

Another option for apples

Michigan apple growers are reporting a bumper-crop this year. Here's another tasty way to enjoy Michigan apples.

APPLESAUCE-RAISIN BATTER BREAD

- 3 cups all-purpose flour, divided
 - 2 tablespoons brown sugar
 - ¼ teaspoon salt
 - 2 teaspoons apple pie spice
 - 1 package (¼-ounce) active dry yeast
 - 1¼ cups unsweetened Michigan applesauce
 - ¼ cup honey
 - 2 tablespoons margarine
 - 1 egg
 - ½ cup raisins
 - ½ cup confectioners sugar
 - 1 tablespoon milk
- In a large mixer bowl, combine 1½ cups of the flour, sugar, salt, apple pie spice and yeast.
- Heat applesauce, honey and margarine until very warm (120-130 de-



Breakfast treat: Made with Michigan applesauce, Applesauce-Raisin Batter Bread is a delicious way to start the day.

grees F). Add to flour mixture with egg, heating on low speed until combined. Beat 3 minutes longer, on medium speed, scraping bowl occasionally. Stir in remaining flour and raisins.

Spread batter evenly in a 9 by 5

by 9-inch loaf pan sprayed with no-stick cooking spray. Cover loosely with waxed paper and let rise about 1 hour or until double in bulk. Carefully remove paper.

Bake in 350 degree oven about 40 minutes or until golden brown. Cool

10 minutes before removing from pan. Cool completely on wire rack. Frost with mixture of confectioners sugar and milk. Yield: 1 loaf, 16 slices.

Per serving: 1 slice 160 calories; 1 g dietary fiber, 2 g fat, 57 mg sodium.

Tour of the world's best kitchens set

Reserve your place now for Schoolcraft College's Second Annual Culinary Educational Tour to France and Switzerland, March 4-13.

Participants will visit some of the finest restaurants and cooking schools in Europe. Enrollment is limited to 25 students. The cost is approximately \$2,800 per person and includes — airfare, hotels (based on double occupancy), continental breakfast, ground transfers and some meals. Call 462-4488 for information.

Tour highlights include: visits to Paris and Lyon, France; Lausanne, Switzerland; visits to world-renowned cooking schools, restaurants, a winery, and marketplace.

Travel under the guidance of Certified Master Chef Jeffrey Gabriel, culinary manager and instructor at the school. He has received international recognition and won numerous awards for his culinary expertise.

Rice and beans are mixed to perfection

AP — Rice and Beans Almondine is a side dish that fits into a healthy diet. The combination of beans, rice and nuts represents foods from two major food groups in the new food guide pyramid: the meat, poultry, fish, dry beans, eggs and nuts group and the bread, cereal, rice and pasta group.

Made with pantry staples, this dish takes only 12 minutes to prepare. Toasted, slivered almonds add flavor and crunch. Serve alongside lamb, poultry or seafood.

RICE AND BEANS ALMONDINE

- ¾ cup chicken broth or bouillon
- ¾ cup instant rice
- 15¼-ounce can red kidney beans, drained
- ¾ cup frozen peas
- ½ cup sliced green onions
- 1 tablespoon butter or margarine
- 1 teaspoon grated lemon peel
- ½ teaspoon hot pepper sauce
- ½ cup slivered almonds, toasted
- ½ cup chopped parsley
- Salt, to taste

In a 2-quart saucepan, bring broth to boil; stir in rice. Cover and set aside 5 to 7 minutes until broth is absorbed. Mix in remaining ingredients except almonds, parsley and salt. Heat through over medium-low heat, about 5 minutes, tossing occasionally. Mix in almonds, parsley and salt. Serve immediately. Makes 4 servings.

To toast almonds: Spread in an ungreased baking pan. Place in a 350-degree F oven; bake 5 to 10 minutes or until almonds are light gold brown; stir once or twice to assure even browning. Almonds will continue to brown slightly after removing them from the oven.

Nutrition information per serving: 241 cal., 12 g fat, 6 mg chol., 466 mg sodium, 26 g carbs., 8 g fiber, 12 g pro.

Recipe from: The Almond Board of California.

Cornmeal dumplings make this soup a meal

AP — The crockery cooker is making a comeback. It lets you have a home-cooked meal when there seems to be no time to cook. Mix up this full-of-beans soup in the morning and let it simmer all day long in your cooker. About 45 minutes before dinner, stir together the dumplings and add them to the soup. Remember to turn the cooker to high heat to cook the dumplings quickly.

SOUTHWESTERN BEAN SOUP WITH CORNMEAL DUMPLINGS

- 15½-ounce can red kidney beans, rinsed and drained
- 15-ounce can black beans, pinto beans, or great Northern beans, rinsed and drained

- 3 cups water
- 14½-ounce can Mexican-style stewed tomatoes
- 10-ounce package frozen whole kernel corn, thawed
- 2 medium carrots, sliced (1 cup)
- 1 large onion, chopped (1 cup)
- 4-ounce can diced green chili peppers
- 2 tablespoons instant beef, chicken, or vegetable bouillon granules
- 1 to 2 teaspoons chili powder
- 2 cloves garlic, minced
- ½ cup all-purpose flour
- ¼ cup yellow cornmeal
- 1 teaspoon baking powder
- Dash salt

- Dash pepper
 - 1 beaten egg white
 - 2 tablespoons milk
 - 1 tablespoon cooking oil
- In a 3½- or 4-quart crockery cooker combine canned beans, water, undrained tomatoes, corn, onion, undrained chili peppers, bouillon granules, chili powder and garlic. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 4 to 5 hours.
- For dumplings, in a small mixing bowl stir together flour, cornmeal, baking powder, salt and pepper. In a medium mixing bowl combine egg white, milk and oil. Add egg mixture to flour mixture; stir with a fork just until combined.
- Turn the crockery cooker to the

high-heat setting. Drop the dumpling mixture from a rounded teaspoon to make 8 mounds atop the soup. Cover and cook for 30 minutes more (do not lift the cover). Makes 4 servings.

Note: Be sure the crockery cooker you're using has coils that surround the food and cook on low or high. The heat should be continuous, rather than cycling on and off. Check your owner's manual if you're not sure.

Nutrition information per serving: 448 cal., 5 g fat, 1 mg chol., 21 g pro., 83 g carbs., 20 g fiber, 2,209 mg sodium. RDA: 16 percent calcium, 32 percent iron, 140 percent vit. A, 64 percent vit. C, 56 percent thiamine, 27 percent riboflavin.

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