

If you have food allergies, try these recipes

See related Living Better Sensibly Column on Taste front. **QUICHE ALA' ANNE**

Crust:
3/4 cup amaranth flour
1/3 cup plus 1 tablespoon olive oil-based margarine
4 - 5 tablespoons cold water
1/2 teaspoon salt

Preheat oven to 375° F. In a large mixing bowl, combine flour, salt and margarine. Blend with a pastry blender until flour and margarine are mixed and form little beads or coarse crumbs.

Sprinkle cold water over flour mixture. 1 tablespoon at a time, mixing with a fork or pastry blender until particles are moistened and cling together.

Form dough into a ball. Roll out on a floured pastry sheet or wax paper into a 11 - 12 inch circle. Place in a 9-inch pie pan. Flute

edges. Prick bottom of crust with a fork. Bake about 10 minutes. Remove from oven.

Filling:
1 small zucchini, sliced and partially cooked
1 onion, sliced and partially cooked
3 carrots, peeled, sliced and partially cooked
3/4 cup chopped cauliflower, partially cooked
1/2 cup Morningstar Farms Harvest Burger Recipe Crumbles
1/4 teaspoon pepper
1/4 teaspoon nutmeg
1 1/2 cup Morningstar Farms Scramblers
1/2 - 2/3 cup soy milk
1/2 cup SoyKaas Mozzarella

Style Cheese, shredded
1/2 cup SoyKaas Monterey Jack Style Cheese, shredded
1 tablespoon barley flour

Mix the seasonings, egg substitute, soy milk and barley flour together. Spread 1/3 of the cheese mixture over the bottom of the pre-baked pie crust.

Mix vegetables and crumbles together and spread evenly over cheese and crust.

Place remaining cheese over vegetables. Pour milk mixture over cheese and vegetables. Bake 35 - 40 minutes until quiche is set and golden brown. If a knife is inserted in center, it should come out clean. Yields 6 servings.

SPELT PIZZA
1-8 inch spelt pizza crust
Olive oil

1/2 cup marinara sauce
2 - 3 Morningstar Farms Harvest Burger Recipe Crumbles
1/2 onion, sliced and partially cooked
1/2 cup chopped fresh broccoli, partially cooked
1/2 red pepper, julienne sliced
5 oz. shredded SoyKaas Mozzarella Style Cheese

Brush crust with lightly with olive oil. Spread sauce over crust. Sprinkle 1/2 the amount of cheese over sauce. Evenly distribute onions, broccoli, and pepper over crust. Top with remaining cheese.

Bake at 400° F for 16 minutes until cheese is bubbly and begins to brown. Yields: 4 slices

CHOCOLATE CAKE FROM JANE ZUKIN'S DAIRY-FREE COOKBOOK

1 and 2/3 cup sugar
2/3 cup milk-free margarine
3 eggs
1/2 teaspoon vanilla
2 cups flour
2/3 cup cocoa powder
1 and 1/4 teaspoons baking soda
1 teaspoon salt
1/4 teaspoon baking powder
1 and 1/3 cups water

Preheat oven to 350° F. Place sugar, margarine, eggs and vanilla in mixing bowl and beat on high for three minutes.

Combine dry ingredients and add alternately with water to creamed mixture.

Pour into two greased and cocoa powdered 9-inch round

baking pans. Bake for 30 - 35 minutes. Let cakes cool in pans for ten minutes. Invert onto wire racks to cool completely. Frost, glaze or dust with confectioners sugar. Serves 16.

Nutrition information: 230 calories, 3 grams protein, 10 grams fat, 36 grams carbohydrate, 311 mg sodium, 51 mg cholesterol.

Join Beverly Price for "Natural Treatment Options for Menopause." - Lecture and Cooking, 7-9 p.m. Wednesday, May 19 at her office in Farmington Hills. Cost is \$35 per person. Space is limited. Register by calling (248) 539-9424.

Spring is the best season to enjoy asparagus

By DANA JACOBI SPECIAL WRITER

Asparagus was once an eagerly awaited harbinger of spring. Bundles of it, erect and round, with bright green stalks shading into purple tips, were available for a few weeks, then gone until the next year.

Though we now find it standing in attention in markets almost year-round, to me asparagus still tastes best in spring. At the local farmers market, I pick out stalks that are firm from their closed tips to their green or creamy white bottoms, avoiding spears with ridges, a sign they are drying out. Even at the supermarket, I buy asparagus only if it is loose or packaged in a flat tray, because banding the fragile spears into bundles with wire or rubber bands makes them sweat, which hastens spoiling.

To trim the thin asparagus I prefer, I hold one stalk in my hand at a time, near the bottom. With the other hand, I push until the stalk breaks off almost

invariably, it snaps just at the point where the woody, inedible part and the succulent length meet.

Pat stalks I cut with a knife. Peeling asparagus is too much work, so I never bother. But I do serve only all fat or all thin stalks, as they cook more uniformly than when the sizes are mixed together. I cook the asparagus in a wide skillet filled with an inch of water, boiling thin spears for three minutes, and fat ones no more than six minutes, because I like them crisp.

In Italy, I learned to eat asparagus, lined up on a plate like soldiers, showered with grated Parmesan cheese, then topped with an egg fried in butter and drizzled with the browned butter from the pan. Now I only indulge in a much modified version of this dish, made with a poached egg and a bare sprinkling of Parmesan. Once a year, this is my spring feast.

When using asparagus in dish-

es like this celebration of spring, just cut the stalks into lengths and cook them along with the other vegetables. Or toss the raw pieces into a stir-fry. Roasting spears barely coated with a drop of olive oil, until they are lightly browned, is another treat I highly recommend.

SPRING PASTA WITH ASPARAGUS
12 ounces fresh or dried angel hair pasta
Olive oil-flavored cooking spray
1 small red onion, finely chopped (1 cup)
8 medium asparagus, cut in 1/2-inch slices
1/2 cup frozen baby green peas
1 cup defatted chicken broth, or vegetable broth
12 cherry tomatoes, halved
1/2 cup crumbled feta cheese, 2 ounces
1 tablespoon extra virgin olive oil

1/4 cup chopped basil leaves
1/4 cup chopped Italian parsley
Salt and freshly ground pepper
Cook the pasta in salted water, according to package directions, until al dente.

Drain, and place the pasta in a large bowl. Spray the pasta generously with the cooking spray and toss, to keep it from sticking together. Place the bowl in the oven to keep warm.

Spray a medium skillet generously with the cooking spray. Place the pan over medium-high heat. Sauté the onion 1 minute. Add the asparagus and peas.

Saute until the asparagus is bright green, about 2 minutes. Add the broth, and cook until asparagus is tender-crisp, about 2 minutes. Stir in the tomatoes, cooking until they are heated through. Season this topping to taste with salt and pepper.


Divide the pasta among 4 shallow soup bowls, preferably

warmed in advance. Top with the vegetables and their liquid. Sprinkle on the cheese. Drizzle on the olive oil. Top with the basil and parsley, and serve immediately.

Nutrition information: Each of

the four servings contains 438 calories and 8 grams of fat. Written for the American Institute for Cancer Research by Dana Jacobi, author of "The Best of Clay Pot Cooking" and "The Natural Kitchen: SOY!"

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
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Invites you to attend an Informational Meeting

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The Edison Project

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