

## Select foods that fortify your health

Food fortifies our bodies in an amazing number of ways. Certain nutrients help our immune systems (the series of barriers that protect against invasion from bacteria, viruses and other harmful organisms) slow down changes that can occur with aging, and lower risk of cancer and heart disease.

Some of the most fortifying foods are fruits and vegetables. Citrus fruits, cantaloupes, sweet red and green peppers and papayas are especially nutritious because they are all packed with vitamin C, an important antioxidant. Antioxidants lower the risk of cancer and cataracts by preventing damage to vital cell structures that can come from substances produced during normal body reactions. Vitamin C also blocks the formation of cancer-causing nitrosamines, reducing the danger of stomach cancer.

Leafy green and dark yellow vegetables have other important health boosters: beta-carotene, the form of vitamin A found in plant foods; and folate, a B vitamin. Both are important to a strong immune system, and both work to lower cancer risk.

Broccoli is a good combination source of vitamins A and C,

as well as a cancer-fighting substance called sulforaphane. Broccoli is a cruciferous vegetable, as are cauliflowers and Brussels sprouts. Protective substances in cruciferous vegetables, called indoles, have been linked with lower cancer risk.

Whole-grain breads and cereals provide dietary fiber, which seems to lower risk of colon cancer, and vitamin E, an immune system booster and another antioxidant that can lower cancer risk. Grains also contain selenium, another type of antioxidant that is also found in seafood and lean meats.

Fish are good sources of omega-three fatty acids, especially fish from cold waters such as salmon, tuna, and sardines. These fatty acids help protect against heart disease and may lower cancer risk. Fish and shellfish also contain zinc, vital to the immune system. Getting zinc from seafood and other foods (lean meats, whole grains and low-fat dairy products) is safer than taking large doses of zinc supplements, which can actually weaken the immune system.

Easy Seafood Stew, a recipe from the American Institute for Cancer Research, combines car-



**Easy Stew:** Seafood stew combines carrots, garlic, onion, and other vegetables with fish to provide a wealth of nutrients.

rots, garlic, onion, and other vegetables with fish to provide a wealth of nutrients. Serve it with whole-grain bread or rolls.

### EASY SEAFOOD STEW

2 cups tomato juice, preferably salt-free

1 cup water

2-3 medium potato

1 cup carrots, slice

4-6 green onions, slice

1-2 cloves garlic, mince

1 cup celery, slice

1 bay leaf

1/2 teaspoon basil

1/2 pound fish fillets (preferably white-fleshed fish such as cod, flounder, or sole)

1/4 to 1/2 pound sea scallops

Pepper to taste

Combine the tomato juice and water in a large saucepan or pot

and bring to a boil. Meanwhile, peel the potatoes and chop them into half-inch cubes. Add them to the juice mixture when it is boiling, and lower the heat to a simmer. Chop the carrots, onions, garlic and celery and add to the pot. Add the bay leaf. Simmer the mixture for 15 more minutes, or until potatoes are tender.

If the scallops are large, cut them in half. Cut the fish into chunks the same size as the scallops, and add the fish and scallops to the stew. Add more water if necessary for desired consistency. Simmer for about 5 minutes, or until the seafood is white and opaque, but not overcooked and rubbery. Season with a dash of pepper, remove the bay leaf, and serve.

Each of the four servings contains 1 to 2 grams of fat and about 215 to 240 calories.

## Festive ice cream cake has minty taste

AP — What's green as a shamrock, zesty as an Irish jig and perfect for St. Patrick's Day on March 17? A mint ice cream cake.

### MINT ICE CREAM CAKE

5 1/2-ounce package shortbread cookies

2 tablespoons granulated sugar

or

1/4 cup butter, melted

1/2 gallon mint chocolate chip or pistachio ice cream, slightly softened

1/2 cup heavy (whipping) cream

1 tablespoon granulated sugar

3 Chocolate Shamrocks (recipe below)

In the bowl of a food processor, place cookies; process until crushed; transfer to a small bowl. With a fork, stir in sugar and melted butter until crumbs are moistened.

In a 9-inch springform pan, press crumbs mixture over the bottom; place in freezer until set; about 30 minutes. Spread ice cream evenly

over crumbs mixture; cover and freeze until firm, about 3 hours. Fifteen minutes before serving, in a medium bowl with an electric mixer, whip heavy cream and the 1 tablespoon sugar until stiff peaks form. Remove cake from freezer; pipe whipped cream around edge. Arrange three Chocolate Shamrocks in the center. Let cake stand at room temperature for 10 minutes before serving. Makes one 9-inch cake (12 servings).

To make Chocolate Shamrocks: Line a baking sheet with waxed paper. Make a shamrock template by drawing a 2-inch shamrock on cardboard; cut out. Using the shamrock template, trace three shamrocks onto waxed paper; set aside.

Melt 2 squares (2 ounces) semi-sweet chocolate. Scrape into a small, resealable plastic bag; snip off one corner from the bag to form a very small hole; trace shamrock outlines with chocolate, filling in centers with chocolate. Freeze until firm. When ready to use, remove carefully from waxed paper.

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**Headache Sufferers Sought For Research Project**

WEST BLOOMFIELD — Victims of chronic headaches are currently being sought as part of a research project being conducted by Dr. Ronald Gold. Anyone suffering with nagging headaches is encouraged to call Dr. Gold's office for a free examination.

According to Dr. Gold, a local expert and featured lecturer, thousands of people are suffering from chronic headaches, but the true extent of the problem is not known. Dr. Gold's research is to help people who suffer from chronic headaches, and to provide them with a complete disclosure of their personal and confidential results. Dr. Gold emphasized that only statistical results are published.

Dr. Gold said, "I hope people take advantage of this to learn what may be wrong with them, so they may seek the appropriate care in most cases there is no need for their continued suffering."

To participate in the research and receive your free examination, call Dr. Gold's office at

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## Maple Syrup Festival begins March 12

Forget counting calories! Natural cooking is the rage these days, according to Vera Ambrose of 2 Unique catering in Bloomfield Hills.

Pure maple syrup is an ingredient that can add a naturally sweet taste to any dish and, according to Ambrose, can easily take the place of plain sugar or artificial sweeteners.

The perfect opportunity to learn more about the maple sug-

aring process and buy 100 percent pure maple syrup is during Cranbrook Institute of Science's Maple Syrup Festival, 1-4:30 p.m. Saturday and Sunday, March 12-13, and 19-20. Admission is included in the regular museum fee of \$5 for adults and \$3 for children 3-17 and senior citizens. Children under three are free. Dress warm and wear comfortable, water-resistant shoes or boots.

During the festival, visitors will

learn how to identify and tap maple trees, collect fresh sap, use an evaporator to boil the sap into syrup, and make maple candy.

Here's a recipe to try from Vera Ambrose and Kelli Lewton of 2 Unique Catering.

### BAKED MIDWEST APPLES

6 Granny Smith apples, cored and cut into pieces

2 cups of water

12 ounces maple syrup

12 ounces dried cherries

1/2 cup walnuts, toasted

1 teaspoon cinnamon

Put apples and dried cherries in a glass-baking dish. Mix together water, 1/2 of the maple syrup and cinnamon.

Pour mixture over top and bake at 350. Continue basting apples with maple syrup until apples become tender. Garnish with walnuts.

Baked Midwest Maple Apples is a great side dish for baked chicken or pork.

## 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. Or fax to 591-7279.

### MEATLESS BUFFET

Humanitarians for Animal Rights Education is preparing more than 60 vegetarian entrees, salads, appetizers, drinks and desserts for the second annual vegetarian buffet 11:30 a.m. to 4 p.m. Saturday, March 19, at the Pleasant Ridge Community Center, 4 Ridge Road, Pleasant Ridge, from 11:30 a.m. to 4 p.m. Adults will be charged \$1, and children eat for free. Recipes and vegetarian lifestyle information will be provided.

### HANDS ON ENTREES

Offered at the Community Center of Farmington, Farmington Hills 10 a.m. to noon Thursday, March 10. Emphasizes cooking for one or two, bring upon, dinner plate and place setting. Cost \$15, plus \$4 materials fee. Call 477-8404 to register.

### SCHOOLCRAFT

American Regional Cuisine, 7-9:40 p.m. Tuesdays, for three weeks beginning March 15. Take a culinary tour across America. The fee is \$88. Advanced Hands-On Gourmet Cooking 6-8 p.m. Thursdays, and 10 a.m. to 4 p.m. for six weeks beginning March 17. The fee is \$760. Call 462-4448.

### LES SAISONS

Culinary basics in food preparations, knife skills, sautéing, stir-frying, roasting and poaching meats and vegetables with Master Chef Jeff Gabriel of Schoolcraft College, 6-8 p.m. Wednesday, March 9. Les Saisons is on the corner of Fourth Street and Washington, downtown Royal Oak. Class \$25 per person or three classes for \$65. Recipes and tastings included. Call (810) 545-3400 to make a reservation.

### LEMORE'S NATURAL CUISINE

Healthful Cooking Classes in Farmington Hills. Call 478-4455 to learn about upcoming classes.

### FOR KIDS

Half pints in the kitchen, a cooking class for little chefs ages 5-8 will be offered at the YMCA, 248 Union Street, Plymouth, 9:30-11 a.m. Saturdays beginning April 16 to May 21. Cost is \$25 for YMCA members, \$35 for nonmembers. Call 453-2904 to register.

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