

# Easy meatless dishes have Southwest flavor

See related story on Taste from Recipes submitted by Natalie Weaver who teaches "Creative Cooking Without Meat," a "Better Living Seminar."

## ENCHILADAS

- 12 corn tortillas or 12 medium flour tortillas
- 4-5 cups refried beans made from pinto, black or garbanzo beans, or lentils
- 1 cup low-fat sour cream or yogurt
- 8 ounces Farmer's cheese, crumbled or tofu
- ½ cup minced onion, sautéed
- 3 cups shredded lettuce
- 1 cup chopped avocado
- Enchilada sauce

Prepare Enchilada sauce. Prepare refried beans. Pour small amount of sauce into baking dish. In soft tortillas, spread generous amount of beans with cheese and onions. Roll up and place in baking dish, seam side down. Cover with remaining sauce. Bake for 25 minutes at 350 degrees. Garnish with lettuce, avocado, ripe olive slices, and sour cream or yogurt.

## ENCHILADA SAUCE

- 1 cup water

- ¼ cup finely minced onion
- ½ teaspoon finely minced garlic
- ½ teaspoon basil
- ¾ teaspoon cumin
- 1 package George Washington Broth, light or one bouillon cube
- 1 cup tomato sauce
- 2 tablespoons finely minced green pepper
- 1 teaspoon paprika
- ½ teaspoon oregano
- 1 tablespoon flour
- Mix all ingredients together and simmer for 10 minutes. Set aside

## SPANISH RICE

- Saute:
- 1 clove garlic, chopped fine
- 1 small onion, chopped
- ¼ large green pepper, chopped
- 1 fresh tomato, small, chopped (may use canned or omit)
- 1 cup uncoked long grain white rice
- 1 tablespoon oil
- Add seasonings:
- 1 teaspoon paprika
- 2 teaspoons salt
- 1 teaspoon chicken seasoning
- Add to seasonings:

- 6 ounces (1 cup) tomato sauce
- 2 cups water
- Stir vegetables and seasonings. Add tomato sauce and water. Bring rice to a boil then cover and lower heat. Simmer approximately 20 minutes until done. Fresh broccoli or carrot circles may be added if desired.

## LENTIL TOSTADA

- 6 cups water
- 2 cups lentils, washed
- 2 teaspoons salt
- 2 teaspoons chicken style seasoning
- 1 medium onion, chopped

- 2 tablespoons oil
- ½ teaspoon each of sage and sweet basil
- 1 sliced carrot (long pieces OK)
- 2 stalks celery in 1-inch chunks
- Add washed lentils to boiling water. Stir to distribute and boil

for 5 minutes. Let stand at least 1 hour. Sauté onion in oil. Add onion and seasonings, carrot and celery to lentils. Cook just until lentils are tender. Sprinkle chopped onion on toast, bun or tortilla, then add lentils, shredded lettuce, tomato and cheese as desired.

## Meals from page 1B

options. If they're drinking whole milk, we tell them to try two percent. The food has got to be healthy, nutritious and taste good. Make a meatless meal one or two days a week to start, like a casserole.

It's a lot easier to be a vegetarian now than it used to be. Weaver shops at Meijer's which carries two kinds of vegetarian burgers, and the Morning Star brand which offers vegetarian hot dogs and sausage.

Barb Kobiela who teaches vegetarian cooking classes through the Garden City Adult and Community Education and Career Train-

ing Program also encourages people to start out small and make a meatless meal once a week.

"It will work out in the budget department too because you know how expensive meat is. Try one new recipe a week," she said.

Diane Kasunic who teaches a vegetarian cooking class through the Troy Adult and Community Education program, is a college business professor and business consultant, yet she finds time to cook.

"It's so easy. I just finished making a casserole," she said. "It took about 10 minutes to put together — some mozzarella cheese,

sauce, green pepper and zucchini."

In her class, she challenges students to try something different, and create their own recipes. Here's one of her favorites — mix yogurt with tomato sauce for a delicious low fat dip.

Lenore Yallosve Baum has over 20 years experience teaching natural foods cooking, is director of Lenore's Natural Cuisine, a vegetarian cooking school in Farmington Hills, and teaches three cooking classes through the West Bloomfield Community Education program.

"I show people how to make

healthier choices," she said. "For example, fruit juice is better than soda, and fruit juice diluted with water is best. I give them facts."

For a chef's perspective vegetarian cooking, here's a class to consider. Master Chef Jeff Briel is teaching "Vegetarianism" a three-week course Schoolcraft College in Livonia, 9:40 p.m. beginning Monday, Feb. 15, and Monday, April 26. The cost is \$85, and \$70 for seniors. For information, call 462-4448.

See recipes inside.

## Warm up with simple soups

See Larry Jones' column on the Taste front.

### EASY POTATO SOUP

- 2 tablespoons butter or margarine
- 3 cloves garlic, finely chopped
- 1 onion, finely chopped, optional
- ½ teaspoon thyme
- 4 potatoes, peeled and diced
- 1 quart chicken broth
- 2 carrots, finely chopped
- dash fresh ground pepper

- 4 tablespoons flour
- 1 cup milk

Melt butter or margarine in a saucepan and add garlic and thyme. Add potatoes, carrots and onions and mix well. Stir in chicken broth and bring to a boil. Stir in fresh ground pepper. Dissolve flour into milk and reduce heat of soup to a simmer.

Slowly whisk in milk/flour mixture and stir for 2 minutes or until slightly thickened. Simmer for 4 minutes, serve and enjoy.

### EASY CREAM OF TOMATO SOUP

- 1 large can containing 5-6 tomatoes, chopped
- 4 tablespoons butter or margarine
- 1 cup chopped onions
- 1 teaspoon dill weed
- ½ bay leaf
- 2 cloves
- ¼ cup flour
- 3 cups milk
- 1 teaspoon salt
- fresh ground pepper to taste
- Chop tomatoes and reserve juice.

Melt the butter in a large saucepan and cook the onions until wilted. Add the tomatoes, the juice of the tomatoes, bay leaf and cloves. Dissolve the flour in a little milk until a smooth paste is made and gently stir into the soup. Simmer for 5 minutes, stirring occasionally. Puree the mixture in a blender or food processor and return to the saucepan. Heat the milk and add the tomato mixture, stirring until soup thickens, about 5 minutes. Season with salt and pepper to taste.

## Light makes potatoes green, store them in the dark

"My potatoes seem green around the skin — is it safe to eat them?" This is a very commonly asked question on the Food and Nutrition Hotline, said Sylvia Treilman, home economist for the

Oakland Cooperative Extension Service.

When potatoes are exposed to light, either while still in the garden or after harvest, the surface may turn green as a result of chlorophyll production. This greening is accompanied by the formation of a bitter substance called solanine.

"Solanine if consumed in large quantities can be toxic," said

Treilman. "It's best not to eat the green surface of the potatoes. It's safe to merely cut away the affected parts."

Store potatoes in the dark.

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- 5 LBS. CENTER CUT PORK CHOPS
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