

These flavors never grow old

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

DESIGNER PIZZA (1930s)

1 (approximately 12 ounces) fully baked pizza crust

1 tablespoon extra virgin olive oil

2 garlic cloves, roasted and ground into paste

3/4 cup 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 to 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 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 (1930s)

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.

Nutritional information per serving: 24 calories; protein, less than 1 gram; fat, less than 1 gram; carb., 5.6 grams; sod., 5 mg; calories from fat, 1.52 percent.

CEREAL PUFFS

2 cups mini marshmallows

1/3 cup chocolate-flavored Carnation Instant Breakfast

4 cups unsweetened 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., 5.6 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.

Go ahead: Wolf down these snacks

See related story on Taste front.

HOT, HOMEMADE PRETZELS

1 1/2 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, 11 grams; sod., 4 mg; carb., 83 grams. Percentage calories from fat, 2.6 percent.

Recipes of HDS Services

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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.

It is hard to know how many crackers you've eaten when you just keep digging them out of the box.

■ Consider saving food from your meal to eat as a snack later on.

■ Snack only when you are truly hungry, not when you're bored, angry or stressed.

■ Keep high-fat, low-nutrient foods out of the house, or buy them in tiny quantities, and measure portions.

■ Include some special treats with your meals on occasion. If you have a few chips with your sandwich at lunch you might be less likely to choose chips as a

snack later on. Don't "deprive" yourself of special treats, just eat them sensibly.

■ Understand your snacking urges. If you like crunchy stuff, try bread sticks, rice cakes or pretzels rather than potato chips. If you crave sweets, choose dried fruits, graham crackers, or fig bars rather than a candy bar.

If you're looking for something smooth and creamy, try low-fat yogurt instead of processed cheese.

If a frozen confection sounds good, choose fruit juice bars or sorbet rather than ice cream.

So, snack animals - whether you like to graze all day like a

horse or munch a little here, a little there - snacking can be a nutritious and healthy way to eat!

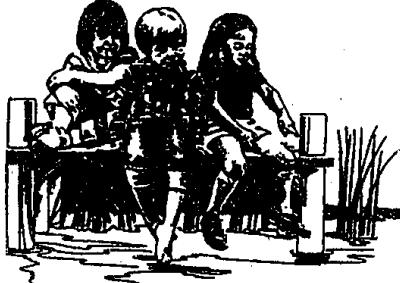
Peggy Martinelli-Everts, who describes herself as "a lion" whose favorite snack is Wheaties cereal with milk, is a resident of Clarkston, a registered dietitian and director of clinical operations for HDS Services, a 34-year-old Farmington Hills-based food service and hospitality management and consulting company, specializing in food service management for hospitals, long-term care facilities, businesses, private clubs and private schools. See recipes inside Taste.

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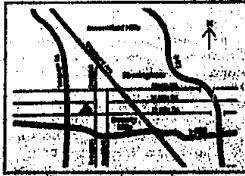
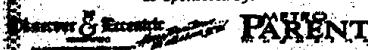
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