inside are reason enough to put them on your morning menu, but even more appealing is how low in fat they are. Two more fat-minimizing tips: use egg whites in place of whole eggs and low-fat cooking spray in place of shortening to grease the pans.

GOOD-FOR-YOU MUFFINS
1 1/2 cups rolled oats

- 2 1/2 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 1/2 cup packed brown sugar
- 3 tablespoons oat bran
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup currants or raisins
- 1/2 cup broken dried banana chips
- 1/2 cup snipped pitted dates
- 1 cup chopped walnuts
- 1 cup milk
- 1/2 cup cooking oil

2 slightly beaten egg whites.

In a large mixing bowl stir together oats, whole-wheat flour, all-purpose flour, brown sugar, oat bran, baking powder, cinnamon, baking soda and salt; mix well. Add currants or raisins, banana chips, dates and nuts. Stir to coat with flour mixture.

In a 2-cup measure combine milk, oil and egg whites. Add milk mixture to flour mixture. Stir just until moistened (the batter should be lumpy).

Spray 12 muffin cups with non-stick cooking spray or line with paper bake cups. Spoon batter into cups, filling cups full. Bake in a 400-degree F oven for 18 to 20 minutes or until light brown. Cool slightly on a wire rack. Serve warm. Makes 12 muffins.

Nutrition information per muffin: 215 cal., 5 g pro., 33 g carbs., 8 g fat, 2 mg chol., 175 mg sodium, 227 mg potassium, 3 g dietary fiber. U.S. RDA: 10 percent vit. C, 13 percent thiamine.

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