

# Cookbook authors share their favorites

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Call the toll-free Nutrition Hotline of the American Institute for Cancer Research 1-(800) 843-8114 for free, personalized answers to nutrition questions from a registered dietitian. The hotline operates weekdays 9 a.m. to 5 p.m.

You can also call the hotline to request a list of free publications to help you eat for good health and lower cancer risk.

### TEQUILA ROAST CHICKEN

- 2 frying chickens, cut into pieces
  - 3 cloves garlic, finely minced
  - 3 serrano chiles, finely minced
  - 1/4 cup tequila
  - 1/4 cup Dijon mustard
  - 1/2 cup thin soy sauce
  - 2 tablespoons honey
  - 1/4 cup cilantro, chopped
- Sauce:
- 2 cloves garlic, minced
  - 1 serrano chile, minced
  - 2 tablespoons olive oil
  - 1 cup chicken broth or stock
  - 2 tablespoons oyster sauce
  - 1 tablespoon cornstarch
  - 1/4 cup tequila
  - 3 ounces crumbled goat cheese
  - 1/4 cup salted, toasted pumpkin seeds

Preheat oven to 425 degrees F. Rinse the chicken with cold water, then pat dry. In a bowl large enough to hold the chicken, combine the garlic, serrano chiles, tequila, mustard, soy sauce, honey and cilantro. Mix well and add to the chicken, toss to coat.

Refrigerate at least 15 minutes but not longer than 8 hours.

To make the sauce, combine garlic, serrano chile and olive oil and set aside. Keep tequila, goat cheese, pumpkin seeds and cilantro in the refrigerator. Preheat the oven to 425 degrees F.

Line a shallow baking dish with foil and place a wire rack on top. Place the chicken skin side up on the wire rack. Add the chicken for 30-40 minutes or until the juices run clear when pierced with a fork. Transfer the chicken to a serving platter. Place a skillet or saute pan over high heat. Add the garlic, chile and olive oil mixture. When garlic begins to sizzle, add the stock mixture and bring to a boil. Stir in tequila. Spoon sauce around the chicken. Sprinkle with goat cheese, pumpkin seeds and chopped cilantro. Serve with warm tortillas. Serves 4.

Recipe from "Hot Chicken" by Hugh Carpenter and Teri Sandison, (copyright 1995 Ten Speed Press, \$17.95.)

Here's a five ingredient recipe

### See related story on Taste front. VICKI'S LENTIL SOUP

- 6 whole carrots, sliced
- 4-6 stalks celery, chopped
- 2 onions, chopped
- 1 package (or 1/2 package) lentils
- 2 big or 1 big and two small ham hocks
- Salt & pepper to taste
- Garlic, fresh or powdered to taste
- 4-5 quarts water

Put water in 6-quart soup pot with lid. Add lentils (quantity depends on how "beans" you like your soup). Add salt, pepper, and garlic to taste. Add ham hocks, carrots, celery, and onions. Cook covered throughout.

Bring to a full boil. Turn down heat to medium-low for one hour. Simmer for an hour or so, adding water if necessary. After about one hour, drain ham hocks. Remove meat from bones. Cut into small pieces. Return to pot.

Serve soup with crusty bread and Jell-O. Makes a great lunch or dinner.

Recipe from Vicki Venzel

that even garnered rave reviews from momma! If you don't like the delicate hint of mint, try using regular chocolate chips!

### MINI MINT BROWNIE CUPS

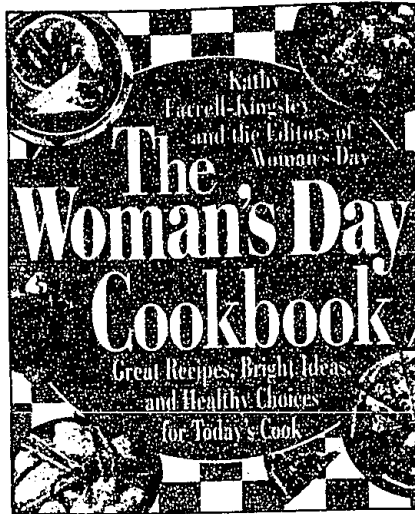
- 1 cup (2 sticks) butter or margarine (not spread)
- 1 bag (10 ounces) semi-sweet mini-chocolate chips (1 1/2 cups)
- 1 cup granulated sugar
- 4 large eggs
- 1 cup all-purpose flour

Preheat the oven to 350 degrees F. Arrange 36 doubled mini muffin paper or foil baking cups on 2 jelly-roll pans or baking sheets with sides.

In a medium sized saucepan, melt the butter over low heat. Add the chocolate chips and stir until melted and smooth. Remove the pan from the heat. Stir in the sugar. Add eggs and stir briskly until blended.

Stir in the flour until blended. Fill the baking cups 3/4 full. Bake for 20-25 minutes or until the tops look cracked and a toothpick inserted in the center has moist crumbs. Set the baking sheets on wire racks to cool completely. Makes 36.

Recipe from "The Woman's Day Cookbook" by Kathy Farrell-Kingley and the Editors of Woman's Day, (copyright, 1995, Viking Press, \$24.95.)



New cookbook: Here's the front cover of "The Woman's Day Cookbook."

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## Michael Williams, M.D.

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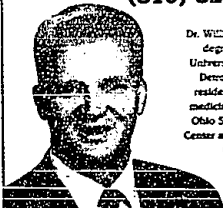
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On staff at William Beaumont Hospital, Troy. Call today for an appointment.

(810) 828-1449



Dr. Williams earned his medical degree from Wayne State University School of Medicine, Detroit, and completed his residency training in internal medicine and pediatrics at The Ohio State University Medical Center and Children's Hospital in Columbus, Ohio.

## George B. Moser, M.D.

is pleased to announce his new associate

## Frederick D. Bartholomew, M.D.

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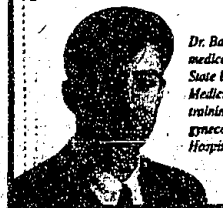
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(810) 645-0840



Dr. Bartholomew received his medical degree from Wayne State University School of Medicine, and his residency training in obstetrics and gynecology at Providence Hospital in Southfield.

# Here are more recipes for singles

penda on how "beans" you like your soup). Add salt, pepper, and garlic to taste. Add ham hocks, carrots, celery, and onions. Cook covered throughout. Bring to a full boil. Turn down heat to medium-low for one hour. Simmer for an hour or so, adding water if necessary. After about one hour, drain ham hocks. Remove meat from bones. Cut into small pieces. Return to pot. Serve soup with crusty bread and Jell-O. Makes a great lunch or dinner. Recipe from Vicki Venzel

### EDNA'S MEATBALLS

- 1 pound ground beef
- 1/2 cup quick oatmeal
- 1/4 cup milk
- 1 egg
- 1 package Mrs. Grass onion & mushroom soup mix
- 2 large cans Franco American beef gravy

In large bowl, combine all ingredients except beef gravy. Use wet hands to mix well, forming approximately 16 meat balls. In a Dutch oven, brown meatballs in one tablespoon of oil. Drain off excess fat. Add beef gravy. Simmer covered for

30 minutes.

Recipe from Edna McLaughlin

### KATHRYN'S CHICKEN CAESAR SALAD FOR ONE

- Leaves of 1/4 head of romaine lettuce
- 1 boneless chicken breast, grilled and cut into strips
- 1/4 cup red cabbage, shredded
- Handful of croutons
- Prepared Caesar dressing
- Combine salad ingredients, put on desired amount of dressing. Serve with quick-bake bread sticks. Recipe from Kathryn Mulka

## COOKING CALENDAR

Send items to be considered for publication to: Kelly Wagonik, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313)591-7279.

### Events

"THE BUFFALO COOKBOOK" Observer & Eccentric columnist Ruth Mason Johnson will be signing copies of her newly published buffalo cookbook at the Rice-Cotton, Dearborn, 330 Tower Center Dr., Nov. 6-12. Executive Chef Christian Alarino will present and highlight recipes featured in the book at the Green Room for the Wild Game Festival scheduled during the month of November. There will also be table side discussions about the book. Call for details (313) 441-2100

TV FOOD NETWORK Will be featuring America in Royal Oak 1:30-2:00 p.m. Tuesday, Nov. 14; and 2 a.m. Wednesday, Nov. 15. Sebastian's Grill was featured on the program Nov. 2.

Sebastian's Grill and America are Unique Restaurant Corporation restaurants.

### Support groups

FOOD ALLERGY EDUCATION NETWORK Meeting 7:30 p.m. Monday, Nov. 13 at St. Joseph Mercy Health Building, 990 W. An Arbor Trail, Plymouth. Guest speaker, Dr. David Seaman. (313) 420-2205

### TRIS-COUNTY CELLAR BUREAU

Monthly meeting 7:30 p.m. Monday, Nov. 13, Southfield Presbyterian Church, 21575 W. 10 Mile Road. Meetings include information on gluten-free foods, label reading, recipe sharing, taste testing, ideas for children and information from professionals. (810) 477-5953 or (313) 274-0232

### Demonstrations

FEEDING KIDS IN THE 1990s National presentation by Susan Ford Gentry-Holmes at Health Development Network and the Livonia Family YMCA 7 p.m. Thursday, Nov. 9 at the Bostford Center for Health Improvement, 39750 Grand

River Ave., Novi. Diastina Judy Swancutt, a mother of four, will offer a commonsense approach to setting guidelines for meals and strategies for preparing and/or providing nutritious and appetizing meals for active families. There is a \$5 fee, and pre-registration is required. (810) 477-6100

### KITCHEN GLAMOR

Heavenly Holiday Appetizers with Sandra Garcia, 1 and 6:30 p.m. Tuesday, Nov. 7 (Nov. 8); 1 and 6:30 p.m. Wednesday, Nov. 8 (Nov. 9); 1 and 6:30 p.m. Thursday, Nov. 9 (West Bloomfield); 1 and 6:30 p.m. Friday, Nov. 10 (Rochester). There is a \$3 fee. (313) 537-1300

### Classes

CRITTENTON HOSPITAL Healthy Diabetic Eating, 6 p.m. Tuesday, Nov. 7, 1101 W. University Times, Rochester. The fee is \$15 per person and includes dinner in the cafeteria. Call to register. (810) 653-5630

### LENDOR'S NATURAL CUISINE

Model fall dinner 6-9 p.m. Monday, Nov. 6; Lots of quick meals 6-9 p.m. Wednesday, Nov. 8; marvelous muffins, 6-9 p.m. Monday, Nov. 13; Thanksgiving meal 6-9 p.m. Wednesday, Nov. 15, 22699 Steeler Road, Farmington Hills. (810) 478-4455

### HONORARY HOLIDAY COOKING

One-day course offered 9 a.m. to 3 p.m. Saturday, Nov. 11, at Schoolcraft College, 18600 Hazelrigg, Livonia. Course devoted to holiday fare with a twist. Fee: \$38. (313) 462-4448.

### THE COMMUNITY HOUSE

A Holiday Menu with Flair, 7:30-9:30 p.m. Tuesday, Nov. 14; Spectacular Holiday Cookies, 7:30-9:30 p.m. Monday, Nov. 13. Classes at 390 S. Bates, Birmingham. (810) 644-5832

### FEEDING YOUR WHOLE SELF

Supper Series and Tasting Touches, 6:30-9:30 p.m. Thursday, Nov. 9 at the Daily Grid in Ann Arbor. Call 9 a.m. to 6 p.m. weekdays for information. (313) 994-5549

## Flavored pasta wins prize

Boldly flavored, brightly colored Tex-Italian Pasta Fiesta, a crowd-pleasing casserole, won the \$3,000 grand prize in the 1995 Pace Pasta Sauce "Pick Up The Pace" recipe contest.

Just the kind of dish to serve when company's coming, or the family's feeling festive, Tex-Italian Pasta Fiesta starts with a mix of mostaccioli pasta and a quickly cooked chili. Exposed layers of the picante pasta mixture, a luscious blend of cream cheese, spinach and oregano adds a lasagna-like look and rich taste appeal. After baking, top the dish as you might top a bowl of chili — with cheese, olives and onions.

The winning recipe was created by Roberta Frank of Castroville, Calif.

### TEX-ITALIAN PASTA FIESTA

- 8 ounces mostaccioli pasta
- 1 package (10 ounces) frozen chopped spinach, thawed
- 1 package (8 ounces) reduced-fat cream cheese, softened
- 1/4 cup milk
- 1 teaspoon dried oregano
- 1 pound lean ground beef
- 2 cloves garlic, minced
- 2 cups Pace Picante Sauce
- 1 can (8 ounces) tomato sauce



Prize-winner: Cook up a winner and please a crowd with Tex-Italian Pasta Fiesta. Combining the flavors of Italy's well-loved lasagna and the Lone Star State's time-treasured chili, the cross-cultural culinary creation takes its bold taste from picante sauce.

- 1 can (8 ounces) tomato paste
- 2 teaspoons chili powder
- 1 1/2 teaspoons ground cumin
- 1 cup (4 ounces) shredded mozzarella or cheddar cheese
- Optional toppings: ripe olives, sliced, green onion slices
- Heat oven to 350 degrees F. Cook

pasta according to package directions; drain and rinse with cold water. Squeeze dry and chop spinach. Combine spinach, cream cheese, milk and oregano mix well. In large saucepan or Dutch oven, brown ground beef with garlic; drain. Add picante sauce, tomato sauce, tomato paste and seasonings; mix well. Bring to a boil. Reduce heat and simmer uncovered 8 minutes.

Add pasta; mix well. Spoon half the pasta mixture into lightly greased 13 by 9-inch baking dish. Top evenly with spinach mixture. Top with remaining pasta mixture. Cover loosely with foil; bake 30 minutes. Uncover and sprinkle with shredded cheese; continue baking 20 minutes. Let stand 10 minutes. Top as desired and serve with additional picante sauce. Makes 8 servings.