

Chippy from page B1

sprinkle half of mixture over half of dough. Fold over. Sprinkle remaining mixture on one-half of folded dough. Fold again. Roll out to one-quarter inch thickness. Brush with egg white and sprinkle with salt and cayenne. Cut in strips 1/2-inch by 6 inches. Bake at 450°F until crisp and golden brown.

CHIP-COATED OVEN-FRIED CHICKEN

- 1 1/2 cups finely crushed potato chips
- 1 teaspoon salt (may eliminate)
- 1/4 teaspoon pepper
- Dash of paprika
- 2 to 3 pound fryer (cut in pieces)
- 2 eggs, slightly beaten
- 1/4 cup milk
- 1/4 cup butter or margarine
- Combine crushed potato chips, salt, pepper, and paprika. Combine eggs and milk. Dip chicken first in egg and milk mixture, then in chip mixture.
- Melt butter in baking dish. Add chicken (do not stack) and bake at 325°F for 45 minutes or until tender.

TUNA CASSEROLE

- 3 tablespoons chopped onions
- 3 tablespoons chopped green pepper
- 1 tablespoon melted butter or margarine
- 2 tablespoons diced pimiento
- 1 can cream of chicken soup
- 1 can cream of celery soup
- 1 can substitute cream of spinach or cream of asparagus soup
- 2/3 cup milk
- 1 tablespoon lemon juice
- 2 cans (7-ounces each) tuna, drained and flaked

Herb from page B1

Besides flavoring foods, many herbs have medicinal value. Eating rosemary, basil and parsley may reduce lung cancer. Ginger fights nausea and motion sickness. Because it fights inflammation, ginger helps arthritis patients. It may also help thin the blood preventing blood clots.

Sage, dill, anise and fennel help prevent intestinal gas and aid digestion. The menthol in peppermint can be a soothing muscle relaxant.

Herbs can be grown on your window sill. They need a lot of light so place pots in a south or west window. Herbs don't take up a lot of space and don't require a lot of care.

The fragrance of fresh herbs in the house is wonderful. Water the soil when the pot begins to dry out; you may want to fertilize your herbs once a month.

The advantages of having "herbs" in your life continue to add up. They give food flavor, require little space or care, and their health benefits cannot be denied.

Lois M. Thieleke of Birmingham is an Extension Home Economist for the Michigan State University Extension - Oakland County.

For answers to food questions, call the hot-line (248) 858-0904.

Better from page B1

Made. But that's history. The real story remains the process by which potato chips are made, the potato's journey from field to bag of chips.

Spuds to chips

Everything starts when a truck carrying 45,000 to 85,000 pounds of potatoes arrives at Better Made and backs onto a lift. The lift raises up the entire truck at an angle, allowing the potatoes to tumble into a conveyor, which shakes off excess dirt.

The conveyor then feeds the potatoes into storage vats that hold up to 50,000 pounds. From the vats, it's a short ride on a hopper to the water-filled "destoner." All stones and field debris are then removed.

Next comes the revolving slicer, followed by a wash in a rotating drum to remove most of

the starch. Afterward, the slices are blown dry and ready to be fried. The oil (80,000 pounds a week) is pumped into the fryer through a network of tubing from huge heated vats in an adjoining room.

"We use nothing but cottonseed oil. It's the most expensive now because of the drought in Texas, but we refuse to change our formula," said Moceri.

After a short fry, the chips are salted and whisked along a vibrating conveyor belt under sharp eyes of a chip inspector to the final bagging process.

The entire frying process, from peeler to salting, takes seven minutes, said Moceri. A truckload of potatoes can be transformed into chips in just 25 minutes.

Lots of potatoes

Better Made processes 200,000 pounds of potatoes a day, or 40 million pounds a year. The potatoes are specially grown varieties, like Atlantic's or Snowden's. "More solid, less sugar, which keeps them nice and white," said Moceri.

Salad offers a taste of the Middle East

AP — Falafel is a Middle Eastern tradition, as popular in many countries as hamburgers and hot dogs in the United States. And the dish, breaded garbanzo bean croquettes, is a favorite of many vegetarians.

Today, more and more Americans are discovering the delights of such once-foreign foods from other countries. Falafel is already on menus in

restaurants other than those devoted to ethnic specialties. In cities, it's a familiar offering on fast-food carts patronized by sidewalk diners.

The following version of Falafel has only 4 grams of fat per serving. It goes well with a tangy Tomato-Cucumber Relish (recipe follows), and with pita bread as an optional extra.

FALAFEL

- 15-ounce can garbanzo beans, rinsed, drained
- 1 medium onion, coarsely chopped
- 1/4 cup packed parsley leaves
- 2 cloves garlic, minced
- 1/2 teaspoon ground cumin
- 3/4 teaspoon dried oregano leaves
- 2 to 3 teaspoons lemon juice
- Salt and pepper to taste
- 1 cup dry plain bread crumbs
- 1/4 cup chopped raisins
- 1 egg yolk
- Olive oil cooking spray

Process garbanzo beans, onion, parsley, garlic, cumin and oregano in food processor until smooth; season to taste with lemon juice, salt and pepper. Stir in 1/2 cup bread crumbs, raisins and egg yolk. Form bean mixture into 16 patties, using about 1 1/2 table-

spoons for each. Coat patties with remaining 1/2 cup bread crumbs. Spray large skillet with cooking spray; heat over medium heat until hot. Cook falafel until browned on the bottom, 2 to 3 minutes. Spray top of falafel with cooking spray and turn; cook until browned on the bottom, 2 to 3 minutes. Arrange 4 falafel on each plate; serve with Tomato-Cucumber Relish. Makes 4 servings.

TOMATO-CUCUMBER RELISH

- 1/2 cup chopped tomato
- 1/2 cup chopped cucumber
- 1/3 cup fat-free plain yogurt
- 1/2 teaspoon dried mint leaves (optional)
- Salt and pepper, to taste

Combine tomato, cucumber, yogurt and mint leaves in small bowl; season to taste with salt and pepper.

Nutrition facts per serving: 311 cal., 4 g fat, 58 g carbs, 675 mg sodium, 12 g pro., 7 g dietary fiber, 54 mg chol.

Recipe from: Bean Education & Awareness Network.

In the spring and summer, Better Made gets their potatoes from Florida and other southern states. For the rest of year, it's Michigan spuds.

Although most of Better Made's potato chips fry up a nice pale yellow, a few fry up brown. But don't dare call them "burnt." Those dark brown chips, called "rainbows," result from a more sugary potato, not overfrying.

Rainbows have their own devoted following. Bob Marracino, general manager, said chip-lovers in his home state of New Jersey prefer a browner chip. Not so in Michigan. "They tell me to bring it back and fry it. For Michigan, it's a snow-white chip. They judge by color."

No matter what the color, it takes a lot of potatoes to produce a bag of chips. One hundred pounds of potatoes produces just 21 pounds of chips.

Best chips

Redford resident Margaret Cartier, 80, who grew up near Gratiot, remembers bringing many of her 11 siblings (Arcile,

Otto, Johnny, Virgie, Billy, etc.) to Better Made for free bags of broken chips.

Later, she and her future husband would pick up a fresh bag of chips and head out to Detroit City Airport for some munching and kissing.

"They were the best," Cartier said about the chips. "They were wonderful. They're nice people. We've always bought Better Made chips. I used to like the curlier ones."

Chips produced from Memorial Day through December have the best taste, said Moceri. However, peak taste occurs in August, when Michigan potatoes are harvested.

Moceri doesn't like chips with dark brown spots, from bruised potatoes, or chips tinged with green, the result of the sun directly hitting the potato's skin while in the field.

"I like a chip with a little color," he said. In other words, he likes the rainbows.

Curly or flat, light yellow or toasty brown, the perfect chip is ways in the eye and mouth of the beholder.



Super sandwich: Vegetable Lawash with Roasted Garlic Sauce, created by Chef Derin Moore at the Golden Mushroom restaurant, is one of the sandwiches offered for sale at the 1999 Detroit Symphony Designer Showhouse and Gardens.

Roll-up sandwich a 'designer' special

You're sure to work up an appetite visiting the 1999 Detroit Symphony Designer Showhouse and Gardens, 1717 Balmoral Dr. Detroit. When you're hungry, stop by the Carriage House Cafe to enjoy some of the snacks prepared by the Golden Mushroom restaurant in Southfield.

Show hours are 10 a.m. to 4 p.m. through Sunday, June 6. Admission is \$20 at the door. Call (313) 676-6101.

VEGETABLE LAWASH WITH ROASTED GARLIC SAUCE

- Makes 10 servings
- 10 pieces lawash
- 1/2 cup licam, chopped fine julienne
- 1/4 red onion, chopped fine julienne
- 1 carrot, chopped fine julienne
- 2 cups Napa cabbage, shredded
- 1 zucchini, chopped fine julienne
- 1 yellow squash, chopped fine julienne

- 1/2 red pepper, chopped fine julienne
- 1/2 yellow pepper, chopped fine julienne
- 1 cup red wine vinaigrette
- 1 cup mayonnaise
- 1 teaspoon lemon juice
- 2 tablespoons roasted garlic puree
- Splash of Tabasco sauce
- Splash of Worcestershire sauce
- 2 teaspoons shallots, minced
- Salt and pepper to taste

Combine all of the fine cut vegetables and toss with the vinaigrette. Adjust seasonings if needed.

Combine the mayonnaise with the remaining ingredients and spread 2 tablespoons on each sheet of the lawash.

Divide the vegetable mixture evenly between the ten sheets of lawash and roll tightly, folding in the edges.

Cut on a bias and present chilled.

May 22 - June 12

FREE Tennis Lesson

Absolutely free!

- For Beginners & Former Players
- Adults, Kids, Families Welcome
- Loaner Racquets Available

... it's fun!!!

Just call one of these locations nearest you to sign-up!

Auburn Hills Parks & Recreation 248-370-9353	Oak Park 248-691-7555
Beverly Hills Athletic Club 248-642-5500	Oxford Parks & Recreation 248-628-1720
Birmingham Comm. Tennis Assoc. 248-844-5083 (wheelchair site)	Rochester Hills Tennis & Swim 248-852-1500
Bloomfield Parks & Recreation 248-433-0085	Rochester Parks & Recreation 248-856-6208
Canton Parks & Recreation 734-347-5110	Royal Oak Parks & Recreation 248-544-6580
Deer Lake Athletic Club 248-625-8688	Southfield Park & Recreation 248-354-9510
Farmington Tennis Club 248-478-3248	Springfield Parks & Recreation 248-834-0412
Franklin Racquet Club 248-352-8000	Square Lake Racquet Club 248-332-8221
Huntington Woods Parks & Rec 248-541-3030	Troy Parks & Recreation 248-524-3484
Independence Parks & Rec 248-825-8223	Waterford Parks & Rec 248-825-2447
Livonia Family YMCA 734-281-2181	West Bloomfield Parks & Rec 248-733-2500
Livonia Parks & Rec 734-466-2413	
Northwest YMCA 313-937-2544	

sponsored by **SPORTS**

Arts Festival

23rd Annual Livonia

June 12 & 13

Sat: 10 - 6 • Sun: 10 - 5

220 Exhibitors!

Categories include: Ceramics/Pottery • Fiber • Glass • Jewelry • Leather • Wood • Metal/Iron • Fine Art - original & prints • Photography and Much More!

Free Parking • Free Shuttle • Free Admission • Free Entertainment • A variety of Foods Available

Greenmead Historical Village
8 Mile and Newburgh Rd.

Again this year - Fine Arts in the Village

Sponsored by the Livonia Arts Commission

LEGAL NOTICE

THE MITCHELL FAMILY FOUNDATION
c/o Marvin E. Moore, CPA
999 Haynes Street, Suite 255
Birmingham, Michigan 48009
Phone 8 1-248-723-3280

The Annual Federal Tax Return Form 990PF Year 1998 is available for inspection during regular business hours and a free copy of the Tax Return will be sent upon request.
Notice: May 11 and 12, 1999

FATHER'S DAY BUFFET

at the **HOLIDAY INN LIVONIA WEST**

SUNDAY, JUNE 20th
11 A.M. - 3 P.M.

Holiday Inn LIVONIA WEST

1-275 & 6 Mile Rd. • Livonia

Call for Reservations: **(734) 464-1300**

Adults	\$16.95
Seniors	\$14.95
Children 12 & under	\$7.95