

Jazz up your plate with colorful, flavorful veggies



It's no secret that the best sources of nutrients are vegetables. But you may not know that the food pyramid recommends that we consume three to five servings of vegetables each day. Jazz up your plate with some of the brighter and deeper-colored vegetables and deeper-colored vegetables are healthier for you? When preparing vegetables, it's also important to remember that you get the most nutrients from fresh, raw vegetables. If cooked, they should be steamed for best results. Vegetables can be included in

your diet in a variety of ways. Cut up celery and carrot sticks to take to the office, dice green pepper into an omelet, have a salad for lunch or stir-fry spring's very best. One thing is for sure, eating your vegetables does not have to be boring. Especially if you're serving Broccoli Cornbread, Mexican-Style Gazpacho or Marinated Vegetable Salad. So, eat your vegetables and stay healthy.

BROCCOLI CORNBREAD

2 cups frozen chopped broccoli (one 10-ounce package), thawed and well-drained
 1/2 cup nonfat cottage cheese
 1/2 cup chopped onion
 1/2 cup egg substitute
 2 tablespoons plus 2 tea-

spoons margarine, softened
 1/4 teaspoon salt
 6 ounces self-rising white cornmeal
 Preheat oven to 350 degrees. Spray a 9-inch glass pie plate with nonstick cooking spray; set aside. In large mixing bowl, combine broccoli, cottage cheese, onion, egg substitute, margarine and salt until blended; stir in cornmeal. Scrape mixture into prepared pie plate; smooth to make even layer. Bake 30 minutes, until golden. Let stand 10 minutes before serving. Makes 8 servings.

Each serving provides: 1 Fat, 1/2 Protein, 1/2 Vegetable, 1 Bread, 5 Optional Calories. Per serving: 142 calories, 4 g fat
 Source: "Weight Watchers Favorite Homestyle Recipes," 1993

MEXICAN-STYLE GAZPACHO

1 1/2 cups peeled seeded diced plum tomatoes
 1/2 cup pored seeded diced cucumber
 1/2 cup diced red onion
 1/2 cup diced green bell pepper
 1 garlic clove
 2 tablespoons chopped fresh cilantro
 2 tablespoons red wine vinegar
 2 cups spicy mixed vegetable juice
 3 ounces cavatelli or fusilli
 Chopped cucumber, red onion, and bell pepper to garnish

In food processor, combine tomatoes, cucumber, onion, bell pepper, garlic, cilantro, and vinegar; pulse briefly, just until vegetables are chunky. Pour into large bowl; stir in

vegetable juice. Cover and refrigerate until well chilled. Just before serving, cook pasta following label directions; drain. Ladle soup evenly into 4 chilled soup bowls; top evenly with hot pasta. Garnish with chopped vegetables. Makes 4 servings. Each serving (1 cup) provides: 2 Vegetables, 1 Bread. Per serving: 133 calories, 1 g fat. Source: "Weight Watchers Slim Ways With Pasta Cookbook," 1993

MARINATED VEGETABLE SALAD

1 cup broccoli florets, blanched
 1 cup cauliflower florets, blanched
 1 cup sliced celery
 1 cup sliced carrots
 1/2 cup chopped green bell pepper
 1/2 cup thinly sliced red onion

4 ounces drained cooked kidney beans
 4 ounces drained, cooked chick peas
 10 small green olives, pitted and sliced
 10 small black olives, pitted and sliced
 1/4 cup reduced-calorie Italian salad dressing (6 calories per tablespoon)

In large bowl, combine all ingredients, tossing well. Refrigerate at least 3 hours or overnight to develop flavors. Makes 8 servings.

Each serving (1/2 cup) provides: 1/2 Fat, 1 1/2 Vegetables, 1 Bread, 10 Optional Calories. Per serving: 65 calories, 1 g fat. Source: "Weight Watchers Favorite Homestyle Recipes," 1993

Spiced nuts, coffee cake good ways to use leftover spices

See Larry Janca's column on Taste front.

SPICED NUTS

1/2 cup sugar
 1/4 cup cornstarch
 1/4 teaspoon salt
 1 teaspoon cardamom
 1/2 teaspoon cinnamon
 1/2 teaspoon ginger
 1/2 teaspoon nutmeg
 1 egg white
 2 tablespoons cold water

1/4 pound nutmeats (walnuts, almonds, pecans, etc.)
 Combine dry ingredients and mix well. Set aside. Combine egg white with the water and beat lightly. Dip nuts into the egg white wash, then roll in spices. Shake off excess and place nuts on a baking sheet, separated.

Bake at 250 degrees for 1 hour. Remove from oven, shake off excess sugar and store in a tightly covered

container. Makes 1/4 pound.

SCANDINAVIAN COFFEE CAKE

2 eggs
 3/4 cup warm water
 1 package active dry yeast
 4 cups flour
 1 teaspoon salt
 2 tablespoons sugar
 1/2 cup butter
 1 1/2 teaspoons powdered car-

damom
 1 1/2 cups butter
 Beat the eggs and add the warm water. Dissolve the active dry yeast in this mixture. Allow to stand for 15 minutes. Meanwhile, blend with a pastry blender or by hand the flour, salt, sugar, 1/2 cup of the butter and the cardamom. Make a ring of the flour mixture in a large bowl and pour the egg/yeast mixture in the center. Work this gradually into the flour

mixture and knead until smooth, about 2 minutes. Form the dough into a ball and allow it to rest, covered in the refrigerator, for 20 minutes. Roll out the dough as lightly as possible into a rectangle about 1/2-inch thick. Beat remaining 1 1/2 cups butter until creamy and spread onto pastry leaving 1/2-inch on all sides. Fold the dough and roll again. Do this 4 times (layering). Roll the dough into a rectangle and fill with any

rich streusel topping — ground nuts with cinnamon, sugar and 1/4 teaspoon powdered cardamom or poppy seed filling, available at most markets. Gently roll the dough into a log shape. Cut the dough in 2-inch intervals to make slits on each side. Place on a lightly greased baking sheet and brush with beaten egg. Bake for 25 minutes at 375 degrees. Serves 8.

COOKING CALENDAR

To get your classes or events listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, The Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150.

WESTBORN MARKET
 Westborn Fruit and Vegetable Market at 2254 Woodward, Berkley will celebrate its first anniversary Saturday, April 24 with a fund-raiser for the Muscular Dystrophy Association. Westborn will donate \$1 for every shopper who visits the market during the anniversary weekend. Doug Jacobs and the Red Garter Band of Bir-

mingham, will perform at the store 11 a.m. to 4 p.m. Free coffee and donuts will be served with hot dogs priced at 25 cents.

HUDSON'S
 Hudson chefs will compete to create the most delicious recipes in the Midwest using products from the farms of the department. There will be a "Great Southwestern Barbecue Cookoff" at Hudson's in Westland Mall, Westland, 1-3 p.m. Tuesday, April 27. A chili cookoff will take place 1-3 p.m. at Hudson's in Oakland Mall, Troy, and a "Salma Stampedje" cookoff 1-3 p.m. Thursday, April 29 at

Hudson's in Twelve Oaks Mall, Novi.

HEALTH EXPO
 The Society for the Advancement of Natural Teachings is hosting an International Health Exp. 10 a.m. to 7 p.m. Saturday, April 24 at Mercy Center, on 11 Mile between Inkster and Middlebelt in Farmington Hills. Guest speakers, natural foods, health tasting. Admission \$6 at the door. For information, call 563-5436 or 837-2647.

MUSTARD
 Marty Figley, master gardener

and columnist for the Observer & Eccentric Newspapers, will offer a taste of her gourmet mustards — Dillcilicious and Mustardilicious, noon to 3 p.m. Saturday, April 24 at Berry's Grocery Store, 877 S. Hunter, Birmingham.

SOUTHFIELD ADULT EDUCATION
 A series of four Italian Regional Cooking classes will be offered 6:30-9:30 p.m. Thursdays, beginning May 6. The cost is \$29 per class or \$108 per person for the series. For registration information, call 746-8700.

KITCHEN GLAMOR
 Marcie Sikarski demonstrates stylish low fat desserts and mer-lingues, 1 and 7 p.m. Tuesday, April 20, Novi stores, 1 and 7 p.m. Wednesday, April 21, Redford, 1 and 7 p.m. Thursday, West Bloomfield, April 22, and 1 and 7 p.m. Friday, April 23, Friday. There is a \$3 fee for this class. Call 537-1300 to register, or for more information.

WEIGHT WATCHERS
 Weight Watchers Food Advisor Debby Rowe will conduct free cooking demonstrations, open to

the public 7-8 p.m. Thursday, April 22 at Wonderland Mall, Plymouth Road at Middlebelt in Livonia. For information, call 1-800-487-4777.

THE LARK
 Cooking and dining at the Lark with Chef Marcus Haight 11 a.m. Saturday, May 15 and Sunday, May 16. Join Chef Marcus in preparing a culinary feast, then adjourn to the Lark's dining room for a private luncheon. The cost is \$50 per person. Classes limited to 12 people. For reservations, call 661-4466.

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