

These flavors never grow old

See related story on Taste front. Recipes compliments of Kelli Lewton

DESIGNER PIZZA (1980s)

- 1 (approximately 12 ounce) fully baked pizza crust
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, roasted and ground into paste
- 3/4 grated mozzarella cheese
- 1/4 cup crumbled feta cheese
- 1/4 cup grated Parmesan cheese
- 1/2 cup sliced artichoke hearts
- 1/2 cup diced plum tomatoes
- 1 cup thinly sliced cooked

- duck or chicken breast
- 1 onion, diced and sautéed until caramelized in color
- 1/4 cup reconstituted sun-dried tomatoes, sliced thin
- 1/8 cup finely chopped herbs: basil, parsley, and oregano
- 1/8 cup Parmesan cheese

Preheat oven 450° F. Mix olive oil, roasted garlic and 1/2 of herbs, mix with pinch of salt and fresh pepper. Spread over baked pizza crust. Mix the mozzarella, feta and Parmesan cheeses. Sprinkle 3/4 of cheese mixture. Arrange artichoke hearts, tomatoes, duck or chicken, onion and sun-dried tomato toppings. Sprinkle remaining herbs on top. Sprinkle remaining cheese

and additional Parmesan cheese. Bake pizza approximately 15 minutes until edges brown and cheese is golden in color. Slice into desired slices. Yields 10-14 slices.

REALLY GOOD MEATLOAF (1990s)

- 4 tablespoons olive oil
- 1/4 cup small diced celery
- 1 large onion, diced
- 1 green pepper, diced
- 2 tablespoons brown sugar
- 3 tablespoons fresh chopped parsley
- 1 pound lean ground beef
- 1 pound lean ground pork
- 1 (14-ounce) can crushed tomatoes
- 3 large eggs
- 1-cup fresh bread crumbs
- 2 teaspoons salt
- 1 teaspoon pepper
- 1/2 cup chili sauce

Preheat oven at 350° F. Heat olive oil in sauté pan. Sauté onion, celery and green pepper for 2 minutes, add brown sugar and heat for an additional minute.

Mix remaining ingredients, fold in onion-and-celery mixture, mold into 10- by 6-inch loaf pan and bake for 35 to 40 minutes.

Read our Sports Section

Snacks from page D1

choose the quickest and easiest snack they find, which often can be of poor nutritional quality.

Plan snacks

Plan for after-school snacks when you do your weekly shopping. Place portions in a serving dish and post daily selections on your kitchen message board.

- Consider the following:
- Keep snacks small. You don't want to end up eating gigantic portions of food plus your "regular" meals.
- Serve snacks on a dish to control the amount you consume.

Go ahead: Wolf down these snacks

See related story on Taste front.

These snacks are a nice healthy alternative to potato chips or other salty snacks you or your children may consume during the day. The Cereal Puffs recipe was created with kids in mind, and it received rave reviews from four who tried it. It's sweet, like a Rice Crispy Treat, but also has some extra vitamins and nutrients, and no fat.

CEREAL PUFFS

- 2 cups mini marshmallows
- 1/3 cup chocolate-flavored Carnation Instant Breakfast
- 4 cups unseasoned Rice Puffs cereal (Wheat Puffs are good, too)

Put marshmallows and Instant Breakfast into a large, microwaveable bowl. Microwave on high for about 1 minute. The marshmallows will puff up. Add cereal and mix until cereal and marshmallow/instant breakfast mixture all sticks together. Form into balls, about the size of a golf ball. Makes approximately 28 puffs.

Nutritional information per serving: 24 calories; protein, less than 1 gram; fat, less than 1 gram; carb., 5.5 grams; sod., 5 mg.; calories from fat, 1.52 percent.

PARMESAN WALNUTS

- 1 1/2 cups walnut halves
- 1 tablespoon butter or margarine, melted
- 1/4 teaspoon seasoned salt
- 1/4 cup grated Parmesan cheese

Heat oven to 350° F. Spread walnuts in shallow baking pan; toast in oven for 10 minutes. Stir together butter and salt; toss lightly with walnuts. Sprinkle cheese over top; stir. Return to oven and heat three to four minutes or until cheese is melted. Makes 1 1/2 cups for six 1/4-cup servings.

Nutritional information per serving: 240 calories; protein, 8.7 grams; fat, 22 grams; sod., 211 mg.; carb., 5 grams; 83.4 calories from fat.

HOT, HOMEMADE PRETZELS

- 1/8 cup hot water
- 1 package dry yeast
- 1 1/3 cup warm water
- 1/3 cup brown sugar
- 5 cups flour
- Extra flour
- Kosher salt
- Baking soda

Mix hot water and yeast in large bowl. Stir in warm water and brown sugar. Slowly add 5 cups flour, stirring constantly until smooth and doesn't stick to sides of bowl. Put dough on a lightly floured board. Dip your hands in extra flour. Knead the dough until it is stretchy and smooth. Push it down and away from you with the palms of your hands. Turn the dough as you work.

Grease two cookie sheets very well. Sprinkle each with coarse kosher salt. Set sheets aside. Pinch off a piece of pretzel dough about the size of a golf ball. Roll it out long and thin and then shape into a pretzel. Repeat with all dough.

Preheat oven to 475° F. Fill a frying pan with water. For each cup of water in the pan, add one tablespoon of baking soda. Bring water to a gentle boil.

Use a spatula to lower each pretzel into the frying pan. Let pretzels boil for 30 seconds before lifting them out to greased and salted cookie sheet.

Repeat until all pretzels have been boiled. Sprinkle more salt on top of pretzels and bake about 8 minutes, until golden. (Be sure to watch the pretzels carefully, so they don't burn.)

Best eaten when warm! Makes 24 pretzels. Nutritional information per serving: (This analysis excludes the salt that you sprinkle on the pretzels.) 390 calories, protein, 11 grams; fat, 1 gram; sod., 4 mg., carb., 83 grams, percentage calories from fat, 2.5 percent. Recipes of HDS Services

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