

Healthy foods boost energy, help you feel better

See related story on Taste front.

THREE-GRAIN PILAF
1 tablespoon olive oil
1 onion, minced
2 garlic cloves, minced
3 cups stock
1/2 cup bulgur
1/2 cup long-grain brown rice
1/2 cup pearl barley
dash of cayenne or Tabasco, to taste (optional)
1/4 cup fresh minced parsley
Place oil, onion and garlic in a large skillet with a lid. Cook 5 minutes, stirring occasionally. Add stock, bulgur, rice, and barley. Bring to a boil. Add cayenne and parsley. Reduce heat to low, cover

and simmer for 40 minutes. Turn off heat, and allow pilaf to stand, covered for 10 minutes. Remove cover, fluff with a fork, and serve.
Recipe from: "The American Vegetarian Cookbook," from the Fit for Life Kitchen by Marilyn Diamond, (Warner Books, published 1990, \$25).
These two recipes are from "Cold Spaghetti at Midnight: Feel-good foods to nurse your cold, soothe your aches, ward off disease, and even ease the pain of a broken heart," by Maggie Waldron, (William Morrow & Co., published 1992, \$19).
"Guaranteed to cure what ails, this warming soup is exquisitely

tame because of the way the garlic is handled."
GARLIC SOUP
1 head garlic, separated into cloves, but not peeled
2 teaspoons salt
pinch of freshly ground black pepper
2 cloves
1/4 teaspoon sage
1/4 teaspoon thyme
1/2 bay leaf
4 sprigs parsley
3 tablespoons olive oil
2 quarts water
3 cups sliced, peeled potatoes
pinch of saffron

rounds of hard-toasted French bread
1 cup grated Swiss or Parmesan cheese
Blanch the garlic cloves in boiling water for about a minute. Drain, run cold water over them, and peel. Put the peeled garlic in a saucepan with the seasonings and herbs, olive oil, and water. Simmer for 30 to 35 minutes. Add more seasonings, if desired, then strain and return to the saucepan. Add the potatoes and saffron and simmer for about 20 minutes longer, or until the potatoes are tender. Check the seasoning again. Serve with 3 slices of French bread in the bottom of each bowl, sprinkled with the cheese.

Makes 6 to 8 servings.
GREEK ISLAND LEMON CHICKEN
4 chicken breast halves, skinned
2 tablespoons olive oil
1 onion, chopped
3 cloves garlic, minced
1 red bell pepper, cut into strips
1 cup dried tomatoes
1/2 cup sliced pitted Greek olives
1 lemon, sliced
1 1/2 teaspoons cinnamon
1 teaspoon honey
1/2 teaspoon freshly ground black pepper

salt to taste
chopped parsley
In a large skillet, cook the chicken breasts in the olive oil over medium heat, about 5 minutes, turning once. Add the onion, garlic, and red pepper and cook, stirring often, about 4 minutes, or until the onions are limp. Meanwhile, with kitchen shears, halve the tomatoes, and stir into the skillet along with the remaining ingredients, except the parsley. Cover and simmer 15 minutes. Remove the lid and cook 5 minutes more, or until the chicken is tender and the sauce is slightly reduced. Sprinkle with chopped parsley. Serve over rice pilaf if desired. Makes 4 servings.

In a nutshell, peanut butter is ages-old food of choice

See Larry Jones' column on Taste front.

Here's a tip from a reader who left a message in my Voice Mail Box — To thicken gravy stew, use instant potatoes instead of flour or cornstarch. No lumps, and it makes stew taste better.

PEANUT BUTTER FRUIT DIP
1/2 cup plain yogurt
1 1/2 tablespoons peanut butter
2 tablespoons orange juice
2 tablespoons lime juice
1 teaspoon honey
1 teaspoon fresh grated ginger
assorted fresh fruit, sliced

Combine all ingredients except the fruit and mix well. Serve with fruit. Serves 4-6.
PEANUT BUTTER DRESSING FOR SALADS
1/2 cup plain yogurt
1/4 cup chunky peanut butter
1/4 cup orange juice

1 teaspoon fresh grated ginger
dash ground cumin
dash paprika
Whisk yogurt until it is as smooth as sour cream. Whisk in remaining ingredients. Spoon dressing lightly over greens. Serves 6.
MIXED VEGETABLES WITH PEANUT SAUCE

3 tablespoons peanut butter
1 1/2 cups water
1 clove garlic minced
1 tablespoon brown sugar
1/4 teaspoon cayenne pepper
1 tablespoon lemon juice
dash salt and fresh ground pepper to taste
an assortment of steamed

vegetables
Combine peanut butter, water, garlic, brown sugar, cayenne and lemon juice in a saucepan. Bring to a boil. Reduce heat and simmer for 2 minutes. Add salt and pepper and cool. Steam an assortment of vegetables as you desire and pour cooled sauce over vegetables and toss gently.

Foods from page 1B

"We grab snacks because our energy is low, but we get just a momentary rush of energy from sugar snacks. Simple sugars explode when they're eaten. The mouth says 'yummy,' but the stomach says, 'What's going on up there?' The best source of energy is exercise. Go for a walk. Otherwise, eat complex carbohydrates — fresh fruits, vegetables, grains, starches — for a longer-lasting effect."
Hüberty said any time is a good

■ 'Citrus fruit is at its best in the winter months, and sells briskly because it's fresh and juicy, because the price is right, and because our customers are aware that grapefruit and oranges provide vitamin C and fiber.'
Joe Moriana Jr.
co-owner of Joe's Produce
time to begin a new lifestyle. People who successfully change their

people to not think of goals in terms of weddings or vacations. Make them a lifetime project.
"Men and women want to enjoy life more but they're tired all the time," she said. "Energy depends on health. Health is the ability to do what you want to do."
"Get away from heavy and rich and get into hearty and healthy. Sugar feeds cravings, but nothing else," said KaRene Lehman, a dietician at Beaumont Hospital's

Clinic for Preventive and Nutritional Medicine, in Birmingham. "We need to cut out empty calories like fat and sugar, and eat more dried beans, whole grains, fruits, and vegetables. Take advantage of the good Michigan produce that's available. It's good for health, and chewing satisfies the urge to eat something."
Hearty foods like bean soup or chili made with lean turkey feel warm and comforting in cold weather. Put vegetables in everything you cook, said Lehman. If you make chicken soup, throw in a few carrots. When you make

mashed potatoes, put a few slices of rutabaga in the pot, and mash them along with the potatoes. The final dish will be more flavorful, and you'll have added some valuable beta-carotene to the potatoes.
"Make things that taste good," said Lehman. "You need personal satisfaction as well as nourishment. If you crave rich foods, find a way to modify the food. Make creamed potato-leek-broccoli soup with skim milk. Make your own corn chips from taco shells. If you don't enjoy food, you're not going to stay with your new diet."

Slimmer from page 1B

She has gravitated naturally and easily to healthier foods and balances her diet with three-weekly workouts and lots of walking. Her efforts have paid off — she has been able to maintain her current weight for many years.

■ Kathy Saatio has drastically changed her cooking style by carefully monitoring fat consumption and cutting back on red meat, creamy soups, sauces and casseroles. She has gravitated naturally and easily to healthier foods and balances her diet with exercise.
thru, her family, and three young grandchildren. They are the real

life that she is now experiencing.
Submit recipes to be considered for publication in this column, or elsewhere, to: Winner Dinner, P.O. Box 3503, Birmingham, MI 48012. To leave a message for Betsy Brethen, dial 963-2047 on a touch tone phone, mailbox number 1851. All winners receive an apron with the words "Winner Dinner Winner" printed on it.

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Amy Underdown's name was misspelled "Underwood" in the Jan. 4 story on the Taste front. "Teen has appetite for healthy

at Jacobson's in Birmingham.

the book by mail, send \$12, plus \$2 for shipping to Amy Underdown, 900 N. Woodward Ave., Birmingham MI 48009. Proceeds from the sale of "The No Red Meat Cookbook" will be used to benefit the Juvenile Diabetes Foundation.

CLARIFICATION

food." She will be signing copies of her book "The No Red Meat Cookbook" from 11 a.m. to 4 p.m. Saturday, Jan. 30, in the kitchen shop

proved of her life and justify the improved and healthier quality of

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