

Healthy noodles good on the side

Many weeknight cooks agree that a healthful entree can be as easy as 1-2-3 but selecting the accompaniments takes more thought. Debate no more. Serve noodles to the side — they're great-tasting, good-for-you and fuss-free!

Noodle accompaniments are especially appealing in light of the most recent dietary recommendations from the United States Department of Agriculture — six to 11 servings of grain products (including breads, cereals, rice and pasta) are recommended per day.

The USDA's new Food Guide Pyramid also illustrates the importance of eating a variety of foods. A combination of grains, fruits, vegetables, meat and dairy products provides the energy, protein, vitamins, minerals and fiber your body needs for good health.

For a simple dinner tonight, season a boneless, skinless chicken breast with five spice powder prior to cooking. Or, try a pork loin chop or a lean cut of beef like a sirloin steak. Complete the meal with a green salad and Spicy Oriental Noodles starring red bell peppers, green onions and Oriental seasonings.

Other tasty side options include Noodles Parmigiano — savory noodles tossed with red onions, mushrooms, garlic, basil and Parmesan cheese. And Garlic Lovers' Noodles have the just right amount of garlic, sage and Romano cheese in every bite.

SPICY ORIENTAL NOODLES

1/2 package (8 ounces) No Yolks cholesterol-free noodles
1/2 cup short, thin red bell pepper strips

4 green onions, cut diagonally into 1-inch pieces
1 tablespoon minced fresh ginger
1 clove garlic, minced
1/4 to 1/2 teaspoon crushed red pepper flakes
2 1/2 teaspoons sesame oil, divided
1/4 teaspoon salt, optional

Cook No Yolks according to package directions without salt. Meanwhile, sauté bell pepper, onions, ginger, garlic and red pepper flakes in 2 teaspoons oil in large nonstick skillet over medium heat 4 minutes or until vegetables are crisp-tender. Drain noodles; stir into vegetables with remaining 1/4 teaspoon oil and salt. Makes 6 (1/2 cup) servings.

Nutritive values 12 per serving (without salt): 125 calories; 5g protein; 22g carbohydrate; 2g fat; 0mg cholesterol; 13mg sodium; 1.2g dietary fiber

NOODLES PARMIGIANO

1/2 package (8 ounces) No Yolks cholesterol-free noodles
1 cup coarsely chopped red onion
1 clove garlic, minced
1 tablespoon olive oil
1 cup sliced mushrooms
1/4 cup chopped fresh basil or 2 teaspoons dried basil
1/2 teaspoon salt, optional
1/2 cup grated Parmesan cheese

Cook No Yolks according to package directions without salt. Meanwhile, sauté onion and garlic in oil in large nonstick skillet over medium heat 2 to 3 minutes or until onion is crisp-tender. Stir in mushrooms, basil and salt; continue cooking 1 to 2 minutes or until mushrooms are tender. Drain noodles; gently stir into vegetables. Sprinkle with cheese; toss to combine. Makes 6 (1/2 cup) servings.



Spicy noodles: Add complex carbohydrates to weeknight meals with convenient, versatile and easy Spicy Oriental Noodles.

Garlic Lovers' Noodles
1/2 package (8 ounces) No Yolks cholesterol-free noodles
2 to 3 cloves garlic, minced
2 teaspoons olive oil
1 tablespoon chopped fresh

sage or 1 teaspoon dried sage
1/4 teaspoon freshly ground black pepper
1/4 cup grated Romano cheese

Cook No Yolks according to package directions without salt. Meanwhile, sauté garlic in oil in large nonstick skillet over medium heat 2 minutes. Add sage and pepper. Drain noodles; add to skillet. Stir gently until noodles are evenly coated. Sprinkle with cheese; toss to combine. Makes 6 (1/2 cup) servings.

Nutritive values per serving: 132 calories; 6g protein; 21g carbohydrate; 3g fat; 4mg cholesterol; 62mg sodium; 1g dietary fiber.

Cookbook full of fresh, fruity ideas

AP — Fruit has been working its way out of dessert and into entrees, soups, side dishes and appetizers. But many home cooks have yet to go beyond baked fruit pies and desserts.

In "Cooking with Fruit: The Complete Guide to Using Fruit Throughout the Meal, the Day, the Year," Rolce Redard Payne and Dorrit Speyer Senior show the many different ways in which fruit can be used in the daily diet (Crown, \$22).

Fruit contains no cholesterol or saturated fat and very little salt, while providing vitamins, minerals and fiber. Although the emphasis is on fresh fruits, the 261-page cookbook also contains ideas for dried, canned and frozen varieties. "When fresh fruits are out of season the cost can be prohibitive and frozen or canned fruits are an acceptable substitute," the authors write in the introduction.

Featured are over 250 ways to cook with fruits, including apples and apricots, bananas and berries, lemons and limes, melons, oranges and kumquats. There is also a chapter on exotic and less available fruits such as carambola, guava, lychee and pomegranate.

Payne and Senior have included recipes for Stir-Fried Scallops with Mangoes, Chicken and Peach Pie, Watermelon Hors d'Oeuvres and Mexican Black Beans with Oranges. Also included are recipes for the more familiar apple crisp, blueberry muffins and cherry pie.

In addition to the recipes, Payne and Senior provide cultural, agricultural and geographic histories of various fruits; nutritional information; peak seasons; shopping, preparation and storage instructions; and cultivation tips.

FRESH SWEET CHERRY PIE

For the pastry:

1 1/2 cups all-purpose flour
1/4 teaspoon salt
1/2 cup plus 1 tablespoon solid vegetable shortening
1 teaspoon vinegar
4 tablespoons cold water
For the filling:
2 cups pitted fresh dark sweet cherries
1/4 cup sugar
2 tablespoons cornstarch
1 1/2 teaspoons lemon juice
1 tablespoon lightly salted butter

Preheat oven to 425 degrees F. Combine the flour and the salt in a mixing bowl. Cut in the shortening with a pastry blender until the mixture resembles coarse meal, then sprinkle with the vinegar and water, a tablespoon at a time, mixing with a fork until all the flour is moistened. Gather together with fingers until the dough cleans the bowl. Press into a ball, then divide in half and roll out each half onto a well-floured board into two circles slightly larger than a pie pan. Line an 8-inch pie pan with one pastry circle, leaving about 1 1/4-inch overhang.

Combine the cherries, sugar, cornstarch and lemon juice. Fill pastry with cherry mixture and dot with butter. Cover with top crust, fold overhang over top edge, press to seal, and flute edges. With a fork or knife, make vent holes in the top crust. Place on the middle rack of oven and bake at 425 degrees F for about 40 minutes, until the fruit is bubbling and the crust is golden brown. Allow to cool at least 30 minutes before cutting. Makes one 8-inch pie.

Recipe from "Cooking with Fruit" by Rolce Redard Payne and Dorrit Speyer Senior. Crown, \$22.)

Put some sizzle back into breakfast with 'Pancakes and Waffles'



KEELY WYGONIK

eat the evidence.

Kids of all ages love pancakes. They're quick, easy, and with a few creative touches, are perfect for a casual or late dinner.

In her newly published cookbook "Pancakes and Waffles," (HarperCollins; Feb. 26, 1993; \$12.50/hardcover) Elizabeth Alston explains new ways to make these family favorites. Making pancakes from scratch isn't much

harder than adding eggs and milk to a mix. All it takes is a little extra planning and organization.

Alston, food editor of Woman's Day and author of "Muffins, Biscuits and Scones," "Breakfast with Friends," and "Tea Breads and Coffeecakes," shares a generous baker's dozen of recipes for breakfast cakes (with both food-processor and by-hand directions).

She also flips a batch of good ideas off the griddle for light meals including Polenta Pancake with Greens and Ham; Vermont Baked Cheddar and Apple Pancake; and Carrot and Sweet Potato Pancakes.

In the introduction, Alston shares helpful tips for making and storing pancakes, waffles and crepes. Here's one for cooks with very little time — "Most pancakes and waffles freeze beauti-

fully and it's great to have a supply on hand. Freeze them with pieces of wax paper between so you can easily remove as many as you need. Store in an airtight container or zip-closure plastic bag. Reheat pancakes on a cookie sheet, waffles directly on the oven rack (or cooling rack) for 5 to 6 minutes at 200 degrees F. There's no need to defrost them first."

A chapter is also devoted to syrups, sauces and toppings that will make your pancakes and waffles extra special. Here's a recipe from the book.

SUPER SIMPLE BAKED PANCAKE

2 large eggs
1/2 cup milk
1/2 cup all-purpose flour
1/4 teaspoon salt
Few grains of ground nutmeg
1 tablespoon mild olive or veg-

etable oil (olive oil tastes best here)

Equipment: An ovenproof skillet 9 to 10 inches across the bottom, or a 9-inch glass or metal pie pan or an 11- by 7-inch baking dish.

Heat the oven to 450 degrees F. Food processor or blender method: Process the eggs, milk, flour, salt and nutmeg to make smooth batter.

By hand: Put the eggs and milk into a medium-sized bowl. Beat

with a wire whisk or electric mixer to blend well. Beat in the flour, salt and nutmeg. If tiny lumps of flour remain visible, it's no problem.

Heat the oil in the skillet, pie pan or baking dish in the oven for 5 minutes. When very hot, pour in the batter.

Bake uncovered 18 to 20 minutes without opening the oven door, until the pancake is puffed and crisp around the edges and golden brown in the middle. Cut in wedges to

serve. Makes 1 large pancake, enough for 2 to 4 portions. Serve with syrup or fruit.

Tip: It's important that the oven be hot enough so the pancake develops high, crisp edges with a pop-over-like middle.

Keely Wygonik is the Taste and Entertainment Editor of the Observer & Eccentric Newspapers Inc. She welcomes calls and letters from readers. To leave a Voice Mail message for her, dial 953-2105.

Take steps to avoid lead poisoning

"Lead poisoning is one of the most common health problems of children living in the United States," said Sylvia Treisman, home economist for the Oakland

County Cooperative Extension Service.

The publication "Lead and our Environment," Bulletin number E-2416 is available. Enclose \$1.25

to cover handling, and send with your name and address to the Cooperative Extension Service, 1200 N. Telegraph, Dept. 416, Pontiac, MI 48341-0416.

PASSOVER CARRY-OUT

1/2 Roasted Chicken Springer

Includes chopped liver, chicken soup, with matzo ball, tzimmes, potato, kugel or Anna potatoes & matzo's.

\$10⁹⁵

See Our Wide Selection of GIFT BASKETS AND TRAYS

32418 NORTHWESTERN HWY., FARMINGTON HILLS
bet. Middlebelt and I-4 Mile

855-944-63

Stuffed Chicken Breast or Brisket of Beef

Includes chopped liver, chicken soup, with matzo ball, tzimmes, potato, kugel or Anna potatoes & matzo's.

\$12⁹⁵

ALBIE'S

Pasties • Subs • Salads

LIVONIA

(formerly Sammi's)

16709 Middlebelt

(in Kings Row Plaza, S. of I-4 Mile)

427-4330

Dine In • Carry-Out

Open 7 Days

Introducing **ALBIE'S**

Original Beef Pasty

beef
rutabaga
potato
onion

Voted #1 Pasty in Michigan!!

BUY 1 PASTY

99¢

...GET A SECOND FOR

Limit 1 per coupon • Limit 1 coupon per customer

Super Yepper Excluded **EXPIRES 4-10-93**

HOP TO IT

and save

Sittin' Pretty

FINAL DAYS!

RETIREMENT SALE

MUST SELL ENTIRE STOCK UP TO 75% OFF!

Lamps, Lampshades, Wall Units,
Marble Tables-All Sizes • Complete Selection of Dining Chairs
Counter & Bar Stools • Formica Bedroom Furniture
Layaways & previous sales excluded Permit #37

OPEN SUNDAY 12-4

Evergreen Plaza 19747 W. 12 Mile, Southfield 552-8850
Hours: M-W 10-6, Thurs. 10-7, Fri. & Sat. 10-6, Sun. 12-4

Village Doors

Elegant Styling

And Uncompromised Quality

In Premium Oak Doors and Sparkling Beveled Glass Inserts

- Custom Cabinets
- Oak, Steel & Fiberglass Doors
- Marvin Windows
- Peachtree Windows & Doors
- Fine Quality Tiffany Lamps

744 Starkweather
Plymouth, MI 48170
453-1660

FUNTAN AND WATERWORKS

Sunshine and Swimwear

We have the largest selection of swimwear

Corner of Rochester & Avon Road
(in Winchester Mall)
656-1507