

Sweet treats safe for diabetics

See related story on Taste front. Recipes provided by Peggy Everts, registered dietitian and director of clinical operations for HDS Services.

STRAWBERRY BANANA PARFAIT

1/2 cup crushed chocolate graham crackers
1 (4 servings) package — instant sugar-free banana cream pudding/pie filling
2 cups 2 percent milk
2 cup sliced strawberries
4 whole strawberries for garnish
Prepare pudding mix according to package directions using milk.

Layer pudding, strawberry slices and crushed chocolate graham crackers in four parfait or dessert glasses. Chill until serving time. To serve, garnish with whole strawberries. Serves 4.

Nutrition per serving: 94.39 calories, 0.05 g protein, 1.36 g fat, 27.04 mg sodium, 18.29 g carbohydrates. Percent of calories from fat 12.97. Exchanges: 1 starch (bread), 1/4 fruit, 1/4 milk, 1 fat.

PEACHY VALENTINE CRISP

2 (16 ounce) cans sliced peaches in natural juice, drained

2 tablespoons dried cherries
3/4 teaspoon ground cinnamon
3/4 chocolate Teddy Graham snacks (1/2 cup)
1/2 teaspoon ground nutmeg
2 teaspoons margarine, melted
Vanilla frozen yogurt, optional

Combine peaches, dried cherries, and 1/4 teaspoon cinnamon in 9-inch pie plate. Bake at 350 degrees F. for 15 minutes.

Meanwhile, combine chocolate Teddy Graham, nutmeg, remaining cinnamon and margarine, tossing until well coated. Spoon over peaches. Bake 10 minutes more or

until heated through. Serve warm, topped with frozen yogurt if desired. Serves 6.

For a change, pears, raisins and Honey Teddy Grahams can be substituted for the peaches, dried cherries and chocolate Teddy Grahams.

Nutrition per serving: calories 94.39, 0.05 g protein, 1.36 g fat, sodium 27.04 mg, sodium, 18.29 g carbohydrates, 12.97 percent calories from fat. Pear Valentine Crisp: 93.67 calories, 0.13 g protein, 1.36 g fat, 27.78 mg sodium, 7.37 g carbohydrates, 13.07 percent calories from fat. Exchanges: 1/4 starch (bread), 1 fruit, 1/4 fat.

Diabetic from Front

hormones do their thing — they break down the food into tiny particles including amino acids from protein foods, glucose from carbohydrate foods and fatty acids from fat foods.

Once in the blood stream, these particles are carried gloriously to all parts of our body. If you have a cut on your foot, the amino acids in the blood go there to help heal your skin. If you are ready to exercise the glucose particles are there for your muscles to use. If your body has all it needs, the fatty acids are there to be stored away, ready to be mobilized when you need the energy.

People with diabetes can break down and use protein and fats, but they do not have the insulin needed to use carbohydrates (glucose). So without the insulin the glucose doesn't get "picked-up" out of the blood to go to the brain and muscles. It just stays in the blood and increases with every meal. The muscles and brain never get to use the glucose. That is why people with uncontrolled diabetes walk around feeling tired and listless even though their blood is pumped full of the glu-

cose their body needs. The truth is, having blood full of sugar is not healthy. Sugar-coated cereals may be fine for some, but sugar-coated blood is not good for anyone.

Controlling blood sugar is simple and important. Go to see your doctor. Get on the right medication and stay on it. Diabetes is chronic — it has no cure. You can't stop taking your medicine if you "feel better."

Go to see a registered dietitian. Call your local hospital and make an appointment with a dietitian. You can learn what to eat, when to eat, and get valuable information on how to control your blood sugar. Get some exercise. No excuse, get off the couch and have some fun. Move your body. Peggy Everts of Clarkston is a registered dietitian and director of clinical operations for HDS Services, a 30-year-old Farmington Hills based food service and hospitality management company, specializing in food service management for hospitals, long-term care facilities, businesses, private clubs and private schools.

Chinese pastries new year's delight

See related story on Taste front. Recipes from the Crisco Kitchens.

NEW YEAR'S MOON CAKES

Dust:
2 cups all-purpose flour
1 teaspoon salt
1/4 Crisco Stick or 1/2 cup all-vegetable shortening
5 tablespoons cold water
Filling:
1/2 cup chopped dates
1/2 cup orange marmalade
1/2 cup coarsely chopped walnuts
1/4 cup sweetened flaked coconut
1/4 cup coarsely chopped raisins
Glaze:
1 egg lightly beaten
1 tablespoon milk

For crust, combine flour and salt in medium bowl. Cut in shortening using pastry blender (or two knives) until all flour is blended in to form pea-sized chunks. Sprinkle with water, one tablespoon at a time. Toss lightly with fork until dough forms a ball. Press between hands to form two 5 to 6-inch "pancakes." Flour "pancake" lightly on both sides. Roll between sheets of waxed paper (or plastic wrap) on dampened countertop to form 10-inch circle. Peel off top sheet of waxed paper. Repeat with second "pancake." Cut crusts with floured round 4-inch cutter. Reroll scraps and cut with cutter.

Heat oven to 375 degrees F. Place cooling rack on countertop for cooling pastries. For filling, combine dates, marmalade, walnuts, coconut and raisins in medium bowl. Stir with plastic 2 tablespoons of filling in the center of each disk. Gather up edges of dough to enclose filling. Pinch edges to seal. Form sealed pastry into a ball. Place pastry balls 2-inches apart on ungreased baking sheet with waxed side down. Or press balls seam side down into muffin tin. Flatten ball slightly with palm of hand to form flat top. Combine egg and milk. Brush tops and sides of pastry with glaze. Bake one baking sheet or muffin

tin at a time at 375 degrees F. for 25-30 minutes, or until golden brown. Do not overbake. Cool 1 minute on baking sheet. Remove pastries to cooling rack with spatula. Cool completely before serving. Makes 12 pastries.

FRIED SESAME PASTRIES

2 1/4 Crisco Sticks or 2 1/4 cups all-vegetable shortening, divided
1/4 cup granulated sugar
2 eggs
1 tablespoon light corn syrup
1 teaspoon grated lemon peel
2 1/4 cups all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
1/4 cup sesame seeds
Combine 1/4 cup shortening and sugar in large bowl. Beat at medium speed of electric mixer until well blended. Add eggs, syrup and lemon

peel. Beat until well blended and fluffy. Combine flour, baking powder and salt. Add gradually to creamed mixture at low speed. Mix until well blended.

Scoop dough out of bowl onto lightly floured counter. Knead 10 inches in diameter. Cut roll into 24 pieces. Roll pieces into balls. Place sesame seeds on sheet of wax paper or plastic wrap. Roll balls in sesame seeds. Heat remaining 2 cups shortening to 350 degrees F in large saucepan. Place layers of paper toweling on countertop to drain balls. Add 8 balls to hot shortening. Fry for 2 to 3 minutes, or until pastries have puffed and turned brown. Remove pastries with slotted spoon. Drain on paper toweling. Repeat with remaining pastries. Cool 5 minutes on paper toweling. Serve warm. Makes 2 dozen pastries.

COOKING CALENDAR

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

Nutrition programs
CREATIVE COOKING WITHOUT MEAT
Seminar 2-6 p.m. Sunday, Feb. 18 presented by Nadine Weaver, certified cooking school instructor, Ellen Higgins, registered clinical dietitian and Dr. Arthur Weaver, at Metropolitan Seventh-day Adventist School, 15585 Haggerty Road (north of Five Mile Road), Plymouth, Cost \$15 single, \$25 couple. Dinner served 5 p.m. Participants will receive a vegetarian cookbook, nutrition, meal planning and recipe handouts. (313) 420-3131 or (313) 531-2179

Surprise your Valentine with 'wild' stuffed peppers

See Chef Larry Jones' Taste Buds column on front.

WILD RICE STUFFED GREEN PEPPERS

1/2 cup chopped green onion
1 clove garlic, minced
1 tablespoon butter or margarine, melted
1 1/2 cups beef broth
1/4 cup brown and wild rice blend
1/2 cup sliced celery
1/4 cup finely diced carrots
1 (14 1/2 ounce can) diced tomatoes, undrained
1 cup fresh sliced mushrooms
1/2 cup chopped zucchini
2 tablespoons fresh chopped parsley
1/4 teaspoon dried basil
1/4 teaspoon dried thyme
2 large green peppers, stem ends sliced off and seeded
2 tablespoons tomato juice

1/4 cup grated Parmesan cheese

Saute onion and garlic in butter or margarine in a large saucepan until tender. Add broth, rice, celery and carrot. Bring to a boil; cover, reduce heat to a simmer and cook for 25 minutes or until rice is almost done. Remove from heat, stir in tomatoes, mushrooms, zucchini, parsley, basil and thyme. Place peppers in a saucepan. Cover with water. Bring to a boil; cook 3 minutes or until tender-crisp. Drain and stuff with rice mixture. Place peppers in a greased casserole and spoon any extra rice around pepper. Cover with foil and bake for 25 minutes at 350 degrees F. Bake with tomato juice after 15 minutes. When almost done, remove foil and top with Parmesan cheese. Serves 2.

From: "The Recipes of Madison County," by Jane Hemminger & Courtney Work, (copyright 1995, Osmore House Publishers, \$14.95).

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