

Apple pie tastes down-home good

Thumb through any old cook-book, and you'll find those wonderful homey dishes — cobbler and crisps, pandowdies and crumble, shortcakes, deep-dish pies and upside-down cake. These are the kind of the desserts we turn to when we need comforting or nostalgic taste of the past.

In great-grandma's day, most of these down-home desserts were made with whatever fruit was in season combined with ingredients that happened to be on hand. Neither precise measurements nor sophisticated cooking skills were needed.

The "recipes" were passed down from mother to daughter, usually by word of mouth.

Today, many of these old-fashioned favorites are again popular, and for good reason. All are relatively easy to make and a delicious excuse to pair ripe seasonal fruits with wholesome grains like oats.

Oats are a natural ingredient for baking. They're inexpensive, a tasty source of vitamins, minerals and fiber, and even easier to measure than flour. When combined with brown sugar and butter or margarine, oats provide the "crust" in an apple or cherry crisp. They add texture and flavor to batters for cobbler, pandowdies and cakes, and oats can replace some of the flour in pie crusts, too.

Easy Apple Custard Pie, developed in the Quaker Kitchens, uses a pat-in-the-pan oat crust that's very simple to make and tastes just like an oatmeal cookie. There's no top crust to roll either. An oat streusel topping is sprinkled over the apples before baking. Choose a sweet-tart cooking

apple like Granny Smith or Jonathan, and if you happen to be watching fat and cholesterol, light sour cream and egg whites can be used in the filling. Use either quick or old fashioned oats. The old fashioned oats will provide more texture.

EASY APPLE CUSTARD PIE

crust:

- 1 1/4 cups all purpose flour
- 3/4 cup oats (quick or old fashioned, uncooked)
- 1/2 cup firmly packed brown sugar
- 1/2 teaspoon salt (optional)
- 1/2 cup (1 stick) margarine or butter, melted
- 1 tablespoon water
- 1 teaspoon vanilla

Filling:

- One 8-ounce carton lite sour cream or sour cream
- 1/2 cup firmly packed brown sugar
- 1/2 cup all-purpose flour
- 4 egg whites or 2 eggs, slightly beaten
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 4 cups peeled, thinly sliced apples

- Toppings:
- 1/2 cup oats (quick or old fashioned, uncooked)
 - 1/2 cup firmly packed brown sugar
 - 1/2 cup all-purpose flour
 - 1/2 cup (1/2 stick) margarine or butter

Heat oven to 375 degrees. For crust, combine dry ingredients. Add margarine, water and vanilla; mix well. Press firmly onto bottom and sides of a 9-inch glass pie plate, forming 1/4-inch rim around edges.



THE QUAKER OATS COMPANY

Heritage dessert: Even a novice baker will find Easy Apple Custard pie simple to bake, thanks to a simple pat-in-the-pan oat crust. Nestled between are tender apples and a sour cream and egg custard spiced with cinnamon and nutmeg.

Bake 12 to 15 minutes or until light golden brown. Cool.

For filling, combine sour cream, brown sugar, flour, eggs, cinnamon and nutmeg; toss with apples. Arrange in crust.

For topping, combine dry ingredients; cut in margarine until mixture resembles coarse crumbs. Sprinkle over filling. Bake 50 to 60

minutes or until knife inserted in center comes out clean. Serve warm or chilled; refrigerate leftovers. Serves 8.

Nutrition information: 1/4 of recipe. Calories 500. Calories from fat 198. Protein 8g. Carbohydrate 70g. Total Fat 22g. Cholesterol 10mg. Dietary Fiber 3g. Sodium 240mg. Percent calories from fat: 39

Brunch for two simply delicious

PEACH AND STRAWBERRY BREAKFAST PARFAIT

- 1/2 cup plain nonfat yogurt
- 1/2 cup strawberries, cut into halves (reserve 1 whole strawberry for garnish)
- 1 teaspoon pourable all-fruit strawberry syrup
- 1/4 chop-chopped peach
- 1/2 teaspoon granulated sugar
- 1/2 teaspoon wheat germ

In small mixing bowl combine first 3 ingredients. In separate small mixing bowl combine peach and sugar, stirring to coat.

Into 10-ounce parfait glass spoon half of the strawberry mixture; top with peach mixture and remaining strawberry mixture.

Garnish with reserved strawberry and sprinkle with wheat germ. Makes 1 serving.

Each serving provides: 1 Milk, 1 Fruit, 35 Optional Calories. Per serving: 161 calories, 1 g fat. *Weight Watchers Simply Light Cooking, 1992.

ORANGE-PECAN FRENCH TOAST

- 1/2 cup thawed frozen egg substitute
- 1 teaspoon vanilla extract
- 1/4 teaspoon each grated orange peel and ground cinnamon
- 2 teaspoons reduced-calorie margarine (tub)
- 4 slices reduced-calorie raisin bread (40 calories per slice)
- 1/2 cup orange juice (no sugar added)
- 1 tablespoon maple syrup
- 1 1/2 teaspoons cornstarch
- 1/2 ounce shelled pecans, toasted and chopped

Using a fork, in medium mixing bowl beat together egg substitute, vanilla, orange peel, and cinnamon; set aside. Spray 10-inch nonstick skillet with nonstick cooking spray; add margarine and melt.

Dip bread slices into egg mixture, coating both sides; add to

skillet and pour an equal amount of any remaining egg mixture over each slice. Cook until lightly browned, 2-3 minutes on each side. Cut each slice of French toast in half diagonally, making 8 triangles. Transfer to serving platter and keep warm.

In small saucepan combine juice, syrup, and cornstarch. Cook over medium-high heat until mixture comes to a boil. Reduce heat to low, stir in pecans, and let simmer until mixture thickens slightly, 3-4 minutes. Pour over French toast. Makes 2 servings.

Each serving provides: 1 Fat, 1 1/2 Protein, 1 Bread, 1/4 Fruit, 40 Optional calories. Per serving 246 calories, 7 g fat.

*Weight Watchers Healthy Life-Style Cookbook, 1990

CHOCOLATE BANANA PANCAKES

- 1 packet reduced-calorie chocolate daily shake (70 calories per serving as packaged)
- 1 medium banana, peeled and mashed
- 1/4 cup egg substitute
- 3 tablespoons all-purpose flour
- 1 teaspoon double-acting baking powder
- 1 teaspoon vanilla extract

In medium mixing bowl, whisk together all ingredients and 1/4 cup water.

Spray large nonstick skillet or griddle with nonstick cooking spray; heat over medium-high heat. Spoon batter into skillet by thirds, making 3 pancakes, each 4 inches in diameter. Reduce heat to medium and cook until bubbles appear on surface, about 2 minutes. Using spatula, turn pancakes over and cook until cooked through, about 2 minutes. Makes 1 serving.

Each serving provides: 1 Milk, 1 Protein, 1 Bread, 2 Fruits. Per serving: 300 calories, 1 g fat.

*Weight Watchers Favorite Homestyle Recipes Cookbook 1993.

Trim the fat in stew with lean round steak

OLD-FASHIONED BEEF STEW

- 3 1/2 pound boneless beef round steak
- Nonstick spray coating
- 1 1/2-ounce can beef broth
- 2 bay leaves
- 2 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- Dash ground cloves
- 3 cups potatoes cut into 1-

- inch pieces
- 1 1/2 cup carrots cut into 1-inch pieces
- 1 medium onion, cut into 8 wedges
- 1/4 cup cold water
- 2 teaspoons cornstarch

Trim as much fat as possible from steak. Cut into 1-inch cubes. Spray a cold Dutch oven with nonstick coating. Preheat over medium heat. Add the beef to the hot Dutch oven; cook until brown. Stir in

broth, bay leaves, garlic, Worcestershire sauce, paprika, pepper and cloves. Bring to boiling; reduce heat. Cover and simmer for 1 to 1 1/2 hours or until meat is almost tender, stirring occasionally. Remove bay leaves. Stir in potatoes, carrots and onion. Bring to boiling; reduce heat. Cover; simmer about 30 minutes or until vegetables are tender. Drain meat and vegetables, reserving liquid. Set meat and vegetables aside. Skim fat from reserved liquid. Add enough water to liquid

to equal 1 1/2 cups; return to the Dutch oven. Stir together the cold water and cornstarch; stir into the liquid in the Dutch oven. Cook and stir until thickened and bubbly. Stir in beef and vegetables. Heat through. Makes 4 (1-cup) servings.

Nutrition information per serving: 236 cal., 4 g fat, 42 mg chol., 29 g pro., 31 g carbs., 451 mg sodium. RDA: 16 percent iron, 291 percent vit. A, 30 percent vit. C, 13 percent thiamine, 13 percent riboflavin, 26 percent niacin.

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