

Market offers Fresh Approach to food shopping

By KEELY WYGONIK
STAFF WRITER



Since they put up the awning, more people are noticing Fresh Approach: Meats, Produce and Deli at 35243 Grand River in Farmington.

Fresh Approach has been open a little over a year, and business is picking up.

"We're working hard to let people know what we're doing," said Jim Welch.

"Service is the key. We have happy, pleasant people working here who haven't forgotten how to say 'thank you.' If the cashier gets two people in line, someone else opens."

The store is clean and spacious. There's a variety of in-season fresh

fruits and vegetables, and some hard to find items like fresh herbs and gourmet lettuce.

If you're looking for something different and colorful for your salad, try the edible flowers. "When you put them on your salad plate, it explodes with color," said Welch, a journeyman meat cutter.

He's no stranger to the business, his family owns the Hollywood Supermarkets. "I've been working in markets since I was eight, when my dad hired me to put bottles away," said Welch.

Fresh Approach offers some items in bulk like whole boneless New York strip steaks, whole boneless beef briskets, and ground chuck. The chicken breasts sold in five pound bags are a popular item.

They also sell a variety of fresh fish from Foley's Fishery in Boston.

"We have been coming here off and on for the last year," said



Fresh Approach: Partners Jim Welch (left) and Scott Saxton offer a Fresh Approach to food shopping with emphasis on customer service and quality products at their market in Farmington.

Cheryl Tunick of Southfield. "They have a nice selection of fruit, and some delicious steak."

For busy two-carver families, Fresh Approach offers vegetable lasagna, chicken stuffed with spinach, Mozzarella cheese, and other homemade fillings that can be heated in the oven while you unwind for a quick, fuss-free dinner.

The deli counter features a variety of luncheon meats and fresh sandwiches, including a seafood salad and taco bean dips.

Fresh Approach also sells gourmet chicken and ice cream like "Ben & Jerry's," and fresh pasta.

Bakery items from Baker's Loaf and Burehault's are also available. Store hours are 9 a.m. to 8 p.m.

Monday through Saturday, 10 a.m. to 5 p.m. Sunday. For information, call 442-2160.

Here's one of Jim Welch's favorite recipes.

SPRINGTIME ASPARAGUS SALAD

1½ pounds asparagus tips, leave about 5 inches of stalk

1 small red pepper diced

Dressing

8 oz. Robusto Italian Salad Dressing

2 tablespoons Dijon Mustard

Mix ingredients together and chill.

Modify favorite dessert recipes to reduce fat, sodium

LITE
SUCCESS



FLORINE
MARK

One of the biggest misconceptions about leading a healthier lifestyle is that you have to give up the foods you love. Not so! With a little modification to reduce fat, cholesterol and sodium, I'm able to enjoy many of my favorite desserts without the added calories.

One bite of Butterscotch-Peanut Butter Pie will leave you thinking that this is too delicious to enjoy without feeling guilty. Yet, by using both a reduced-calorie margarine and a reduced-calorie butterscotch

pudding mix, along with skim milk, you've eliminated any worry.

I used to think that I could never indulge in a piece of rich, heavenly cheesecake. That is, until I tried luscious Creamy Cheesecake. It's hard to believe that this tasty delight is so low in cholesterol.

Enjoy!

BUTTERSCOTCH-PEANUT BUTTER PIE

(MAKES 4 SERVINGS)

8 graham crackers (2½-inch squares), made into fine crumbs
2 tablespoons plus 2 teaspoons reduced-calorie margarine (tub), melted
1 envelope (four ½-cup

servings) reduced-calorie butterscotch pudding mix
1 teaspoon unflavored gelatin
2 cups skim milk
½ cup chunky peanut butter
½ cup thawed frozen dairy whipped topping

Preheat oven to 350 degrees. In small bowl, combine crumbs and margarine, mixing thoroughly; using the back of a spoon, press crumb mixture over bottom and up sides of 9-inch pie plate. Bake for 8 minutes; remove to wire rack and let cool.

In 1-quart saucepan combine pudding mix and milk; add milk and cook over low heat, stirring constantly, until mixture comes to a boil. Add peanut butter and stir to combine; remove from heat and let cool to room

temperature. Spread pudding mixture over prepared crust; cover and refrigerate until chilled, about 1 hour. Just before serving, spread pie with whipped topping.

Each serving provides: 1 protein, 1 bread, 2 fat, 1 milk, 25 optional calories.

Source: Weight Watchers Favorite Recipes Cookbook, 1986.

CREAMY CHEESECAKE

30 graham crackers (2½-inch squares), made into crumbs
½ cup plus 2 teaspoons reduced-calorie margarine (tub), divided
1 ounce shelled almonds, toasted and finely ground
1½ cups part-skim ricotta cheese
1 cup thawed frozen eggs

substitute
½ cup granulated sugar
½ cup plus 2 teaspoons all-purpose flour
1 cup light sour cream
3 tablespoons light cream cheese
1 teaspoon grated lemon peel

Preheat oven to 400 degrees. In medium mixing bowl combine graham cracker crumbs, ¼ cup plus 2 teaspoons margarine, and the almonds, mixing thoroughly. Spray an 8-inch springform pan with nonstick cooking spray. Using the back of a spoon, press crumb mixture over bottom and up sides of prepared pan. Bake in middle of center oven rack until crust is crisp and browned, about 5 minutes; set aside. Reduce oven temperature to

325 degrees. In large mixing bowl combine remaining margarine, the ricotta cheese, egg substitute, sugar, flour, sour cream, cream cheese, and lemon peel. Using mixer on medium speed, beat until blended. Pour mixture over crust in springform pan and bake in middle of center oven rack for 30 minutes until a knife inserted in center comes out dry.

Set pan on wire rack and let cool for 5 minutes. Remove side of pan and let cool completely. Cover and refrigerate until ready to serve.

Each serving provides: 1½ fat, ½ protein, 1 bread, 170 optional calories.

Source: Weight Watchers Simply Light Cooking Cookbook, 1992.

Fresh Approach

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