Winning recipes your 'Passport to Spain'

See related story on Taste front.

MAJORCAN MUSICROOM TAPAS WITH TOASTED ALMOND-GARLIC STREUSEL

- 1 Bays English Muffin, blended into crumbs (1 cup)
 2½ teaspoons alive of
 3 cloves gartic chopped
 ¼ teaspoon freshly ground

- black pepper

 N cup coarsely chopped almonds

Combine crumbs, oil, garlic, pep-per and almonds in large skillet over medium heat. Cook, stirring constantly until crumbe and al-monds are light golden brown. Spread in dish; set aside to cool

MAJORCAN MUSHROOM MIXTURE

- 2 tablespoons dive oil
 % cup finely chopped shallots
 1 tesspoon minced gartic
 12 ounces mixed mushrooms,
 thinly sheed (preferred mix
 button, cremini, shimake ovister)
- Rake, dyster) 2 tablespoons dry sherry

- It teaspoons salt
 I tablespoon finely chopped
 fresh thyme leaves
 S Bays English Muffins, split
 and Eghtly toasted
 I'd cups mascarpone cheese,
- room temperature Thyme leaves (optional)
- Using same skillet, wipe clean; add oil, heating to medium. Saute shallots and garlic until soft, about 2 minutes. Add mushrooms, sherry and salt; saute until mushrooms are tender, about 10 to 12 minutes. Stir

and saur saute until mushrooms are tender, about 10 to 12 minutes. Siti in thyme and continue to cook until most offiquid evaporates.

Spread sach muffin "tapa" with cheese. Top cheese evenly with mushroom mirture; place "tapas" on baking sheet. Bake at 350 degrees until hot, about 5 minutes. Spoon Almond-Garlic Streuel over mushrooms. Garnish with thyme, if desired, Makes 10 appetities. Recipe submitted by: Mary Louise Lever of Rome, Ga., Fart place sunner in the Boys English Muffins "Passport to Spain" contest.

LAGUNA TUNA HORS D'OEUVRES

6 Bays English Muffins, split and lightly toasted

- sauce Laguna Tuna filting (recipa fol-
- 5 Roma tomatoes, seeded.
- 2 ripe avocadoes, thinly sliced 12 thin slices provolone

Chopped green onlons

Spread muffins with horseradish uce, then with tune filling. Arsauca, then with tuns filling. Armage tomato pieces over tuna. Top with 2 avocado allows; cover with 1 alice of cheese. Place muffins or cookie sheet. Broil in preheated broiler until cheese melts and filling is warm, about 2 to 3 minutes. Cut into quarters. Garnlab with green onlons. Serve immediately. Makes 48 hors d'ocuvres.

CHEESY CHICKEN MIXTURE

- whole boneless, skinless, chicken breast, poached LAGUNA TUNA FILLING and diced 12 ounces light cream choose,
 - 1 cup shredded Monterey Jack
 - 5 green onions, chopped 2 fresh jalapenos, seeded,
 - minced
 2 teaspoons ground cumin
 1 teaspoon chili powder
 Salt to taste
 Pepper to taste
 Hot pepper sauce, to taste

TEXAS LONE STARS 6 Bays English Muffins, split and lightly toasted Choesy chicken mixture (recipe

CRIMIT 46, 172-1005 SUBS Spread muffin halves generously with Cheery Chicken mixture. Bake at 375 degrees for 5 to 7 minutes. Cut muffins into quarters. Garnish each quarter with red pepper star. Serve immediately. Makes 48 hors

In large bowl, combine all ingred-ients thoroughly.

Recipe submitted by Janet Jack-son, runner-up in the Baye English Recipe Contest.

RELIEF

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She entered the contest with the encouragement of her sister who lives in Connecticut. The siways read cookbooks as If they were novels," said Jack. The sign of the side of the food from home, and wasn't familiar with the restaurants around here. So it aught myself how to cook."

here. So I taught myself now to cook."

Batdorff, an educational sales representative for Para-mount Communications, has worked as an art teacher, art consultant for a gallery, and professional model.

"I love to cook," she said. "I enjoy baking the most— breads, desserts and muffina. I'm famous in my circle of friends for my blueberry muf-fins."

fins."
Like Jackson, Batdorff loves to read cookbooks. She has some that belonged to her

some that belonged to ber grandmother.
"I buy Bays English Muf-fins," and declided to enter the contest," said Batdorff.
Both women make a point of familiarizing themselves with local specialty markets. They

don't mind taking a little extra time to find the fresheat pro-duce available.

"If I want to eat corn on the cob, I'll buy it that day," said Batdorff. "I want it to be fresh."

Batdorff and Jackson said they were thrilled and surprised that their recipes were winners in a national re-cipe contest. They pass along these tips for people who want to enter their favorite recipes in cooking contests.

these tips for people who want to enter their favorite recipes in cooking contests.

Have a theme to your dish. Follow the contest rules, and make sure your dish fits the theme.

If she had another chance to enter, Batdorff sald she might have used the word "taps," to describe her dish. Taps is a Spanish appetier, and the Bays contest theme "Passport to Spain."

Try to use simple ingredients that everyone is familiar with, and has on hand.

Be sure to measure everything, and be specific about the steps involved in making your dish.

See recipes inside.

See recipes inside.

Batches from page 1B

If you are on a sodium restricted diet, be extremely careful to use only low sodium canned products. Most cannet commot products have a high sodium level. These are the items to watch out for!

Sykes grocery shops at Meijer. She likes their brand of canned products, and says they have a wide selection of low sodium

canned goods. She awears there is no difference in the taste. Her original spaghetti recipe called for ground beef. By replacing beef with ground turkey we lowered the fat per serving from 8 grans to 1 gran.

Learn hou to cut the fat from your favorier recipe. Send recipes for consideration in this column to Keety Wygonik. Taste Editor, Observer & Eccentric Newspapers.

36251 Schoolcraft, Livonia, MI 48150. Be sure to include your name, hometown, and a daytime telephone number.

Salt to taste White pepper, to taste

In small bowl, combine ingred-ients. Set saide.

For a complimentary issue of the "Laura's Fat Free Kitchen" newsletter, send a self-addressed, stamped envelope to H.W. Publi-cations, P.O. Box 9324, Livonia 48151-1324. Subscription price is \$12 a year.

Fresh picked herbal delights

See Larry Janes' Taste Buds column on Taste front.

If you are really enjoying the taste of fresh herbs and wish to learn more about them, check out Rodale's Rillsutrated Encyclopedia of Herbs, (copyright 1997, Rodale Press, 220). It's available at most bookstores and culinary shops and can also be berrowed from your local library.

Looking for a great recipe for bread using just 4 impredients and some of your garden's fresh basil?

Look no moore!

QUICK BASIL BEER BREAD

- 3 cups self-rising flour 3 tablespoons sugar 1/2 cup chopped basil
- ys use cropped uses Mix all ingredients together and pour into a well greased loss pan. Place in an unheated oven. Set temperature at 350 degrees and bake for 50 minutes. Remove from the pan and sool on a wire rack. Makes 1 loss.

SUMMER HERB SALAD DRESSING

- 5 cup fresh from Juice 1 small clove garls, crushed 1½ teaspoons fresh grated lemon peel 1 teaspoon minced fresh
- 11/2 teaspoons sugar 14/2 cup good olive oil Fresh ground black pepper to
- 1/2 teaspoon salt (optional) 1/2 cup fresh chopped paraley
- Is our fresh chopped paraley.

 Combine all ingredients except paraley in a salad dressing bottle.

 Shake well to mix.

 Refrigerate and allow to mellow for at least 2 hours.

 About 4 hour before serving, add paraley. Shake well before using. Pour over your favorite salad.

 Makes a little over 1 cup dressing.

FRESH HERB GARDEN PESTO

- negar 3 tablespoons pine nuts or blanched almonds or wa
 - nuts large cloves garlic, chopped 1/2 teaspoon salt (optional) 1/4 teaspoon fresh ground pep-
 - per ¼ teaspoon cayenna peppa 1½ cups fresh basil leaves ¼ cup chives, chopped ½ cup fresh oregano leaves 1 cup fresh grated Parmesan

Place all ingredients in a blender food processor in the order given. Blend or process until smooti stopping to scrape down the sides.
This can be refrigerated, covered for up to one week, if desired but is best if used as soon as possible.

Great over fresh cooked and drained pasta or slathered on crusty bread and popped under a broller for a few minutes to heat through-out, Makes about 2½ cups.

TEMPLE BETH EL Helen and Paul Zuckerman **NURSERY SCHOOL**



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Reduce fat for healthier burgers

Hamburgers are a favorite of everfone. With a little imagina-tion, the fat content of this sum-mer staple can be reduced for a beachier meal, said registered distribution Paye Fitzgerald, coordi-nator of Henry Ford Hospital's Heek Senset program. Here are sond tipa.

If Use ground turksy breast in combination with ground round to reduce the total fat content of a typical burger.

B Make a Heart Smart select burger (racips follows), which is almost a meal in itself. The saled burger has only 9 gmass of fat compared to a typical hamburger at 15 to 20 grams of fat.

Il Thy a saimon burger, which has just 374 calories and 12 grains of fit \$\footnote{\text{The base cannot saimon to buryles Sockeys, et 11 grains of fit by the period of the period of the calories of although some varieties of naimon derive many them 80 percent of their calories from fit, the fat is mostly undeterrated and rich in cases. 3 acids that have been above to desirable their fit of the fit fiesses.

addition to leaser cuts of , more people are grilling fish , more people are grilling fish , matching a permentage of the control of permentages chains. While many added.

are healthier than red meat, how they are prepared and served makes all the difference.

"If you grill chicken with a high fat and calorie assue, you negate ing for," said Fitzgerald. "You can make a verifice of said and chut-neys the said and chut-neys the said of the said and chicken contains. These can really spice up a model. Many prepared sances, on the other hand, tend to be high in sodium.

Swordfish and salmon are two popular and versatile fish for summer grilling, whether you choose fillets or steaks. A four-curse serving of swordfish con-tains only 5 grams of fet.

Keep in saind that there are many varieties of saimon, and that fat content varies. Chinosk or King saimon contains the most fet, averaging 16 grams of fat per four-cumes serving. Cohe saimon has less than 8 grams of fat per four-cumes serving.

GHILLED SALAD SURGERS

1 tablespoon suger 14 teespoon ground black pap-

washed, ends removed, sliced paper thin, about 1

cup 2 egg whites, besten 1/2 Cup skim milk 1/2 cup slam milk 1/2 cups soft bread crumbs, about 2 bread silces 2 tablespoons chopped pers-

2 techniquosis amples suce ley
14 teespoon hot pepper sauce
14 pound gound turkey breest
without skin
14 pound gound round
6 sliced hemburger buns

In a medium bowl combine vi-negar, sugar and popper, Add onion, tomate and cucumber. Cover and refrigerate for 2 hours.

Prahest grill or broiler. In a large bowl combine besten egg white, skim milk, brand crumbe, ence, paraley and hot pepper sence. Mix well. Add petund crund and ground turkey. Mix well. Divide mest mixture





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