

## Sense from page B1

Coffee and tea should be kept tightly covered to stay fresh. They keep best refrigerated or frozen. Cabinets over the stove get hot, so spices, packages and canned foods won't last long under such conditions. Store these foods somewhere else. Use above the stove places for storage of seldom used pots and pans.

Butter and margarine should be refrigerated. Wrap them well if you are refrigerating or freezing as both can pick up odors from other foods.

The refrigerator door does not stay as cold as the rest of the refrigerator, so do not store highly perishable foods there such as milk or eggs. Use the door for storing condiments, such as salad dressings, mustard, catsup, etc.

Some dry packaged foods and canned foods require refrigeration once they are opened; some even before they are opened. Get into the habit of checking labels for storage information. If you buy the product out of the refrigerator case at the store, it will require home refrigeration.

The faster foods are cooled, the less time there is for bacteria to grow. Avoid putting hot leftovers into large containers to refrigerate.

ate. The center may be dangerously warm for too long. Instead put hot food into small shallow containers to cool faster. Leftovers in the refrigerator should be used within a couple of days.

Foods should not be stacked or overcrowded in the refrigerator. Don't cover refrigerator shelves with foil or any material that interferes with the air circulation. Don't block the vents, as the air needs to circulate freely to maintain the right temperature. The ideal temperature for the refrigerator is 38-40 degrees F. Refrigerated foods stored above 40 degrees F for more than two hours should be discarded.

Resist any temptation to taste food that doesn't look or smell just right. You don't have to swallow the food to be poisoned by the toxins produced by certain types of bacteria. By smelling you can inhale the toxins, too. Develop excellent food storage savvy for economic and health reasons.

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.

**Star Dust Ballroom**  
Beginning Ballroom  
"The Art of Partner Dancing"  
\*6 Week Couples Class\*  
Monday, September 20 8-10 p.m.  
\* Limited to 10 Couples \* Register Early  
\* Swing \* Nite Club \* Latin  
Promenade Plaza • 20651 Northwestern Hwy.  
Southfield, MI 48034 • (248) 356-5378  
www.stardustballroom.com

**pure**  
LASER HAIR REMOVAL & TREATMENT CLINIC  
AT SOMERSET  
Helping You Choose  
The Best Solution...  
**Laser Hair Removal**  
Electrolysis & Waxing  
Three laser options to treat  
all skin types in all seasons  
Call Detroit area's most experienced hair removal  
professionals for your complimentary consultation  
**248.816.6307**  
3290 W. Big Beaver Road, Suite 410, Troy, MI 48064  
Somerset Mall Area

**WALTONWOOD**  
Assisted Living Residence  
Gracious living & supportive care  
Waltonwood of Royal Oak  
3450 W. Thirteen Mile Road  
across from William Beaumont Hospital  
Experience the finest in assisted living at Waltonwood of Royal Oak. Our elegant apartments provide an ideal setting for personalized care and quality services. Visit our new community in the heart of the city. Check out these benefits:  
■ Private studio and one-bedroom furnished apartments  
■ Professional, courteous staff to assist with personal needs  
■ Nutritious meals served in an elegant dining room  
■ Housekeeping and linens  
■ Beauty shop, gift shop and inviting common areas  
■ Activities, outings, scheduled transportation and more.  
For more information, call (248) 549-6400.  
Waltonwood communities offer the finest in independent living and assisted living.  
Call today for a personal tour:  
Rochester Hills (248) 375-2500  
Novi at Twelve Oaks (248) 735-1500  
Canton (734) 844-3060  
(opening soon)  
SINGH  
Waltonwood Services LLC  
Licensed home for the aged

## Nutrition from page B1

Obesity increases risk for heart disease, certain types of cancer, stroke, diabetes and high blood pressure. So lessons on good nutrition can be just as important for your child as learning the three R's.

Information from the American Institute for Cancer Research. Visit them on the Web at [www.aicr.org](http://www.aicr.org).

### Here are some recipes to try: OAT-RAISIN APPLESAUCE COOKIES

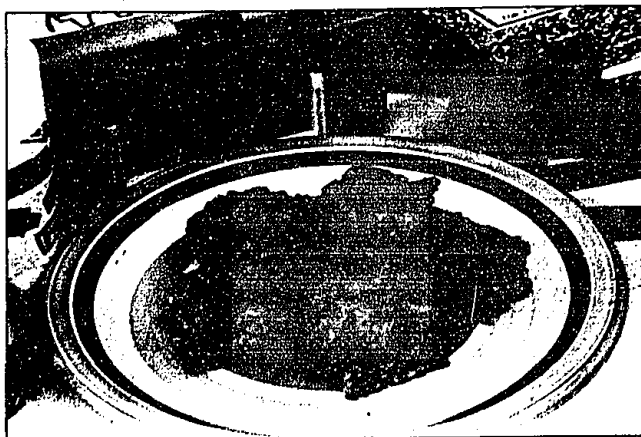
2 cups all-purpose flour  
1/2 teaspoon salt  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1/2 cup margarine, softened  
2 cups firmly packed brown sugar  
2 egg whites  
1 cup unsweetened Michigan applesauce  
1 teaspoon vanilla  
3 cups raw, old-fashioned rolled oats  
1/2 cup raisins  
Vegetable cooking spray

Stir together flour, salt, soda and cinnamon. Set aside.

In large mixer bowl, beat together margarine and sugar on medium speed until combined. Add egg whites, Michigan applesauce and vanilla. Beat well. Add flour mixture, mixing on low speed until thoroughly combined. Stir in rolled oats and raisins. Drop by slightly rounded measuring tablespoon onto baking sheets coated with cooking spray.

Bake at 350 degrees F. about 13 minutes or until lightly browned. Cool 2 minutes on baking sheet. Remove and cool on wire racks. Store in airtight container. Yield: 4 dozen cookies, 2 1/2 inches in diameter.

Nutritional information per serving, 1 cookie: 100 calories, 2 g Fat, 0 mg Cholesterol, 18 g Carbohydrates, 70 mg Sodium, 1 g Fiber.



Lunch box cookies: Surprise your kids with Chewy Fruit Squares. They can be part of a nutritious lunch.

Recipe compliments of the Michigan Apple Committee.

### CHEWY FRUIT SQUARES

Cooking spray  
1/3 cup sifted all-purpose flour  
1/4 cup sifted whole wheat pastry flour  
2 tablespoons cornstarch  
1/2 teaspoon baking powder  
1/8 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
2/3 cup brown sugar, packed  
1/4 cup chopped walnuts  
1/2 cup chopped peeled

apple  
1 cup chopped pitted dates  
1/2 cup dried apricots  
1/2 cup dried peaches or pears  
1/4 cup golden raisins or dried cranberries  
1 large egg plus 1 egg white  
2 tablespoons apple or orange juice  
1 tablespoon canola or light olive oil

Preheat oven to 350 degrees F. Line a 9-inch square pan with wax paper and lightly coat the paper with cooking spray.

In a large bowl, combine flours, cornstarch, baking powder, salt,

cinnamon, ginger, brown sugar and nuts; blend. Add fruits to dry ingredients and toss well.

In a cup, lightly beat the egg, egg white, juice and oil, then stir into the flour mixture until thoroughly moistened. Turn batter into pan and spread out. Bake 25 minutes or until golden.

Cool 10 minutes in pan on wire rack. Cut and cool completely. Store in an airtight container for up to one week.

Nutritional information: each of the 16 fruit squares contains 125 calories and 2 grams of fat.

Recipe from the American Institute for Cancer Research.

## Cook and learn 'Aspects of African American Foodways'

See related story on Taste Front. Recipes from "Aspects of African American Foodways" by Howard Paige. Published by Aspects Publishing Company, Southfield.

### BANANA FRITTERS (NIGERIA)

1 1/2 cup all-purpose flour  
5-6 tablespoons sugar  
5-6 regular sized bananas, peeled, sliced, and mashed into a smooth consistency  
1 cup 1 percent milk  
3 eggs, slightly beaten  
Confectioners' sugar

Combine flour and sugar together in a medium sized mixing bowl. Make a well in the center of the flour mixture. Add 1/3 of the eggs and 1/3 of the milk at a time. Whisk as you add to make the batter smooth. Continue until all the eggs and the milk is well blended. Set aside to stand at room temperature for 30 minutes.

Place corn oil in a deep fryer, or in a heavy frying pan to a depth of 2-3 inches, and heat to a temperature 360-375 degrees.

Drop by tablespoon into hot oil and fry until golden brown on all sides. Fry only about 2 or 3 at a time. Remove with large perforated spoon. Drain and place on absorbent paper.

Sprinkle with confectioners' sugar. Makes about 16-18 Fritters. Serve hot.

### MANGO ICE DRINK (JAMAICA)

4 mangoes, ripe  
2 cups water  
1 teaspoon orange Zest  
1/2 cup sugar  
1/2 cup lime juice  
4 cups orange juice

Peel mangoes. Cut mango flesh away from its stone into coarse pieces. Make mango puree by rubbing mango through a sieve or straining through a rice mill. Set aside in a bowl.

Combine water, orange zest and sugar in a small sized boiling pan and bring to a boil. Stir until all the sugar has dissolved. Remove from heat and let cool at room

temperature. After cooling, add the mango puree and lime and orange juices. Mix well.

Pour into ice-cube tray and freeze for 2 1/2 to 3 hours. Stir every 25-30 minutes into a snowy consistency. Serves 8-8

### HOMINY AND TOMATOES (COLONIAL PERIOD)

2 1/2 cups hominy, cooked  
2 cups canned tomatoes  
1/2 cups grated American cheese or 1/2 cup American cheese, cut  
3/4 cups bread crumbs  
1/8 teaspoon salt  
1/8 teaspoon black pepper  
1 tablespoon sugar  
5 slices bacon, lean

Place hominy in vegetable oiled baking dish, add tomatoes (including the tomato juice) and seasonings. Mix. Cover with bread crumbs, cheese, and then bacon.

Bake in slow oven at 325 degrees for 25-30 minutes, or until

bacon is golden brown and crispy. Serves 8-8

### FRIED OR BAKED RABBIT (COLONIAL PERIOD)

2 young rabbits, 1 1/2 - 2 pounds, cut into serving pieces  
salt  
black pepper  
1 clove garlic, split  
3/4 cup butter or margarine  
3/4 cup 1 percent or 2 percent milk plus  
3/4 cup cream, mixed together

Rub garlic well into each piece of rabbit. Season with salt and pepper, rubbing seasoning well into rabbit.

Melt the butter in a frying pan. Add meat and cook to brown on all sides under medium-high.

To bake rabbit, remove meat from flame and pour in 1/2 cup boiling water. Return to top of stove, cover and cook at moderate temperature 25-40 minutes or until tender.

Pour off the liquid, add the half cream, half milk, cover and put in a preheated oven for 10-15 minutes at 350 degrees. Season to your taste with salt and pepper.

Serve with rice. Serves 5-6.

### FRIED BUFFALO OR CATFISH (COLONIAL PERIOD)

2-3 pounds fish, cut into fillets  
1/4 cup 1 percent milk  
1 egg, slightly beaten  
1 cup yellow or white cornmeal  
Salt  
Black pepper  
Red pepper (Cayenne pepper)  
Vegetable oil

Wash fillets, dry and season fish. Beat egg in milk and dip fish in it. Then in cornmeal. Coat all over. Heat oil to 350 - 375 degrees F. and fry fish until golden brown on both sides. Drain on paper towel and serve.

**REDEFINING RETIREMENT LIVING**  
**WALTONWOOD**  
Redefining Retirement Living  
Your Choice for today...  
Luxurious apartments for active independent seniors.  
... and for tomorrow!  
Gracious congenial & assisted living for older adults who need assistance with personal care.  
(734) 844-3060 • Canton, Michigan  
SINGH - A tradition of excellence  
Waltonwood Services LLC