

Nutritious oatmeal isn't just for breakfast

See related Oatmeal story on Taste front.

SWISS FRUIT MUESLI

3 ounces (1/4 cup plus 2 tablespoons) wheat kernels (available at health food shops)

2 ounces (1/4 cup) rolled oats

3 ounces (1/4 cup plus 2 tablespoons) raisins, chopped apricots or prunes

4 tablespoons chopped nuts (pecans, almonds, walnuts)

Fresh fruit (sliced peach, pear, strawberries, banana, apple or seedless red or green grapes)

8 ounces plain nonfat yogurt

Honey or maple syrup (optional)

In a bowl, combine wheat kernels, rolled oats, raisins or other chopped dried fruits, nuts and yogurt; stir until mixed. Cover and refrigerate overnight. Top with fresh fruit before serving.

Nutrition information: Each of the four servings contains 284 calories (will vary depending on type of fruit used) and 6 grams of fat.)

Recipe from the American Institute for Cancer Research

BANANA BREAD OATMEAL

3 cups fat-free milk

3 tablespoons firmly packed brown sugar

3/4 teaspoon ground cinnamon

1/4 teaspoon salt (optional)

1/4 teaspoon ground nutmeg

2 cups oats (quick or old-fashioned, uncooked)

2 medium-size bananas, mashed (about 1 cup)

2 to 3 tablespoons coarsely chopped toasted pecans

Vanilla nonfat yogurt (optional)

Banana slices (optional)

Pecan halves (optional)

In medium saucepan, bring milk, brown sugar, spices and salt to a gentle boil (watch carefully); stir in oats. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old-fashioned oats, or until most of the liquid is absorbed, stirring occasionally.

Remove oatmeal from heat. Stir in mashed bananas and pecans.

Spoon oatmeal into four cereal bowls. Top with yogurt, sliced bananas and pecan halves, if desired. Serves 4.

Cook's Tip: To toast pecans, spread evenly in shallow baking pan. Bake at 350°F. 5 to 7 minutes or until light golden brown.

Or, spread nuts evenly on microwave-safe plate. Microwave on HIGH 1 minute; stir. Continue to microwave on HIGH, checking every 30 seconds, until nuts are fragrant and brown.

Nutrition information: Calories 340, Calories from Fat 50, Total Fat 6g, Saturated Fat 1g, Cholesterol less than 5mg, Sodium 100mg, Total Carbohydrates 66g, Dietary Fiber 8g, Protein 14g, Calcium 288mg.

Recipe compliments of Quaker Oats

VEGETABLE OAT PILAF

1/2 cup chopped mushrooms

1/2 cup chopped green pepper

1/2 cup sliced green onions

2 cloves garlic, minced

1 tablespoon vegetable oil

1 3/4 cups old-fashioned oats, uncooked

2 egg whites or 1 egg, lightly beaten

3/4 cup chicken broth

2 teaspoons dried basil

1/2 teaspoon salt

1/4 teaspoon black pepper

1 medium tomato, seeded, chopped

Cook mushrooms, green pepper, onions and garlic in oil over medium heat, stirring occasionally until vegetables are tender, about 2 minutes.

Mix oats and egg whites until oats are evenly coated. Add oats to vegetable mixture in skillet. Cook over medium heat stirring occasionally until oats are dry and separated, about 6-8 minutes. Add broth, basil, salt and pepper. Continue cooking, stirring occasionally, 2-3 minutes or until liquid is absorbed. Stir in tomato. Serve immediately. Serves 8.

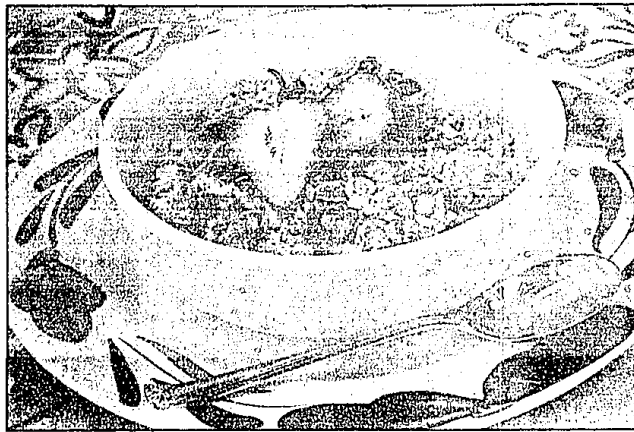
Recipe compliments of Quaker Oats

APPLE BERRY CRISP

Topping

1 cup oats (quick or old-fashioned, uncooked)

1/2 cup firmly packed brown sugar



Wake-up call: Muesli is a delicious combination of oats, fruits and nuts.

5 tablespoons margarine or butter

2 tablespoons all-purpose flour

Filling

4 cups thinly sliced Granny Smith apples (about 4 medium)

2 cups frozen blueberries (do not thaw)

1/4 cup firmly packed brown sugar

sugar

1/4 cup frozen orange juice concentrate, thawed

2 tablespoons all-purpose flour

1 teaspoon ground cinnamon

Vanilla ice cream (optional)

Heat oven to 350°F. In small bowl, combine topping ingredients; set aside. In medium bowl, com-

bine filling ingredients, stirring until fruit is evenly coated. Spoon into 8-inch square glass baking dish. Sprinkle topping evenly over fruit. Bake 30-35 minutes or until apples are tender. Serve warm or at room temperature with ice cream, if desired. Serves 9.

Recipe compliments of Quaker Oats

Get a healthy start with these good-for-you dishes

See related Living Better Sensibly column on Taste front.

BALSAMIC-ARTICHOKE SALAD

2-3 tablespoons balsamic vinegar

1 tablespoon Brown rice

syrup

1 1/2 cups chopped and drained canned unmarinated artichokes

2 cups drained canned mandarin orange segments

1/3 cup chopped fresh parsley

Whisk together vinegar and brown rice syrup. Add remaining ingredients and toss well. Let stand 20 minutes. 4 servings.

PIZZA MARGHERITA

4 ounces canned, peeled, and diced tomatoes

1 whole wheat flour tortilla or focaccia bread

1 tablespoon balsamic vinegar

1/2 teaspoon fresh ground pepper

18 fresh basil leaves, roughly chopped

8 ounces grated soy cheese

Preheat oven to 500°F. Empty tomatoes into sieve and set over deep bowl. Toss several times to speed draining. Reserve juice. Four about 2/3 cup reserved tomato juice into small saucepan.

Add vinegar and pepper. Bring to boil over high heat. Continue boiling to reduce liquid; you should have slightly more than 1/4 cup sauce. Remove pan from heat; stir to cool. Place dough of choice on lightly sprayed pan. Spread sauce over crust.

Top with fresh basil leaves and cheese. Bake until cheese melts, and crust is golden brown.

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CHOCOLATE BROWNIES

1/4 cup canola oil

2 teaspoons chocolate extract

flavor

2 large eggs

1/2 cup whole wheat flour

3/4 cup sugar

1/4 cup unsweetened cocoa

1/2 teaspoon baking powder

1/4 teaspoon salt

Stir ins:

Black Forest: 1/2 cup dried cherries, reconstituted and mixed in.

Hazelnut: 1/2 cup toasted hazelnuts.

Hawaiian: 1/3 cup coconut and 1/3 cup toasted macadamia nuts.

Orange: 1/3 cup candied orange peel and 2 tsp. orange liqueur.

Cappuccino: 2 teaspoons instant espresso dissolved in 2 teaspoons water.

Preheat oven to 350°F. Grease an 8-inch square pan. In medium bowl, mix oil, extract, and eggs. Add flour, sugar, cocoa, baking powder, and salt until just blended. Scrape batter into pan. Bake until top slightly springs back, about 15 minutes.

SPINACH DIP

1 package frozen chopped spinach thawed and drained well

1/2 cup chopped water chestnuts

1 cup non-dairy sour cream

1 cup lowfat non-dairy mayonnaise

1 package Lipton vegetable soup mix

1 round rye bread (hollowed out)

Combine ingredients and mix well. Chill for at least 2 hours. Cut out the center of a round rye bread loaf. Take the center piece of bread and cut it into cubes. Fill the hollowed out bread bowl with the dip. Use the cubed pieces of bread as the garnish and serve together.

Contact Living Better Sensibly to see how your worksite can have dynamic nutrition education and weight loss programs, along with healthy catered meals, at your worksite.

Your worksite may even qualify for a state grant to underwrite part of the cost of these programs. Call (248) 539-9424 for more information on group as well as individual weight management, education programs or cooking classes.

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Wine from page B5

The 1997 Ironstone Chardonnay is brimming with tropical fruit flavors and a fruit-driven finish, with a light touch of oak. Its a wine that says, "Pull the cork and enjoy me today."

Ironstone Merlot from the 1996 vintage is blended with cabernet sauvignon for structure. Red fruit dominates with olive complexities in the background and a mellow palate impression.

Bright cherry and juicy blackberry fruit are the hallmarks of the fruit driven 1996 Ironstone Cabernet Sauvignon.

There aren't many varietal cabernet francs on the market and those that are, are often mucked up with too much oak. The 1996 Ironstone Cabernet Franc sings blueberries and bright red fruits finishing with spicy peppery notes.

Ironstone 1995 Shiraz is yummy and jammy with smoky

Ironstone 1995 Shiraz is yummy and jammy with smoky bacon accents that make you think of a Rhone wine from France. Ironstone was the first California winery to release a varietal Shiraz in 1992.

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The 1997 Ironstone Obsession is an off-dry white wine, made from the symphony grape, a hybrid developed in the U.S. and produced from a cross between muscat of Alexandria and grenache gris. Refreshing and crisp, it makes a great match with Asian, Thai or spicy Cajun foods.

To repeat, all Ironstone wines are incredible values for just under \$10.

Wine Seminar

We're conducting "Seeing Red" an all red wine seminar 7:30-9:30 p.m. Mondays Jan. 25, and Feb. 1, 8 and 15, at the Townsend Hotel in Birmingham, \$120 per person for the series. Topics include red wines from the Rhone Valley, Australia, Italy and Bordeaux. Phone (248) 644-3443.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Heads, dial (734) 953-2047 on a touch-tone phone, mailbox 1864.