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the same drive to Calabria in the south, 1500 miles away from Germany, for people to do the same thing."

In short, local demand which is low, favorable climatic conditions for good vintages each year and low or nearly zero land costs create a tremendous price/value relationship for southern Italian wines.

LoCascio said that up to this point Italian varieties grown in California have been only a curiosity and production is

small. "However, sangiovese and barbera from California have staying power," LoCascio believes. "The market needs more red wines from California. Cabernet and merlot are great, but pinot noir doesn't have the flavor interest most Americans want. Enjoyment of red wine has escalated and the natural point of comparison is with Italian wines."

Because of this, sales of Italian-produced barbera and Chianti Classico (principally san-

giovese) are going through the roof. "Wines are on allocation from every Italian producer of note," LoCascio maintained. "Sangiovese-based wines are very hot. This interest has come from California's growing and producing wine from Italian varieties."

Pinot grigio has garnered significant interest as an Italian white wine. Truthfully, most pinot grigios around \$10 are not worth drinking. But fresh, clean and full 1995 Stella Pinot Grigio,

Umbria \$7.50, a Winebow import, is a departure from the norm.

Other wines from Winebow we recommend have some pronunciation challenges. Expand your horizons. You may not know the grape varietal or the producer, but these are tremendous values from Italy's southern regions.

■ White wines: 1996 Regalelli Bianco, Sicily \$12.50; 1995 Feudi di San Gregorio Greco di Tufo, Campania \$18; 1995 La Carraia

Poggio Calvelli, Umbria \$13.50.

■ Red wines: 1995 Stella Merlot, Umbria \$7.50; 1994 Librandi Ciro Rosso, Calabria \$9; 1995 Falesco Vitiano, Lazio \$12; 1994 Falesco Merlot di Aprilia, Lazio \$16.50; 1995 Regalelli Rosso, Sicily \$12.50; 1994 Taurino Salice Salentino Riserva, Apulia \$10.50; 1990 Taurino Notrapanaro, Apulia \$13.50.

■ Sparkling: Zardetto Prosecco \$11 from the small area of Conegliano, Veneto, 50 miles

northwest of Venice, is the only area of Italy where the prosecco grape is grown. This light, lively and full sparkling wine can be enjoyed as a fun aperitif pour on its own or mixed with peach juice 50/50 in the infamous Italian Bellini.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Healds, dial (313) 953-2047 on a touch-tone phone, mailbox 1864.

Vegetarian from page B1

spinach, fortified cereal and some dried fruits), iron supplementation may be especially helpful in vegetarian female runners who are consuming non-heme sources of iron. Male athletes too may run the risk of iron deficiency. In the vegetarian diet, vitamin C can be helpful in enhancing non-heme iron absorption while tea and coffee can decrease the absorption.

Protein needs may vary by type of sport based on the need for strength, speed and endurance. Athletes require 50 to 125 percent more protein than the Recommended Dietary Allowance of 0.8 grams per kilo-

gram body weight. Endurance athletes need 1.2gm/kg of body weight and may benefit from 1.4gm/kg during prolonged endurance exercise. Strength athletes need 1.4gm/kg and may benefit from 1.8gm/kg during periods of muscle building. To determine your weight in kilograms, divide your weight by 2.2 so you can determine your specific protein needs.

Vegetarian protein alternatives include soy products such as tofu, tempeh, and textured vegetable protein as well as legumes and seitan. Try Morningstar Farm's Chick Nuggets or Grillers for tasty meat substi-

tutes. Protein requirements are very easily attained from these foods.

It is not necessary to use protein supplements as excess protein can lead to dehydration, gout, liver and kidney damage, calcium loss and gastrointestinal problems. Vitamin and mineral supplements can be a significant part of the vegetarian athletes training regime but should be discussed with your dietitian.

Pre-game meals should be high in carbohydrates such as whole grain pastas, brown rice or couscous. Avoid beans or excessive soy products as they tend to be gassy. Healthy snacks can include Health Valley Tarts or Granola Bars as well as Cliff Kicks Bars.

Not all athletes are school age. As an athlete ages, their calorie needs decrease. Although calcium requirements in women may

vary based on if they are receiving hormone replacement therapy or not, iron requirements are reduced for postmenopausal women in comparison to younger athletes.

Just as careful attention must be given to a meat-eating athlete in order to provide a healthy, balanced food plan, a vegetarian diet can provide adequate calories and nutrients without worry.

Beverly Price is a registered dietitian and exercise physiologist. She operates Living Better Sensibly, a private nutrition program in Farmington Hills that offers programs for individuals and corporations.

She is the co-author of "Nutrition Secrets for Optimal Health." Tall Tree Publishing Company. Look for her columns on the first Sunday of each month in Taste.

Bake an old-fashioned pumpkin pie

See related story on Taste front.

SWEET DOUGH FOR PIE
For a one-crust pie (about 10 ounces dough)
1 cup bleached all-purpose flour
3 tablespoons sugar
1/4 teaspoon baking powder
1/8 teaspoon salt
4 tablespoons cold unsalted butter
1 large egg

Combine dry ingredients in a medium mixing bowl and stir well to combine. Cut the butter into 1-tablespoon pieces and add to the dry ingredients.

Toss once or twice to coat the pieces of butter. Then using your hands or a pastry blender, break the butter into tiny pieces and pinch and squeeze it into the dry ingredients. Occasionally reach down to the bottom of the bowl and mix all the ingredients evenly

together. Continue rubbing the butter into the dry ingredients until the mixture resembles a coarse ground cornmeal and no large pieces of butter remain visible.

Beat the egg in a small bowl and pour over the flour and butter mixture. Stir with a fork until the dough begins to hold together but still appears somewhat dry. Scatter a teaspoon of flour on the work surface and scrape the dough out onto it. Press and knead the dough quickly 3 or 4 times until it is smooth and uniform.

Press the dough into a disk. Sandwich the disk of dough between two pieces of plastic wrap and press into a 6-inch circle. Refrigerate the dough until firm, or until you are ready to use it, at least 1 hour.

Storage: Keep the dough in the refrigerator up to 2 days, or freeze it double-wrapped in plastic. Because the dough is thin, it will defrost quickly when you intend to use it.

Filling
1 small (about 2 pounds) sugar pumpkin, or 1 1/2 cups canned pumpkin
1/2 cup water
2 eggs plus 2 egg yolks
2/3 cup sugar
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger, or 1 teaspoon finely grated fresh
1/4 teaspoon freshly grated nutmeg
1 1/4 cups light cream or half-and-half
One 9 inch Pyrex pie pan

Set rack at the middle level of the oven and preheat to 350 degrees F.

Rinse, stem and halve the pumpkin around its equator. Scrape away the seeds and filaments and cut the pumpkin into 2-inch chunks (most seeds on a jelly-roll pan with a pinch of salt, if you wish, for snacks).

Using a paring knife to remove the rind and place the pumpkin in a large baking dish. Add the water and cover the dish tightly with aluminum foil. Bake for about 1 hour, until it is soft. Check occa-

sionally to make sure the water has not evaporated and add more if it has.

Cool the pumpkin and puree in the food processor. (The puree may be refrigerated, tightly covered, for several days before making the pie filling.) Keep the oven on and lower the rack to the lowest level.

Roll out the dough to make the crust and arrange in the pan.

To make the filling, scrape the pumpkin into a bowl and whisk in the eggs and yolks. Whisk in the remaining ingredients in the order listed, whisking smooth after each addition. Pour the filling into the prepared crust.

Bake the pie for about 1 hour, until the crust is baked through and the filling is set. Cool the pie on a rack.

Refrigerate the pie, loosely covered with plastic wrap, until it is time to serve it. This pie can be baked the day before you plan to serve it.

Makes one 9-inch pie, about 8 servings.

Recipe from "How to Bake," by Nick Malgieri (HarperCollins Publishers).

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THANKSGIVING DAY PUMPKIN PIE
1 recipe Sweet Dough for a one-crust pie

Vegetarian dish fuels athletes

See related Living Sensibly Column on Taste front.
Join Nanette Cameron and

Suzette Kroll, registered dietitians, at Living Better Sensibly for a vegetarian cooking series.

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Saver International is committed to educating & inspiring home cooks. Call 1-800-787-1117 for further information or to register for a class.

GARDEN VEGETABLE COUSCOUS

- 1 medium onion, chopped
- 1 large carrot, chopped
- 1 small zucchini, sliced
- 1/2 medium green bell pepper, chopped
- 1/2 medium red bell pepper, chopped
- 1/2 cup sliced mushrooms
- 1 1/2 cups chicken or vegetable broth
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cumin
- 1/4 teaspoon black pepper
- Dash of cayenne pepper, optional
- 1 cup uncooked couscous
- 1 tablespoon chopped fresh parsley

In a large saucepan, saute the onion and carrot in a small amount of water for 2-3 minutes, or until softened. Add the zucchini, peppers, and mushrooms and continue to saute until vegetables are crisp tender. Set aside and keep warm.

Combine the broth, cinnamon, cumin, black pepper, and cayenne pepper in a large saucepan. Bring to a boil, then remove from heat. Stir in the couscous, cover and let stand for 5 minutes or until couscous is tender and liquid is absorbed.

Add the cooked vegetables and the parsley to the couscous and toss together to combine.

Makes 6 servings.

Nutritional information per 1 cup serving: 133 calories, 4.9g protein; 0mg cholesterol, 0.7g fat, 5.2g fiber, 308mg potassium, 29.7g carbohydrate, 149mg sodium.