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aside.
In a large pot heat olive oil and brown bacon until almost crisp. Coat chicken legs in flour and brown on all sides.

Add onions, garlic, carrots, parsnips and mushrooms, and saute 3 to 5 minutes. Add thyme, rosemary and black pepper, saute 1 minute. Remove from heat.

In a large oven-proof casserole. Place beans, sausage, chicken, ham, vegetables and Portini mushrooms (removed from water).

Add stock, brown ale and 1 cup of mushroom water. Bake for 1 hour (covered) at 400°F. Remove from oven (uncover) and top with bread crumbs. Continue baking 10 minutes, break up crust with a spoon and add more bread crumbs. Do this 3 times for a total cooking time of 1 1/2 hours. Serves 6.
Chef Joseph Styke is sous chef at the Water Club Seafood Grill in Plymouth, and an award-winning home brewer. Look for his column on the last Sunday of the month in Taste.

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flavors of the tropics.
Here are some of his tips for better baked goods:

■ When you're tackling a recipe, read it over first, measure the ingredients and have everything ready to go.

■ Over mixing cookie and muffin dough will result in a tougher cookie or muffin. When you're adding liquid to dry ingredients

mix just until incorporated. It's OK if there's still a few lumps in the batter.

■ Chill pie dough 30 to 45 minutes before you roll it out. You'll get a flaky pie shell.

■ Use an ice cream scoop to measure out uniform cookies. Kids can help portion out the dough.

Main dish salad recipes sought

Enter your favorite main dish salad recipe in a recipe contest being sponsored by the American Heart Association of Michigan.

The recipe should contain no more than a 3 ounce portion per serving of protein such as lean meat, chicken, fish, legumes or soy, and a fat-free, or reduced fat dressing, which is within American Heart Association dietary guidelines.

Recipes must be typed or clearly written. Include your name, address and a daytime phone number where you can be reached.

Send recipes to: American Heart Association of Michigan/Recipe Contest, 16310 W. 12 Mile Road, Southfield, MI 48076, or fax (248) 557-8533. Deadline for entry is Friday, Feb. 27. Five finalists will be chosen, and asked to prepare their salads for judging at the "Ask a Nutrition Expert - The

Registered Dietitians," a free educational event, noon to 4 p.m. Sunday, March 8, at Tel-Twelve Mall in Southfield.

The winning recipes will be featured in the Observer & Eccentric Taste section on Sunday, March 15, and in a brochure to be produced by the American Heart Association of Michigan.

First prize is a gift certificate for two for lunch at the Golden Mushroom in Southfield. Second place is two cookbook selections from the American Heart Association. Third place is one cookbook from the American Heart Association.

All five finalists will receive a subscription to Muriel Wagner's "Eating Younger" newsletter, which is filled with tips, recipes and nutrition information. Wagner is a registered dietitian and Observer & Eccentric Taste columnist. If you have questions, call Wagner, (248) 350-1180.

Readers share treasured family favorites

See related story on Taste front.
LOW FAT CHICKEN PAPRIKASH

1 1/2 pounds chicken - your choice boneless thighs, skinless, boneless chicken breasts, or a whole cut-up chicken

1 1/2 to 2 tablespoons paprika, or more to taste
1 tablespoon Canola oil
Fresh or dried Italian parsley to taste

1/2 pint light (or no fat) sour cream
1/2 cup flour
1 tablespoon instant minced onion

2 (14.5 ounce) cans chicken broth
1 teaspoon chicken bouillon
1/4 cup flour (for broth)

Mix 1/2 cup flour and paprika in a bowl and dip chicken pieces in mixture until well coated. Brown pieces (a few at a time) in oil, sprinkling on more paprika as desired.

Drain on paper towels. Pour oil from pot and rinse. Add chicken pieces, parsley, minced onion, chicken broth and bouillon. Bring to a boil, turn to low, cover pot and simmer until chicken is tender, about 30 minutes.

Taste, adjust seasonings, adding more chicken bouillon if desired. Remove chicken. You can cut up into 1/2-inch strips or leave intact as desired. Bring liquid to a boil and add 1/4 cup flour mixed with about 1/4 cup of cold water adding more to thin if too thick, and stir constantly to thicken.

Turn to low and add sour cream. Add chicken and simmer until hot (do not boil). Serve with dumplings

and/or mashed potatoes.

This recipe tastes best if you stir in the cooked dumplings and let it sit overnight before reheating.

DUMPLINGS

1 1/2 cups flour
1 egg

About 2/3 cup milk (I use dry low fat reconstituted milk)

Fresh parsley to taste, chopped (optional) - I'll have fresh parsley. I sometimes cut up the leaves and add that to the batter

Stir ingredients together. The batter should be very stiff. Heat a large pot of water to boiling. Lower heat so water is gently rolling. Dip a soup spoon in the water, then scoop a small amount of batter onto the spoon and dip into the water. (Dipping the spoon in the hot water first keeps the batter from sticking to it.) Continue until all the batter is used up. Cook with a lid on (low heat) for 10 minutes.

Drain in colander. If you prefer lighter dumplings, add 1/2 teaspoon baking powder to the batter. Serves 6.

Recipe compliments of Beverly Hirsch of Livonia, inspired by her Hungarian grandmother Elizabeth Gengor.

CREAMY CHICKEN & CHEESE ENCHILADAS

1/2 cup chopped onion
1 garlic clove, minced
1 tablespoon oil

2 cups chopped cooked chicken
1 can (4 ounces) chopped green chilies

1/4 cup chicken broth
2 teaspoons chili powder
1 teaspoon ground cumin
4 ounces cream cheese, cubed

Preparation time: 10 minutes
Cooking time: 11 minutes
4-to 6-1/2-ounce package rice pilaf mix
3 tablespoons butter
1 teaspoon Cajun seasoning
1 teaspoon finely chopped fresh garlic
1/2-pound (8 ounces) boneless, skinless chicken breast tenders

8-10 flour tortillas (6-inch)
1/4 pound Velveta cheese, cubed
2 tablespoons milk
1/2 cup chopped tomato, divided

Microwave onion, garlic and oil in 2 quart casserole on High 2 to 3 minutes or until tender, stirring after 2 minutes.

Stir in chicken, chilies, broth and seasonings. Microwave on High 4 minutes or until thoroughly heated. Add cream cheese, stir until melted.

Spoon about 1/3 cup chicken mixture onto each tortilla; roll up. Place seam side down, in 8-inch square baking dish. (Can be refrigerated at this point. You will need to heat tortillas longer if made ahead and refrigerated.)

Microwave Velveta, milk and 1/4 cup tomato in small bowl on High 2 to 3 minutes or until cheese is melted, stirring after each minute. Pour sauce over tortillas, top with remaining tomatoes. Microwave on high 6 to 8 minutes or until thoroughly heated, turning dish after 3 minutes.

Serves 2-3 people. Can be doubled (use 9 by 13-inch baking dish).

Recipe compliments of Gwen Krestel of Farmington Hills.

MEXICAN STEW

1 pound (100 percent) ground turkey breast
1 1/2 cups onions, diced
28 ounces canned tomatoes, no-salt added, liquid reserved

15 ounces canned pinto beans, drained and rinsed
17 ounces canned corn, drained

1 medium onion, cut into eighths
9-ounce package frozen peas
1/2 pound (8 ounces) cooked medium shrimp

Cook rice mix according to package directions.

Meanwhile, in a 12-inch skillet, melt butter until sizzling. Stir in seasoning and garlic. Add chicken

1 cup picante sauce
3/4 cup low-sodium vegetable juice (V-8 for example)
1 teaspoon ground cumin
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
1 teaspoon poultry seasoning
1 cup low-fat sharp Cheddar cheese, shredded
Brown ground turkey and onions. Add remaining ingredients. Bring to a boil, simmer covered for 15 to 20 minutes. Serves 6.

Nutrition information per serving: 346 calories, saturated fat 2g, total fat 6g (16 percent of calories), protein 35g, carbohydrates 37g, cholesterol 50mg, sodium 956mg, iron 3mg.

Recipe compliments of Brenda Seaman, Garden City.

AUNTIE FLO'S FRUIT SALAD

1 (3 ounce) package lime Jell-O
1 cup hot water
1/2 pint whipped cream
1 cup finely chopped marshmallows
2 packages cream cheese (3 ounces each)
1 (9 ounce) can crushed pineapple
1 cup chopped walnuts
Juice of 1/2 lemon
1/4 cup sugar
Pinch of salt

Dissolve Jell-O in hot water and cool. Put sugar in whipped cream. Mix marshmallows, nuts, pineapple and cream cheese. Fold in whipped cream and sugar mixture. Add to Jell-O. Chill until firm.

Recipe compliments of Peggy Peck of Redford.

Easy paella ready in 20 minutes

AP - For a quick-cooking main dish, serve Easy Paella. The recipe dish takes about 20 minutes to prepare and cook.

EASY PAELLA

Preparation time: 10 minutes
Cooking time: 11 minutes

4-to 6-1/2-ounce package rice pilaf mix
3 tablespoons butter
1 teaspoon Cajun seasoning
1 teaspoon finely chopped fresh garlic
1/2-pound (8 ounces) boneless, skinless chicken breast tenders

1 medium onion, cut into eighths

9-ounce package frozen peas
1/2 pound (8 ounces) cooked medium shrimp

Cook rice mix according to package directions.

Meanwhile, in a 12-inch skillet, melt butter until sizzling. Stir in seasoning and garlic. Add chicken

and onion. Cook over medium-high heat, stirring occasionally, until chicken is no longer pink, 7 to 9 minutes. Add peas, shrimp and cooked rice mix. Continue cooking, stirring occasionally, until peas and shrimp are heated through, 4 to 5 minutes. Makes 5 servings.

Note: For extra-spicy paella, add ground red pepper or hot pepper sauce to taste.

Recipe from: Land O'Lakes

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