

Chef shares recipes for soulful dishes

See related *Soul Food* story on Taste front. Recipes compliments of Chef Lorenzo Sprattling.

UN-FRIED CHICKEN

- Serves to 6
Light vegetable oil cooking spray
2 pounds of skinless, boneless chicken breasts
2 cups ice cubes
3/4 cup non-fat yogurt
1 cup dried Italian bread crumbs
1 cup flour
1 Tablespoon Old Bay Seasoning
1/2 teaspoon garlic powder
1/2 teaspoon seasoning salt
1/8 teaspoon freshly ground black pepper
1 Tablespoon paprika

1/2 teaspoon thyme
1/2 teaspoon basil
1/2 teaspoon oregano
Preheat oven to 400°F
In a large bowl, combine ice cubes and chicken and refrigerate half an hour. Place yogurt into a medium bowl. Place remaining ingredients into a large bag that seals tightly. Shake well to mix. Remove three pieces of chicken from ice water.
Roll each piece in yogurt. Put the chicken into the plastic bag, reseal and shake to coat thoroughly. Transfer the breaded chicken to a baking sheet that has been sprayed with the cooking spray. Spray each piece of chicken lightly with cooking spray.
Place the baking sheet on the bottom shelf of the oven and bake for 1 hour, turning the pieces every

15 minutes to assure even crispiness.
Nutrition information per serving: Calories: 175, Protein (g): 28, Fat (g): 3, Sodium (mg): 610, Carbohydrates (g): 5, Percent of calories from fat: 16.5.

COLLARD GREENS

- Serves 4
2 pounds collard greens
1/2 pound smoked turkey breast, cubed
1/2 pound cabbage (about 1/4 of a medium-size head)
1/2 cup finely diced onion
1 teaspoon freshly ground black pepper
1/2 teaspoon cayenne pepper
1 quart cold water
Wash greens thoroughly, dis-

carding stems and yellow leaves. Cut greens and cabbage into small pieces. In a large pot add water, greens, onion, black pepper and cayenne.
Simmer for 30 minutes. Add turkey breast and simmer 30 more minutes until greens are tender. Serve with a slotted spoon.
Nutrition information per serving: Calories: 92, Protein (g): 10.5, Fat (g): 2, Sodium (mg): 330, Carbohydrates (g): 13, Percent of calories from fat: 19.

SWEET POTATO PIE

- Serves 10
2 cups cooked sweet potatoes peeled
3/4 cup honey
4 egg whites
1 cup skim milk
1-1/2 teaspoons grated nutmeg

1 teaspoon fresh lemon juice
1 (9) inch reduced-fat pie shell (recipe to follow)
Preheat oven to 375°F. With an electric mixer thoroughly blend all ingredients together. Pour the filling into the pie shell and bake about 40 minutes or until firm. Remove the pie from the oven and allow it to cool.
Nutrition information per serving (minus crust): Calories: 145, Protein (g): 3.5, Fat (g): 0, Sodium (mg): 60, Carbohydrates (g): 35, Percent of calories from fat: 1.5.

REDUCED-FAT 9-INCH PIE SHELL

- 1-1/2 cups all-purpose flour
1/2 teaspoon salt
3 Tablespoons reduced-fat margarine, cold, cut into small pieces

3 Tablespoons cold skim milk
Mix flour and salt together in a bowl. Add margarine and blend with a fork or pastry blender until the mixture resembles coarse crumbs.
Add milk and blend until ingredients hold together. Shape into a ball and wrap in plastic wrap. Refrigerate until chilled. Place the dough on a lightly floured board and roll out to about 1/8 inch thick circle. Roll the dough at least 2 inches larger than the pie pan.
Fold dough in half and gently place it in the pie pan. Unfold the dough and fit into the pan, tucking an extra 1 inch of crust to make a stand up edge.
Nutrition information per serving: Calories: 9, Protein (g): 2, Fat (g): 3.5, Sodium (mg): 141, Carbohydrates (g): 18, Percent of calories from fat: 35.

Here are some delicious ways to enjoy your veggies

See related *2 Unique* column on Taste front.

LENTIL AND POTATO STEW

- 1 cup lentils
4 cups hot vegetable or chicken stock
1 Bay Leaf
2 potatoes, scrubbed and cubed
1 cup carrots, diced
1 cup parsnips, diced
1 cup turnips, diced
1 tsp. turmeric

1/4 teaspoon cayenne
1/4 teaspoon cinnamon
1/4 teaspoon coriander, ground
1/4 teaspoon cloves
2 tablespoons cumin
2 large tomatoes, chopped or 2 cups canned chopped tomatoes
1 teaspoon honey
1 tablespoon olive oil
Salt and pepper to taste
In a saucepan, heat olive oil and saute vegetables until tender (about 5 minutes).

Add tomatoes and spices and cook for 2 minutes. Add stock and lentils, simmer (uncooked) for 30-35 minutes until lentils are Al dente.
Finish by stirring in honey, salt and pepper. Serve.
Yield: 10-12 (10 ounce) servings.

EASY RATATOUILLE

- 1 tablespoon olive oil
1 large Spanish onion, diced
4 cloves garlic (minced)
1 zucchini (medium diced)

1 yellow squash (medium diced)
1 eggplant (peeled and medium diced)
10 plum tomatoes diced or 2 cans
1 teaspoon capers (optional)
1/4 cup fresh basil
1/2 teaspoon salt
1/2 teaspoon pepper
Heat oil, saute onions and garlic until caramel in color. Add diced vegetables, capers, reduce to a simmer (low heat) cover and simmer, stirring occasionally for 35 minutes.

Remove lid and continue to cook another 15 minutes, adjust seasoning, add basil. Eat with bread or as a chunky pasta sauce.
Yield: 8 (6-8 ounce) servings.

Gobble up all the vegetables you can. Consider this hearty vegetable soup part of your arsenal for staying well.

GOOD FOR YOU GARDEN SOUP

- 2 quarts Veggie or Chicken Stock
3 carrots
2 zucchini

1 yellow squash
2 cloves of garlic
1 red pepper
2 tomatoes
1/2 cup button mushrooms
1 onion
2 stalks of celery
1 cup green beans
Clean and medium dice all vegetables. Place in a large stock pot.
Add stock. Bring to almost a boil. Reduce Heat and Simmer for 35-45 minutes.
Yield about 10 (6-7 ounce) servings.

Beef Stroganoff ready in 20 minutes

AP This version of Beef Stroganoff is not only festive, it's simple to make and should have the cook out of the kitchen in 20 minutes.

The recipe calls for beef tenderloin tips stir-fried and combined with mushrooms, onions and broth. It is served over bow-tie pasta, accompanied by a salad of mixed greens dressed with a herbed vinaigrette.

BEEF STROGANOFF

- 1/2 cups uncooked farfalle (bow tie) pasta

- 1 pound beef tenderloin tips
Vegetable cooking spray
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 pound sliced fresh mushrooms
1/3 cup coarsely chopped onion
2 teaspoons vegetable oil
1 to 2 tablespoons all-purpose flour
3/4 cup ready-to-serve beef broth
1 tablespoon sliced green onion

1/4 cup dairy sour half-and-half
Cook pasta according to package directions. Keep warm.
Meanwhile, trim fat from beef, cut into 1- by 1/2-inch pieces. Spray large nonstick skillet with cooking spray. Heat skillet over medium-high heat until hot. Add beef (half at a time) and stir-fry 1 to 2 minutes or until outside surface is no longer pink. Remove from skillet; keep warm. Season with salt and pepper.
In same skillet, cook mushrooms and onion in oil 2 minutes or until

tender; stir in flour. Gradually add broth, stirring until blended. Bring to a boil; cook and stir 2 minutes. Return beef to skillet; heat through.
Serve beef mixture over pasta. Sprinkle with green onion; pass sour half-and-half to put on top.
Makes 4 servings.
Nutritional facts per serving: 344 cal., 30 g pro., 25 g carbo., 13 g fat, 344 mg sodium, 77 mg chol.
Recipe from: National Cattleman's Beef Association.

COOKING CALENDAR

Send items for consideration in *Cooking Calendar* to *Kathy Wygnik, Taste editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150, or fax (734) 591-7279.*

MAPLE SYRUP FESTIVAL
Cranbrook Institute of Science, 1221 N. Woodward Ave., Bloomfield Hills, hosts its 25th annual Maple Syrup Festival, Saturday-Sunday, Feb. 27-28.
Observe tree tapping along Cranbrook's Nature Trail, learn about the history and science behind maple syrup production. An all-you-can eat pancake breakfast will be held Sunday, Feb. 28 with seatings at 8 a.m.

and 9 a.m. followed by a 90-minute program. The cost for the pancake breakfast cost is adults \$10, children (12 and younger) \$8. Pre-registration is required.
Call (248) 645-3230. The Science Institute is open daily 10 a.m. to 5 p.m.
KITCHEN GLAMOR
Linda Drysdale presents a cooking demonstration class, *Italia Torta - Veggies and Potato Dishes*, 6:30 p.m. Friday, Feb. 19 at the Rochester store, Walton at Livernois, Great Oaks Mall. There is a \$3 fee, call 1-800-641-1262 for information about winter and spring cooking classes.

Winter Fun!

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Vegetarian casserole hearty winter fare

AP — This nicely seasoned Vegetarian Couscous Casserole is a hearty main-dish offering.
It's served over fresh spinach, to warm the family on a cold winter day.

VEGETARIAN COUSCOUS CASSEROLE

1 1/2 cups water
1/4 teaspoon salt
1 cup couscous, uncooked

15-ounce can black beans, drained and rinsed
8 3/4-ounce can corn, drained and rinsed
8-ounce can sliced water chestnuts, drained and rinsed
7-ounce jar roasted peppers in water, drained and cut into strips
1/3 cup green onions, minced

2 tablespoons pickled jalapeno pepper, minced
1 cup part-skim ricotta cheese
2 tablespoons balsamic vinegar
2 teaspoons sesame oil
1 teaspoon cumin
Nonstick cooking spray
6 cups fresh spinach leaves

Bring water and salt to a boil in saucepan. Remove from heat. Add couscous and stir well. Cover and let stand 5 minutes or until liquid is absorbed.
Add black beans, corn, chestnuts, roasted peppers, onions and jalapeno peppers. Stir gently.
Combine cheese, vinegar, oil and cumin. Stir into couscous mixture. Spoon into an 11- by 7- by 2-inch baking dish coated with nonstick cooking spray. Bake, uncovered, at 350 F for 25 minutes. To serve, spoon couscous mixture onto individual servings of spinach.
Makes 6 servings.

Nutritional facts per serving: 252 cal., 39 g carbo., 6 g fat, 13 mg chol., 14 g pro., 7 g fiber, 460 mg sodium.
Recipe from: Michigan Bean Commission.

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