

Koffron family favorites low in fat

Here are some Koffron family favorites. See related story on Taste front.

WHITE CHILI

- 1½ pounds boned skinless chicken breasts (about 4)
- 1 large can chicken broth (49½ ounces)
- 1 large jar Northern white beans (48 ounce jar, undrained)
- 2 cups chopped white onion
- ¼ bulb garlic or more to taste (may use jarred garlic cloves)
- 1 (4-ounce) can green chili peppers chopped (may omit)
- 2 heaping teaspoons ground cumin
- 2 teaspoons ground oregano
- ¼ teaspoon white pepper
- ¼ teaspoon cayenne pepper

few drops Tabasco sauce (may omit)
olive oil for sauteing

Saute onion and garlic in olive oil. Microwave chicken until done and dice. Simmer chicken broth and beans. Add onion, garlic, chicken and seasonings to broth mixture and slow cook 2 to 3 hours.

You can substitute 1 pound dried white beans, soaked overnight and drained for the jar of beans.

QUICK LASAGNA

- 4 cups spaghetti sauce
- 2 cups low-fat Ricotta cheese
- 1 cup low-fat cottage cheese
- 2 tablespoons dried parsley
- 1 teaspoon chopped garlic

4 ounces grated, part skim mozzarella cheese
¾ pound uncooked lasagna noodles
¼ cup Parmesan cheese

Preheat oven to 350 degrees. Spray a 9-inch by 13-inch pan with non-stick coating. Mix Ricotta cheese, cottage cheese, parsley and garlic. Pour 1 cup of sauce in bottom of pan. Arrange ½ of the noodles in the pan so that they touch but do not overlap. Spread ½ of the cheese mixture over the noodles. Top with ½ of the mozzarella cheese. Top this with 1 cup of the sauce, ½ of the noodles, the remainder of the cheese mixture and the rest of the mozzarella cheese. Add another cup of sauce, another layer of noodles and the remainder of the sauce. Sprinkle with Parmesan cheese. Bake, covered tightly with aluminum foil,

for one hour. Yield 12 servings. This dish can be prepared a night ahead and refrigerated. Add 15 minutes to the cooking time if assembled ahead of time.

Here's Paulette's recipe for Low-fat Pumpkin Dessert.

- Follow recipe on Libby's canned pumpkin label (for two pies).
- Replace four eggs with one can Egg Beaters.
- Replace two cans regular evaporated milk with two cans evaporated skim milk.
- Put pumpkin mixture in prepared pie crusts, and bake according to directions.

You're cutting out 24 grams of fat by replacing eggs with Egg Beaters and 60 grams of fat by replacing evaporated milk with evaporated skim milk.

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Nice." He doesn't notice her fluffy bedroom slippers.

Bob, 50, loves his wife's white chili made with chicken breast chunks, Northern beans and whole garlic cloves. It's a healthy alternative to the traditional chili recipe most of us enjoy. And cooks can add as many of the pungent garlic cloves as they wish or tone down the taste with fewer. It's quick and easy to prepare, in addition to adding that cozy pleasing aroma a big pot of soup seems to provide as snow flakes fall.

Other Koffron culinary favorites include a quick meatless lasagna that Paulette calls "fabulous." Married 14 years, after each had a previous marriage, the Koffrons are a team in and out of the kitchen. They own their own business, Tetron Inc., which supplies sled control products to the

steel industry. Since they have a home-based office, Paulette and Bob share many responsibilities and also plan leisurely activities together such as skiing in Aspen twice a year and other traveling. In the kitchen Paulette cooks and Bob cleans up.

"It's a compromise most modern couples have to make," said Bob, who adds that while his wife went to graduate school years ago he did the cooking.

"But the kids told me, 'Don't let him cook anymore,'" laughs Paulette.

The Koffrons also share the recipe for another successful co-venture — their marriage.

"We take marriage very seriously. You figure you're always going to be married, either unhappily or happily — so work on the happily," said Paulette.

See recipes inside.

CLARIFICATION

Here are corrections for two recipes that appeared in Taste on Dec. 6.

PARTY STARTER

- 1 2-liter bottle 7-Up
 - 2 bottles inexpensive sparkling wine
 - 1 fifth Southern Comfort
 - 1 cup pineapple juice
 - 1 cup grapefruit juice
 - ½ cup lemon juice
 - 10 drops red food coloring
 - 1 bag ice
- Mix all ingredients over ice in a punch bowl and serve. The food col-

oring, besides adding a festive color, masks the slightly cloudy nature of the mixture. Serves eight to 10 social drinkers, providing other beverages are served.

ARTICHOKE SPREAD

- 1 cup mayonnaise
 - 1 cup grated Parmesan cheese
 - 1 can artichoke hearts, drained and chopped
- Mix all ingredients together and spread into quiche dish. Bake 30 minutes at 350 degrees. Sprinkle with paprika. Serve on crackers.

Chocolate desserts heavenly

See Larry Jones' Taste column on Taste front.

If you're thinking about making quick bread in Mason jars for holiday gift giving, the secret is to generously grease a one pint, wide-mouth Mason jar. Use one cup quick bread batter (any recipe will suffice) for each jar. Seal jars with lids and rings immediately after removing the bread from the oven. The bread will slide out when opened.

EASY CHOCOLATE MOUSSE

- 1 pound semi-sweet chocolate
 - 2 cups heavy cream, well chilled
 - 2 tablespoons creme de cocoa (optional)
 - 1 tablespoon vanilla extract
- Melt the chocolate in the top of a double boiler. Allow it to cool until only warm. While the chocolate is cooling, whip the cream until it

forms stiff peaks.

Try not to overbeat or the mousse will lose some of its smooth, light texture. Incorporate half the whipped cream into the melted chocolate and stir until all is incorporated.

Stir in creme de cocoa (optional) and vanilla. Gently fold in remaining whipped cream and fold until incorporated. Chill at least four hours before serving. Mousse can be frozen for up to two weeks. Serves 10-12, depending on the serving size.

CHOCOLATE FONDUE

- 5 Milky Way bars (regular size or 24 snack size)
 - 1 cup sour cream
 - 1 tablespoon your favorite liqueur or extract (optional)
- Unwrap Milky Way bars and melt in the top of a double boiler or in a very heavy fondue pot over low heat.

Stir in sour cream and continue stirring over very low heat until

mixture is smooth.

Stir in liqueur or extract, if desired. Serve with fresh fruit or pound cake. Makes about 2½ cups.

HOT FUDGE SAUCE

- 5 tablespoons unsalted butter
- ¼ cup cocoa powder, (preferably Dutch process)
- 2 squares unsweetened chocolate, chopped
- ¾ cup granulated sugar
- ¾ cup evaporated milk
- Pinch salt
- 1 teaspoon vanilla extract

In a small saucepan, melt the butter. Remove from the heat, add the cocoa and whisk until smooth. Stir in the chocolate, sugar and evaporated milk. Bring the sauce to a boil over medium heat, stirring all the while. Remove from heat at once and stir in salt. Cool briefly, then stir in vanilla. Makes 2 cups.

MOMMA'S HOMEMADE CHOCOLATE ALMOND FUDGE

- 4 cups sugar
- 1¼ cups (7 ounce jar) marshmallow cream
- 1½ cups (13 ounce can) evaporated milk
- 1 tablespoon butter or margarine
- 2 cups (12 ounce package) semi-sweet chocolate chips
- 1 milk chocolate bar with almonds (8 ounce) chopped
- 1 teaspoon vanilla extract
- ¾ cup chopped slivered almonds

Butter a 9-inch square pan; set aside. Combine sugar, marshmallow cream, evaporated milk and butter or margarine in a heavy large saucepan.

Cook over medium heat, stirring constantly, until mixture comes to a full boil and sits for 7 minutes. Remove from heat and immediately stir in chocolate chips and chopped milk chocolate bar, stir until completely melted.

Stir in vanilla. Blend in almonds. Pour into prepared pan; cool completely. Cut into one inch squares. Makes about 6 dozen pieces of fudge.

Send us 'his' best recipe

Guys, send us your favorite recipe and we'll send you an even mix with the words "Mrs. Doubtfire" printed on it. The mitts are part of our "Mrs. Doubtfire" promotion for the newly released movie starring Robin Williams.

We've received quite a few recipes for "his speciality" already, but still have mitts to give away, so we're extending the deadline to Dec. 23.

We'll print the best recipes

in the Taste section on Dec. 27. Men who submit the best four recipes of the bunch will also receive a "Mrs. Doubtfire" sweat shirt.

So come on guys, get cooking, and send us those recipes. Send recipes to: Keely Wygonik, Taste/Entertainment editor, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia MI 48150. If you have any questions, call 953-2105.

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