

Make and eat breakfast together this Sunday

In contrast to the rest of the week, Sunday is a time to sleep late, read the paper from front to back, and enjoy a leisurely breakfast. It's also the one opportunity many families have to make and eat breakfast together.

When the week breakfast may average less than 15 minutes, many of us will stretch that out to over an hour on the weekends, according to a study by The Quaker Oats Co. When everyone pitches in to help, not only does breakfast get on the table faster, children learn valuable life skills while having fun. Everyone from preschoolers on up can help make Sunday breakfast. The youngest tykes can fold napkins and help an older sibling set the table. Older kids can make the orange juice, mix the batter for pancakes and pour milk.

Children also can help with simple recipes like the Super Cinnamon Bun. This giant-size cinnamon roll is a good choice for beginning bakers because it gets a head start from hot roll mix enriched with oats.

Favorite oatmeal Pancakes make another great beginning for a Sunday morning. The oatmeal batter uses quick or old-fashioned oats and other ingredients you're apt to have on hand. Stir-in options range from berries and mashed bananas to chopped nuts and chocolate chips. Offer one, or create a custom combo.

For light, tender oatmeal pancakes, combine dry ingredients thoroughly in one bowl, liquid ingredients in another. After adding the liquid ingredients to the dry, stir just until the dry ingredients are completely moistened. Be sure the skillet or griddle is

hot and wait to turn pancakes until tops are covered with bubbles. Turn just once. Pancakes taste best served immediately, but they can be kept warm for a short time on an ovenproof plate in a 200-degree F. oven.

Here are some recipes from the test kitchens of Quaker Oats.

SUPER CINNAMON BUN

Cinnamon bun
One 16-ounce package hot roll mix
1 cup oats, quick or old-fashioned, uncooked
¼ cup raisins
½ cup sugar, divided
2½ teaspoons ground cinnamon, divided
1 cup hot water (120 degrees F. to 130 degrees F.)
1 egg lightly beaten
5 tablespoons margarine or butter, melted, divided
Glaze
¾ cup powdered sugar
3 to 4 teaspoons milk
½ teaspoon vanilla

Lightly grease large cookie sheet. In large bowl, combine hot roll mix, yeast packet, oats, raisins, ¼ cup sugar and 1½ teaspoons cinnamon. Stir in hot water, egg and 3 tablespoons melted margarine. Mix until dough pulls away from sides of bowl. Knead on lightly floured surface 5 minutes or until smooth and elastic. Divide into 4 equal pieces; roll each piece into a 12-inch rope on lightly floured surface. In center of prepared cookie sheet, form a coil with one rope. Attach a second rope to the coiled rope by pressing the rope ends together firmly; continue coiling around the first rope. Repeat with the third and fourth ropes to form one large bun.

Combine remaining ¼ cup sugar, 1 teaspoon cinnamon and 2 tablespoons melted margarine. Brush evenly over top and sides of bun. Cover loosely with plastic wrap; let rise in warm place 30 minutes or until nearly double in size.

Heat oven to 375 degrees F. Bake 30 to 35 minutes or until golden brown. Carefully remove to wire rack; cool slightly. For glaze, combine all ingredients; mix until smooth. Drizzle over bun. Serve warm or at room temperature. 16 Servings.

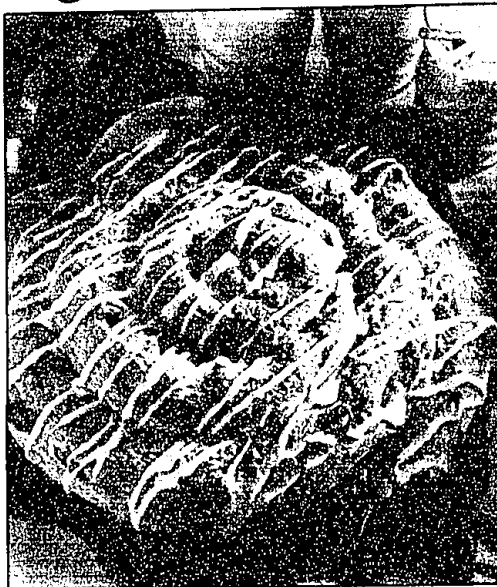
Calories per serving: 220, Calories From Fat 45, Total Fat 5g, Saturated Fat 1g, Cholesterol 16 mg, Sodium 230 mg, Carbohydrate 41 g, Dietary Fiber 1g, Protein 4 g.

FAVORITE OATMEAL PANCAKES

1¼ cups all-purpose flour
½ cup oats, quick or old-fashioned, uncooked
2 teaspoons baking powder
¼ teaspoon salt, (optional)
1¼ cups low-fat milk
1 egg, lightly beaten
1 tablespoon vegetable oil
Stir-in's (optional), your choice of:
1 cup fresh or frozen blueberries
1 medium ripe banana, mashed
½ teaspoon ground nutmeg
¼ cup chopped apples
¼ cup chopped nuts
½ teaspoon ground cinnamon
½ cup semisweet chocolate pieces

Heat skillet over medium-high heat (or preheat electric skillet or griddle to 375 degrees F.).

Combine dry ingredients. Add combined liquid ingredients; mix



QUAKER OATS

just until dry ingredients are moistened. Add one of the stir-in options, if desired.

Lightly grease skillet. For each pancake, pour ¼ cup batter into hot

skillet. Turn when tops are covered with bubbles and edges look cooked. Turn only once. Makes 12 — 4-inch pancakes.

Calories per serving 3 pancakes: 280, Calories From Fat 74, Total Fat 8g, Saturated Fat 2g, Cholesterol 60mg, Sodium 450mg, Carbohydrate 40g, Dietary Fiber 2g, Protein 10g.

Whole wheat enriches diet

When shopping for nutritional value, whole grain wheat always comes out the winner against the processed varieties of wheat. Not only are whole wheat products higher in dietary fiber than their "bleached" white counterparts, but they also contain more protein and important minerals, including calcium, iron and potassium.

Whole wheat flour is available to consumers in two forms, stone ground and commercially milled. The former is coarser in texture, but both are equally healthful and both can be found in most supermarkets today.

Since whole wheat flour is more perishable than all-purpose (white) flour, be sure to store it in the refrigerator, preferably in a glass container.

When baking with whole wheat flour, the commercially milled varieties can replace all-purpose flour in equal proportions. With stone ground flour, substitute 7/8 cup for a cup of white flour. In recipes for light-textured foods, such as cakes and some breads, you'll want to combine whole

wheat with white flour (about half and half).

Once you're hooked on the flavor or a texture of whole wheat foods, why not go the next step and try wheat berries. These are the unprocessed whole wheat, and they add a definite crunch to your baked goods. A deep russet brown in color, wheat berries are found primarily in natural food stores. They should be soaked overnight, then either partially or fully cooked, depending on their further use — boil 15 minutes for partially cooked, 50 to 60 minutes for fully cooked. Then use them in soups, stews, salads or breads.

Cracked wheat and bulgur are two other wholesome whole wheat variations, cracked wheat has simply uncooked wheat that is dried and cracked apart by coarse milling. Like wheat berries, it must be soaked overnight and cooked in advance, and is used primarily in bread recipes.

Bulgur, on the other hand, is whole wheat that's been cracked, perched and steamed, so it needs just a brief presoaking for use in salads or minimal cooking for use

in a pilaf or stew. Bulgur fans think its nutty taste and crunchy texture are well worth the effort.

Here's a recipe from the American Institute for Cancer Research.

BULGUR WITH FRUIT

¾ cup white grape juice
1 cup bulgur
¼ cup orange juice
1 tablespoon vegetable oil
½ cup fresh chopped parsley
¼ teaspoon coriander seed
¼ teaspoon cinnamon
½ cup seedless red grapes
½ cup seedless white grapes

Heat the white grape juice in a saucepan. When the juice boils, stir in the bulgur, cover the saucepan, turn off the heat and let stand for 15 to 20 minutes. Combine the orange juice, vegetable oil, coriander seed and cinnamon in a small bowl. Add to the bulgur along with the parsley and fruit.

Each of the six servings contains 3 grams of fat and 174 calories.

You'll benefit from veggies

BY KAREN COLLINS
SPECIAL WRITER

The thought of chemicals in our food usually makes us think of dangerous substances that might be added during processing. Yet scientists today are discovering that a variety of chemicals occur naturally in food — and many of them seem to offer a variety of health benefits.

Evidence is quite good that several different substances in fruits and vegetables can make our body's enzymes work harder to detoxify carcinogens (initiators of cancer) and help remove them from the body.

These substances include isothiocyanates in broccoli; limonoids in citrus fruits; and indoles in cruciferous vegetables, such as cauliflower, cabbage and brussels sprouts.

We don't have enough data to know how much of these foods we need to include in our diets to get the optimal benefits. But it's a good idea to eat these vegetables regularly, especially since they also offer other

healthful, cancer-fighting nutrients and fiber.

Other sources of good-health chemicals are garlic and onions, which contain sulfur compounds that activate enzymes to detoxify potential carcinogens. While the evidence is quite clear that the sulfur compounds are effective, many questions remain about the amount needed for fighting cancer and whether this amount is attainable through food or consumption of garlic compounds in pill form. For now, using garlic to flavor food is a great way to make healthful food taste good without adding fat.

Soybeans also are receiving a lot of attention from researchers because substances called isoflavonoids block actions of hormones that promote breast cancer and other cancers. Soybeans also contain genistein, which may help prevent the growth and spread of a wide range of cancers. For now, using more soybean products such as tofu and soy milk is a nutritious way to add variety to a healthy diet,

even though we don't yet know how much cancer-risk protection soy foods offer.

It's exciting to know that research has uncovered this huge field of plant chemicals with cancer prevention potential. With support from organizations like the American Institute for Cancer Research and the National Cancer Institute. However, we need to remember that this research is in its infancy. For now, the best advice is to follow the dietary guidelines of the American Institute for Cancer Research, advising a diet rich in fruits, vegetables and whole grains.

For a free brochure of delicious fruit and vegetable recipes, send a stamped (52 cent postage), self-addressed envelope to AICR, Dept. AP, Washington, DC 20069.

"Nutrition Notes," written by registered dietitian Karen Collins, is provided as a public service by the American Institute for Cancer Research.

Hotline answers questions about 'stinking rose'

It might stink, but is it good for you? The answer to this and other questions about garlic, also known as the "stinking rose," are happily answered by the "Garlic Information Hotline," a new service of the Garlic Information Center of The New York Hospital-Cornell Medical Center in

New York City.

The Garlic Information Center, a new component of the Hospital's Nutrition Information Center, opened in January. Now, consumers may dial 1-800-330-6922 (toll-free), 24-hours a day to receive a brochure containing al-

most anything you'll want to know about garlic, including fresh garlic, cooked garlic, garlic supplements, recipes and information about garlic's many potential health benefits, and more.

If consumers have specific questions, they may call the hotline Monday through Friday, 9

a.m. to 5 p.m. to speak to a nutritionist.

In addition to the new Garlic Hotline, the Center provides services and information about current research exploring the potential role of garlic and garlic supplementation in preventing, treating and managing disease.

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