Treat guests to tasty, nutritious party foods

Planning party foods for the holidays can be a challenge, requiring menus that will please large groups of friends and family with diverse tastes.

New expectations that holiday foods be at least somewhat wholesome can add to the challenge, but your guests will appreciate your thoughtfulness in serving elegant, delectable and nutritious food that can be enjoyed without guilt.

Preparing nutritious food for the holidays doesn't mean that you have to toss aside your treasured family recipes. However, it does mean making some changes for lower-fat ingredients, portions and cooking methods. The results can be highly rewarding, healthful versions of your traditional favorites.

For example, in party dips, use plain low-fat or nonfat yogurt, or a combination of yogurt and cottage cheese blended until smooth, as a substitute for sour cream.

For cream cheese-based spreads and dips, use a mixture of part-skim ricotta, low-fat cottage cheese and Neufchatel (light cream cheese). Add your favorite herbs and non-fat condiments, such as chili sauce, salsa, tomato paste, Worcestershire sauce, lemon juice, pimento, olives, horseradish, or curry powder and chutney for dips that have lots of taste without excess fat.

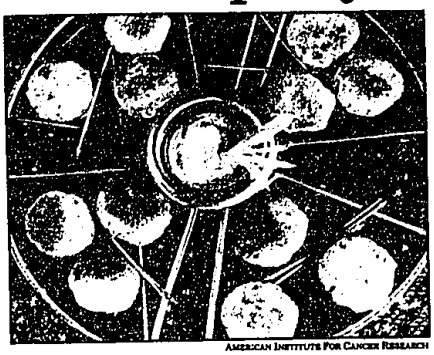
For dippers, avoid chips and serve vegetables: cherry tomatoes, mushroom caps, summer squash, zucchini and cucumber slices, broccoli and cauliflower florets (lightly steamed with lemon juice, if desired), baby carrots, celery sticks, whole snow peas, baby corn, asparagus tips, and sweet red, yellow and orange pepper strips — colorful, festive and full of good nutrition!

Low-fat crackers are also great as dippers, or you can make your own fat- free"chips:" In the oven, on an ungreased baking sheet, simply toast until crisp ¼-inch bagel slices (350 degrees for 10-12 minutes); corn tortillas cut into six wedges (400 degrees for 10-1 1 minutes); or pita pockets split lengthwise and cut into wedges (325 degrees F. for 8 minutes). Store in an airtight container.

Chinese New Year Crab Balls, a recipe from the American Institute for Cancer Research, are delicious holiday hors d'oeuvres. The ginger, water chestnuts, tamari and hint of sesame oil give an Oriental flair; the high-fiber, low-fat ingredients make a delicious, no-guilt treat.

Chinese New Year Crab Balls

1 pound crab meat, finely chopped
½ cup canned water chestnuts, finely chopped
1½ cup whole wheat bread crumbs (to make bread crumbs, toast 2 slices of whole wheat bread until dry, and crumble into a food processor or blender; whirl into crumbs.)
½ teaspoon white pepper
½ teaspoon dried mustard
1 tablespoon. fresh parsley, finely minced
¼ cup scallions (use white and green portions), finely chopped
½ teaspoon fresh ginger, finely minced
4 egg whites
2 teaspoons tamari or soy sauce
2 teaspoons sesame oil
½ cup whole wheat bread crumbs



American Institute For Cancer Research

Holiday appetizer: *New Year's Crab Rolls are a delicious, no-guilt treat.*

Preheat oven to 400 degrees F. Mix together all the ingredients — except the final ½ cup of bread crumbs — until well blended.

Form into 1-inch balls and roll in the bread crumbs. On a lightly oiled baking sheet, bake for 12-15 minutes or until crab balls are crisp and golden brown.

Serve with tamari sauce or a mustard dip. Makes 30 crab balls.

(These can be made and frozen in advance and reheated in the oven or microwave).

Each crab ball contains 31 calories and less than 1 gram of fat.

Combine custard, rice pudding into one new dessert

AP — Stir two favorites, custard and rice pudding, into one terrific new dessert. Because this recipe uses buttermilk, egg substitute and rice, it contains half the fat of regular custard.

Yet dessert lovers won't miss a thing. Serve it in squares for casual gatherings, or spoon it into goblets for fancy finales.

Orange And Rice Custard

½ teaspoon finely shredded orange peel, set aside
¾ cup orange juice
¾ cup water
⅔ cup medium-grain or short-grain white rice, uncooked
1 tablespoon sugar
Nonstick spray coating
¾ cup frozen egg product, thawed, or 3 slightly beaten eggs
2 cups buttermilk
1 cup sugar
2 tablespoons orange juice
1 tablespoon margarine, melted
Thin strips of orange peel (optional)
Fresh mint sprigs (optional)

In a small saucepan combine ¼ cup orange juice and the water; heat to boiling. Stir in ¼ teaspoon of the shredded peel, uncooked rice, and the 1 tablespoon sugar. Reduce heat; simmer, covered,for 15 to 20 minutes or until liquid is absorbed and rice is tender.

Spray a 2-quart square baking dish with spray coating. Spoon the rice mixture into pan; spread evenly. Set aside.

In a large mixing bowl combine egg product or eggs, buttermilk, the 1 cup sugar, the 2 tablespoons orange juice, margarine and remaining ¼ teaspoon shredded peel. Mix until sugar is dissolved.

Carefully pour egg mixture over rice. Place dish in a large baking pan; pour hot water into baking pan to a depth of 1 inch. Bake in a 350-degree F oven for 40 to 45 minutes or until firm around edges and almost set in center.

Remove large pan from oven. Carefully lift custard dish from water; transfer to a wire rack. Cool about 30 minutes or until room temperature. Cover and chill for 4 hours before serving.

To serve, spoon custard into dessert dishes or cut into squares. If desired, garnish with orange peel strips and mint. Makes 10 to 12 servings.

Note: Short-grain or medium-grain rice works best for this dessert because each gives it a softer, fluffier texture.

Nutrition facts per serving: 178 cal., 2 g fat, 5 mg chol., 5 g pro., 35 g carbo., 0 g fiber, 98 mg sodium. Daily Values: 14 percent vit. C, 11 percent thiamine, 11 percent riboflavin.

Quaker Oats shares tips for getting good baking results

Here are some baking tips from Quaker Oats.

■ Chocolate must be melted over low heat and stirred constantly to prevent scorching. Be sure pan and utensils are dry; moisture can cause chocolate to become thick and grainy.

If chocolate is in squares or bars, chop or break into uniform pieces.

To microwave, place chocolate in microwaveable bowl or dry glass measuring cup. Microwave at HIGH 1 to 2 minutes stirring every 30 seconds, until smooth.

Or place chocolate in top part of double boiler over hot (not boiling) water. Stir occasionally until smooth.

■ Before measuring sticky ingredients like ice cream topping, lightly coat inside of measuring cup with no-stick cooking spray. Topping will slip out, and measuring cup will be easier to clean.

■ Bar cookies are easier to cut and remove from the baking pan when baked in a foil lined pan.

To line pan, cut foil large enough so that it will extend up all four sides. Press foil into pan, smoothing wrinkles and corners. Grease foil only if recipe directs.

To remove bars from pan, grasp extended edges of foil and lift.

■ When cutting ice cream pies, let pie stand at room temperature for 10 to 15 minutes before serving. Use a thin, sharp knife. Between each cut, dip knife in hot water and wipe dry with paper towel.

■ Bright, shiny cookie sheets prevent cookies from becoming too brown on the bottoms.

Cookie sheets without rims help cookies brown more evenly.

OPEN TO THE PUBLIC!
MEDICAL FITNESS CENTER
THE ONLY MEDICALLY SUPERVISED FITNESS CENTER IN THE AREA IS OFFERING...
Exceptional Holiday Special
$17 PER MONTH!
VALID FOR MID-DAY MEMBERSHIP ONLY
NEW MEMBERS ONLY • WITH COUPON • EXPIRES 1-31-95
17940 FARMINGTON RD. (BETWEEN 6 & 7 MILE) • (313) 425-5544

LET'S HEAR IT FOR THE NEW
HOMEWORK HOTLINE
FOR 6th 7th and 8th GRADES!

Whether you're a parent or a student, Homework Hotline is Your Classroom Connection! This new service allows you to use your touchtone telephone to find out about current classroom activities, homework assignments, school events, lunch menus—whatever your school and teachers record. It's easy and fun and it's available *24 hours a day.*
To use Homework Hotline call:
botsford general hospital
OBSERVER & ECCENTRIC NEWSPAPERS
313-953-2001 or 810-901-4710
HOMEWORK HOTLINE IS UNDERWRITTEN BY BOTSFORD GENERAL HOSPITAL

BLINDS DIRTY?
COMMERCIAL • RESIDENTIAL
Verticals • Mini-Blinds
Venetians • Pleated Shades
Cloth & P.V.C. etc.
Ultra Sonically Cleans & Presses, Sanitizes & Disinfects Static Protects, Lubricates Working Mechanisms
Get the 5th Blind FREE up to 60"
Alexander's Blind Cleaning
Fully Insured - On Site Mobile Service
1-800-254-6344

BERGSTROMS
Heat cooling • heating • plumbing
Carrier

Introducing the
GOOD NEIGHBOR TEAM
A program to help "Keep The Heat On" this winter for needy people in the western suburbs of Detroit

The Good Neighbor Team is designed to provide furnace service and repair (non-emergency), and in some instances, parts and furnaces, to those who have no financial or other means of keeping their furnaces operating this winter. Up to 500 hours of service will be donated to those in need.

Indications that this program may be able to assist you:
- Marginal furnace operation
- Continuous failing of furnace
- Furnace no longer provides heat
- You have no financial means to repair furnace

Requests for service assistance will be monitored by the Salvation Army.

Phone 313-953-2048 to request assistance on an automated answering service. Leave complete information, including name, address, and daytime phone where you can be contacted by the Salvation Army.

This is not an emergency service.
This is not a heating bill payment program.
As a heating safety reminder, always call your gas company immediately if you smell gas.

The Observer NEWSPAPERS
The Salvation Army