

KRETSCHMER WHEAT GERM

Potluck supper: The next time you're asked to "bring a dish," offer to make Quick Vegetable Manicotti. Store-bought spaghetti sauce and a streamlined method make this meatless main dish extra easy.

This manicotti perfect for potluck suppers

Potluck suppers combine the best of two worlds. They're easy because the work is shared. They're fun since you never know for sure what will walk through the door. If you've never experienced a potluck, or just need some fresh ideas, these tips will come in handy the next time you're asked to "bring a dish."

Economy counts when you're feeding a crowd. Main dishes made with pasta or grains such as barley and rice, canned beans, lean ground beef, chicken, seasonal produce will be kind to the budget. And recipes for one-dish meals like lasagna, chili and stew typically serve eight or more. These dishes also travel well and can withstand reheating.

Rely on tried-and-true recipes or flavors you know people like. Potluck supper veterans always rely on recipes they've made before or new recipes with familiar flavors.

Think about logistics. How far will you be traveling? If you don't have some way to keep what you're bringing hot or adequately chilled until you reach your destination, select something else, bread or rolls for example. Will the host have oven/stove space for reheating? Refrigerator space to keep a chilled dish cold? If you're not sure, ask.

Play it safe when transporting food to a potluck. Transfer cold foods directly from the refrigerator into an insulated cooler packed with ice or cold packs. Heat soups and stews until almost boiling, then pack in vacuum bottles. If you plan to reheat a casserole or other dish at the event, make it the day ahead so it will be well chilled.

Keep in mind that many people are trying to eat more healthfully these days. If an ingredient has a lower fat substitute, fat-free mayonnaise instead of regular mayonnaise for example, try to use it. A colorful assortment of fresh fruits

and a vanilla yogurt dip swirled with honey crunch wheat germ take little time to prepare and offer an alternative to higher calorie desserts. And don't forget fiber. One of the easiest ways to get more fiber is to eat more fruits, vegetables and grains.

Quick Vegetable Manicotti incorporates both grains and fresh vegetables and has the familiar flavors important for a potluck dish. It's extra-convenient, too, because you don't need to pre-cook the pasta. Just stuff the uncooked manicotti, top with the sliced vegetables and prepared spaghetti sauce and bake. Nutty, crunchy wheat germ adds fiber, protein, vitamins and minerals to the low-fat cheese filling.

For dessert, try **Apple Cake With Cream Cheese Drizzle**. Full of fruit and glazed rather than frosted, this cake travels well and serves a crowd.

QUICK VEGETABLE MANICOTTI

- One 15-ounce container non-fat ricotta cheese
- 1/2 cup Kretschmer original wheat germ
- 2 egg whites, slightly beaten
- 1/2 cup chopped fresh parsley
- 2 tablespoons parmesan cheese
- 3/4 teaspoon Italian seasoning
- 1/2 teaspoon salt (optional)
- One 5-ounce package manicotti (about 12 manicotti)
- 3/2 cup sliced zucchini
- 3/2 cup sliced yellow squash
- 3/2 cup sliced mushrooms
- One 28-ounce jar reduced sodium spaghetti sauce
- 1/2 cup water

Heat oven to 350 degrees F. Lightly spray 13 by 9-inch glass baking dish with non-stick cooking spray. Combine ricotta cheese, wheat germ, egg whites, parmesan cheese, Italian seasoning and salt; mix well. Fill individual manicotti with this cheese mixture using a tea-

spoon, small rounded knife or cake decorating bag. Top with vegetables. Cover completely with combined sauce and water. Cover dish with foil. Bake 40 to 45 minutes or until pasta is tender and sauce is heated through. If desired sprinkle with additional parmesan cheese and wheat germ. Serves 6.

Nutritional Information: Per serving, Calories 260, Protein 21g, Carbohydrate 37g, Total Fat 2g, Cholesterol 0mg, Dietary Fiber 2g, Sodium 600mg. Percent calories from fat: 8 percent.

APPLE CAKE WITH CREAM CHEESE DRIZZLE

- 1 3/4 cups all-purpose flour
- 1/2 cup Kretschmer wheat germ, any flavor
- 3/4 cup sugar
- 4 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 cup skim milk
- 3 egg whites, slightly beaten
- 2 tablespoons vegetable oil
- 1/2 cup apple, coarsely chopped
- 1/4 cup raisins
- 1/2 cup nonfat cream cheese
- 1/4 cup powdered sugar
- 1 teaspoon vanilla

Heat oven to 350 degrees F. Lightly spray 13 by 9-inch pan with non-stick cooking spray. Combine flour, wheat germ, sugar, baking powder and cinnamon. Add combined milk, egg whites and oil; mix just until moistened. Stir in apple and raisins. Pour batter into prepared pan. Bake 20 to 25 minutes or until wooden pick inserted into center comes out clean and cake pulls away from sides of pan. Cool completely. Combine remaining ingredients, mix until smooth. Drizzle evenly over cooled cake.

Nutritional Information: Per serving, Calories 200, Protein 7g, Carbohydrate 36g, Total Fat 3g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 225 mg. Percent calories from fat: 14 percent.

Wake up to yummy French toast

AP—Wake your family to a yummy new twist on breakfast—a fruit-stuffed French toast sandwich. No need to worry about fruits in season, because the fruity flavor comes from preserves and fruit-flavored pancake syrup. Besides cherry preserves, you can also try marmalade, red raspberry, strawberry, peach, or apricot preserves. They give the filling a pretty color.

CHERRY FRENCH TOAST

3 eggs

- 1/2 cup milk
- 1/2 cup cherry preserves
- 16 slices very thinly sliced firm-textured bread
- 1 tablespoon margarine or butter
- Fruit-flavored syrup (optional)

In a shallow bowl, with a wire whisk or fork, beat eggs and milk; set aside. Spread 1 tablespoon of the preserves onto each of eight bread slices; top with remaining bread slices, pressing together lightly. Dip filled bread into egg

mixture, coating both sides. In a skillet or on a griddle, cook filled bread in hot margarine or butter over medium heat about 2 minutes on each side or until golden brown. Add more margarine or butter as needed. Serve with syrup. Makes 4 servings.

Nutrition information per serving: 172 cal., 4 g fat, 81 mg chol., 7 g pro., 29 g carbo., 1 g fiber, 290 mg sodium. RDA: 9 percent calcium, 14 percent thiamine, 16 percent riboflavin, 13 percent niacin.

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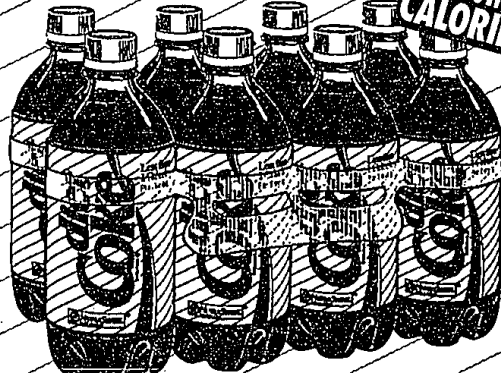
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Forget winter, have some fun



KEELY WYGNONIK

Do something fun to forget about winter. Here are some events that will surely chase the blues away.

The "Art from the Heart" auction benefiting cholesterol research at Henry Ford Heart and Vascular Institute will be 7-10 p.m. Monday, Feb. 1, at Mechus Sly Fox, 725 South Hunter Boulevard, Birmingham. The event will feature original creations by artists, hearty heart smart Machus buffet and desserts, entertainment by Mary Agnello, pianist, and complimentary wine and cash bar. Admission is \$65 per person, \$40 of which is a tax-deductible gift to the Henry Ford Heart and Vascular Institute. For reservations, call 876-9393.

—Punchinello's in downtown Birmingham, 184 Pierce St., is having a Chilean wine tasting, 6:30-8:30 p.m. Tuesday, Feb. 2. The cost is \$10 per person and in-

cludes tasting foods. For reservations, call 644-5277.

Weight Watchers' second annual Gourmet Cooking Seminar kicks off 11 a.m. Saturday, Feb. 6, at Weight Watchers Test Kitchen, 28555 Orchard Lake Road, between 12 and 13 Mile Road, Farmington Hills. Admission is one bag of non-perishable groceries per session (minimum \$10 value), to be donated to Dieters Feed the Hungry. Reservations required, call (800) 487-4777, Ext. 294.

Sessions last 11 a.m. to 1 p.m. Chef Thomas MacKinnon of MacKinnon's Northville presents "Real Entrees"—Chicken Cones, Green Onion Trout, and Crown Roast of Chicken on Feb. 6.

Chef Ron Hokanson of 333 East, Omni International Hotel, Detroit, offers "Taste of Romance" Feb. 13 with recipes to capture the healthy heart of someone you love. He'll show you how to make Celery and Green Apple Salad, Bonbon Chicken with Vegetables in Gallantine, Tomato Basil Sauce and Pineap-

ple Surprise.

Chef Larry Meyer of Rachel's, Tripton presents "Down-Home Basics" Feb. 20 with some delightful recipes including Zucchini Salad, Spicy Chicken and Green Beans, Chewy Chocolate Cookies.

The series concludes Feb. 27 with Chef Maren Jackson of Seva in Ann Arbor who will create some "Very Vegetarian," dishes including Gingered Black Beans and Couscous, Warm Honey-Mustard Spinach Salad and Raspberry-Peach Ricotta "Mousse."

Don't keep your family's favorite recipe a secret. Please take a moment to jot down the recipe, with side dish suggestions, and send it to Winner Dinner, P.O. Box 9503, Birmingham, Mich. 48012. Come on, don't be shy, being a Winner Dinner is fun. For more information, call Keely Wygnonik, 953-2105.

Betty Crocker tip of the week: Dress up low-fat cake with low-fat frozen yogurt and fresh bananas or poached apple slices.