

Healthy, low-fat grains energize

Eating more grains. You know it's the smart thing to do because in addition to being low in fat and calories, grains are a great source of energizing complex carbohydrates. Yet, getting the recommended number of servings may seem more challenging than it needs to be.

"When consumers look at the USDA Food Guide Pyramid and see the six to 11 grain servings, their first thought is 'I can't possibly eat that many servings and still have room for all of the other foods I need each day,'" said Mary Mullen, a Chicago-area dietitian who counsels consumers interested in improving their eating habits. "What they often don't understand is how many servings are right for them."

"The Food Guide Pyramid gives a range of servings because the number of servings each of us requires depends upon our calorie needs. And, calorie needs are based upon a variety of factors such as age, sex, size and activity level. Many older adults, for example, need about 1,600 calories which can be obtained by eating the lowest number of servings from each of the five major groups."

According to Mullen, many consumers also don't realize that at least some of the grain servings they're already eating are actually two servings. One grain serving is equivalent to — 1/2 a bagel, hamburger or hot dog roll; 1 slice of bread; 1/4 cup cooked rice or pasta; 1/2 cup cooked cereal or grits; 1 tortilla; 1 whole grain waffle; and 2

tablespoons of wheat germ. This means that a sandwich, many pasta entrees and a bagel all count as two grain servings.

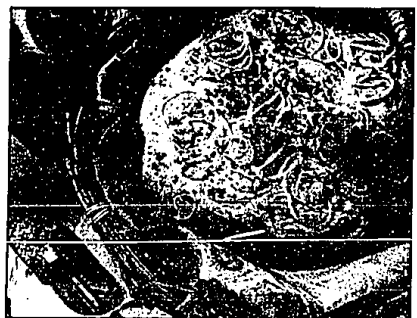
Wheat germ can also add a nutrition boost to homemade muffins and yeast breads. A serving of wheat germ (2 table-spoons) contributes 2 grams of fiber, is a good source of six essential vitamins and minerals and provides 60 calories.

Here are some recipes from Kretschmer wheat germ. Wheat germ also adds nutty flavor and whole grain texture to the hot rolls mix used to make onion-topped Easy Herb Focaccia.

Muffins are one of the most popular members of the grain group, and hearty Garden Patch Muffins, feature the goodness of corn meal and wheat germ. Fleets of zucchini, carrot and green onion along with zesty seasonings and Parmesan cheese make these muffins perfect accompaniments to soup, salads, pasta dishes and broiled meat, poultry and fish.

EASY HERB FOCACCIA

- One 15 ounce package hot roll mix
- 1 1/4 cups water
- 1 egg
- 2 tablespoons margarine, softened
- 1/2 cup wheat germ
- 1 tablespoon fresh basil or 1 teaspoon dried basil
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried oregano
- 1 1/2 teaspoons garlic, minced or 1 teaspoon garlic powder



KRETSCHEMER WHEAT GERMS

Savory bread: Hot roll mix is the secret to making Easy Herb Focaccia. Garlic, fresh herbs and sauteed onions flavor this bread while wheat germ added to the dough and sprinkled on top adds nutty taste and whole grain texture.

- 1 cup thinly sliced onion rings
- 1 tablespoon olive oil
- Heat oven to 375 degrees F. Lightly spray 2 large baking sheets with non-stick cooking spray. Prepare hot roll mix according to package directions, stirring in wheat germ, basil, oregano and garlic with water, egg and margarine.

In nonstick skillet, saute onion in olive oil about 1 minute. Divide dough in half. Pat dough out into 8-inch circles on prepared baking sheets. Lightly press cooked onions on top of loaves. Sprinkle with additional wheat germ, if desired. Bake 20 to 25 minutes or until golden brown. Yield 2 loaves.

GARDEN PATCH MUFFINS

- 1 cup all-purpose flour
- 3/4 cup wheat germ
- 1/2 cup corn meal

- 3 tablespoons grated Parmesan cheese
- 1 tablespoon baking powder
- 1/2 teaspoon salt (optional)
- Dash to 1/4 teaspoon cayenne pepper
- 1 cup skim milk
- 2 egg whites, slightly beaten
- 2 tablespoons vegetable oil
- 1/2 cup shredded carrots
- 1/2 cup shredded zucchini
- 1/4 cup thinly sliced green onions

Heat oven to 400 degrees F. Line 12 medium muffin cups with paper liners or grease bottoms only. Combine dry ingredients; mix well. Add combined remaining ingredients; mix just until moistened. Fill muffin cups 3/4 full. Bake 15 to 20 minutes or until light golden brown. Yield 12 muffins.

Chicken rolls raspberry-peachy

AP — Canned peaches and fruit preserves are two speedy secrets to these stuffed chicken rolls. Your microwave oven is another. The moist peach-raspberry filling heats quickly, so you won't have to worry about the chicken on the outside overcooking before the inside is done.

RASPBERRY-PEACH CHICKEN ROLLS

- 6 medium skinned, boneless chicken breast halves (1 1/4 pounds)
- 1/2 teaspoon apple pie spice
- 8-ounce can peach slices, drained
- 1/4 cup raspberry preserves
- 1/2 cup peach preserves
- 1 tablespoon peach-flavored brundy
- Snipped parsley

Rinse chicken; pat dry with paper towels. Place each chicken breast half, boned side up, between two pieces of clear plastic wrap. Working from the center to the edges,

fold chicken lightly with the flat side of a meat mallet to form six 1/4-inch-thick rectangles. Remove the plastic wrap.

Sprinkle each chicken breast half with some of the apple pie spice. Place one peach slice and 2 teaspoons of the raspberry preserves on one short end of each breast half. Fold in the long sides and roll up jellyroll style, starting from the edge with the peach slice. Place the chicken roll, seam side down, in a 2-quart rectangular microwave-safe baking dish.

Cover dish with microwave-safe plastic wrap; turn back one corner to vent steam. Cook on 100 percent power (high) for 8 to 11 minutes (low-wattage oven; 10 to 12 minutes) or until chicken is no longer pink, rearranging rolls after 4 minutes.

In a 1-cup glass measure cook peach preserves, uncovered, on high for 1 to 2 minutes or until melted. Stir in brundy. Pour over chicken rolls. Sprinkle with parsley. Makes 6 servings.

Egg noodle bake tasty brunch dish

AP — The following recipe for Egg Noodle Bake is a versatile addition to Sunday brunch. The dish is made with low-fat sour cream, cottage cheese and milk, diced onions and egg noodles, and sweetened with raisins, cinnamon and sugar.

EGG NOODLE BAKE WITH GOLDEN RAISINS

- 12 ounces egg noodles (1/4-inch or 1/2-inch wide)
- 16 ounces low-fat cottage cheese
- 1 cup low-fat sour cream
- 1 tablespoon margarine
- 1 medium onion, diced
- 2 egg whites
- 1 1/2 cups low-fat milk
- 1/2 cup raisins or sultanas
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon

Prepare pasta according to pack-

age directions; drain. Rinse under water and drain again. Preheat oven to 350 degrees F. In a large bowl, combine the noodles with the cottage cheese and sour cream; set aside.

Melt the margarine in a small skillet. Add onion and saute over medium heat until soft, about 5 minutes. Combine onion with noodles.

In a medium bowl, beat egg whites for 30 seconds; beat in milk. Add mixture to noodles. Stir raisins into noodles. Lightly grease a 1 1/2-quart baking dish with oil or cooking spray. Spoon noodle mixture into the dish.

In a small bowl, combine sugar and cinnamon; sprinkle over noodles. Bake in a 350-degree F oven until noodles until firm and browned on top, about 55 minutes. Serve hot from the oven or at room temperature. Makes 6 servings.

Be careful when warming infant formula in microwave

"There have been several reports of infant scalding from consuming microwave-heated formula," said Sylvia Treisman, home economist for the Oakland County Cooperative Extension Service. The problem is the uneven heating that occurs in the microwave. Often part of the bottle feels hotter or colder to the touch than others. It is easy to mistake a bottle as just "lukewarm" when

hot spots may actually scald the infant.

It is generally not recommended to use the microwave for heating baby formula due to the risk of hot spots and scalding. But, if you choose to use the microwave for warming your baby's bottle use extreme care to ensure safe even heating and follow these tips:

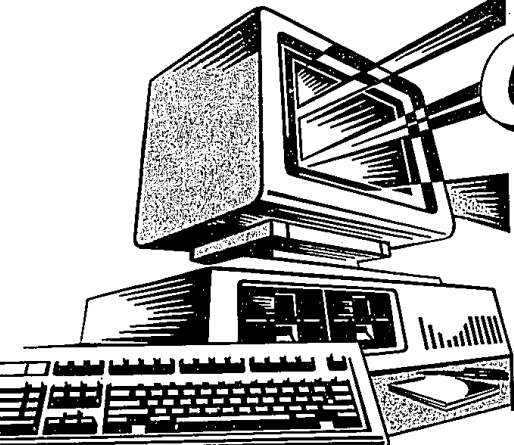
- Heat at least four ounces or more of formula at a time, and heat no more than 30 seconds.
- Heat only refrigerated formula.
- Always stand bottle upright.
- Always leave bottle top uncovered to allow heat to escape.
- Always replace nipple assembly; invert 10 times before serving.
- Test formula by placing several drops on your own tongue or on

top of your hand (not inside of your wrist).

Formula should be cool to the touch; formula that is warm to the touch may be too hot to serve.

If you have additional questions or concerns on heating baby formula or other food and nutrition questions, call the food and nutrition hotline: 8:30 a.m. to 5 p.m. Monday through Friday at 858-0857.

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