

# These recipes celebrate spring

See related story Taste front.

Toula Patsalis, co-owner of Kitchen Glamour stores with her husband Chris, likes appetizers, salads and casseroles for spring gatherings. These recipes are from "The Joy of Greek Cooking with an American Accent".

"Salads should be prepared the day before, adding the dressing at the last minute," Patsalis said. Casseroles can be made and frozen for up to three weeks. Defrost two days before in the refrigerator and warm, if desired, in a 300° F oven for 25 to 30 minutes.

Also Gail Posner, a dietitian from Healthy Ways Nutrition Counseling in West Bloomfield, pitches in with a gapacho recipe, which she says tastes "even better" the next day after it is prepared.

The following recipes can be used for spring entertaining or early summer gatherings:

## THREE-PEPPER PASTA WITH GRATED FONTANELLA AND PARMESANO CHEESE

- 1 pound spaghetti, cooked and drained
- 1 green pepper, sliced thin lengthwise
- 1 red pepper, sliced thin lengthwise
- 1 yellow pepper, slice thin lengthwise
- 3 leeks, washed, trimmed and sliced thin
- 2 cloves garlic, chopped
- 1/4 cup olive oil
- 4 tablespoons fresh chopped basil
- 1/4 teaspoon salt
- Fresh ground pepper
- 1/4 teaspoon ground fennel
- 1 tablespoon oregano
- 1/4 pound imported Parmesan cheese, grated
- 1/4 pound imported Fontanelle cheese, grated

In a large skillet, saute leeks over gentle heat until cooked, about five minutes. Add sliced peppers and increase heat, stirring until well incorporated. Reduce heat the medium and cook, stirring occasionally, until peppers are almost soft.

Add chopped garlic, basil, salt, pepper, fennel and oregano. Stir and cook for four minutes or so. Toss pepper mixture into spaghetti in a large pasta bowl and toss until incorporated. Mix Fontanelle and Parmesan cheeses and sprinkle over top. Serve.

Recipe courtesy of Toula Patsalis.

## STUFFED CABBAGE ROLLS

- 1/4 cup vegetable oil
- 1/4 cup olive oil
- 2 cloves garlic, chopped fine

- 2 cups onion, chopped fine
- 2 pounds ground round
- 1 cup uncooked rice
- 1 12-ounce can crushed tomatoes
- 1/2 cup fresh dill
- 1 tablespoon salt
- 1/4 teaspoon sugar
- 1 large head cabbage
- 1 teaspoon salt

In a large pan, mix olive oil and vegetable oil. Add 2 cloves of garlic and 2 cups onion; saute on medium-high heat for about 5 to 10 minutes. Add 2 pounds of ground beef, crumbled in small pieces; brown well. Add 1 cup uncooked rice and stir in.

Add 1 can crushed tomatoes, 1/2 cup fresh dill, 1 tablespoon salt, and 1/4 teaspoon sugar. Mix together well, then cook over medium low heat for 20 to 25 minutes.

While filling is cooking, remove the core of the cabbage so that the leaves can be removed easily. Steam cabbage in large pot of water with 1/4 teaspoon salt. After steaming for about 10 minutes, the leaves should be ready to be removed. Cover and repeat until cabbage leaves are too small to use.

Place filling in center of cabbage leaves and shape into rolls by folding side in and rolling from bottom. Place in large pot (4 quart) in layers then top with 1 cup tomato sauce, 1/4 cup fresh dill, 1/2 teaspoon salt and 1/4 teaspoon sugar. Pour this over cabbage rolls. Shake the pot so sauce flows to bottom of it. Bring cabbage rolls to boil, then turn heat down to medium low to cook for one hour until cabbage rolls are tender. Serves 8 to 10.

Recipe courtesy of Toula Patsalis.

## GAZPACHO

- 6 cups tomato juice
- 5 beef bouillon cubes, dissolved in a little water
- 2 (28-ounce) cans of tomatoes, chopped with juice
- 3 medium cucumbers, seeds removed, then cucumbers chopped
- 4 medium onions, chopped
- 8 stalks celery, chopped
- 1/2 cup plus 2 tablespoons wine vinegar
- 1 tablespoon Worcestershire sauce
- Red pepper sauce (to taste)
- Parmesan cheese (to garnish)

Combine all ingredients except garnish. Refrigerate for several hours. Serve with garnish on top.

Recipe courtesy of Gail Posner.

# Salads, breakfast dish enhanced with cheese

## SALAD NICOISE

- 4 medium potatoes
- 1/4 pound fresh green beans, cut into 1 1/2-inch pieces
- 1 hard-cooked egg, quartered
- 6 cups packed torn Boston or leaf lettuce
- 1 1/2 cups Sargento Salad Creations with Monterey Jack and Cheddar cheeses, divided
- 1/2 cup Italian or red wine vinaigrette salad dressing, divided
- 2 teaspoons, Dijon mustard
- 1 can (8 1/2 ounce) white silbecore tuna in water, drained, broken into chunks
- 12 nicoise or calamata olives

Scrub potatoes, but do not dry them. Place wet potatoes in an 8-inch square baking dish or microwave-safe casserole. Cover with vented plastic wrap. Microwave on high for 3 minutes. Add green beans to potatoes in dish; cover with vented plastic wrap. Microwave at high for 4 or 5 minutes until vegetables are tender. Transfer to sink and fill with cold water. Drain water and fill again with cold water to stop cooking and cool the vegetables. Let stand while preparing salad.

In large bowl, combine lettuce and 1 cup cheese. Combine dressing and mustard. Add 1/4 cup of the dressing to lettuce mixture; toss well. Arrange on four serving plates. Top with tuna and olives.

Drain vegetables. Cut potatoes into quarters; arrange around edges of salad. Arrange green beans over salads. Chop egg and sprinkle over

salad. Top with remaining 1/2 cup cheese and drizzle remaining 1/4 cup dressing over salads. Serve with freshly ground pepper, if desired.

## CHEDDAR BREAKFAST STRATA

- 6 slices whole wheat bread
- 1/2 pound bacon, cut into 1-inch pieces
- 8 ounces, fresh mushrooms, sliced
- 1 cup chopped broccoli florets
- 1 teaspoon thyme
- 4 eggs
- 2 cups milk
- 2 teaspoons Worcestershire sauce
- 1 cup (4 ounces) mild cheddar cheese, shredded
- 1/2 cup (2 ounces) shredded Swiss cheese

Arrange bread in bottom of lightly greased 13-by-9 inch baking dish. Cook bacon in skillet on medium-high heat until browned; drain on paper towel. Place evenly on bread.

In same skillet, cook mushrooms about 3 minutes on medium heat; drain. Layer mushrooms over bacon. Add broccoli and sprinkle with thyme.

In medium mixing bowl, combine eggs, milk and Worcestershire sauce. Pour evenly over vegetables. Sprinkle cheeses on top. Bake at 350° F 35 to 40 minutes or until puffed and golden brown. Serves 8.

See related story and photos on Taste front. Recipes courtesy of Sargento Foods.

## WHAT'S COOKING

Send items for consideration in What's Cooking to Ken Abramczyk, Observer Newspapers, 36251 Schoolcraft, Livonia MI 48150, or e-mail kabramczyk@oe.homecom.net

**Battling Hunger** - Taste of the Nation Detroit will help raise money for nonprofit organizations to battle hunger and poverty. The event is scheduled from 6-9:30 p.m. Sunday, May 7, at the Somerset Collection in Troy. It features the area's 50 best restaurants, caterers and purveyors. Tickets are \$75. About 70

percent of the proceeds will go to Gleaners Community Food Bank, The Food Bank of Oakland County, Forgotten Harvest and Detroit Entrepreneurship Institute. For information or to purchase tickets call Gleaners Community Food Bank at (313) 923-9535.

**Kitchen Glamour** features Signature Recipes of Michigan five-star chefs at Kitchen Glamour, Orchard Mall, Maple and Orchard Lake in West Bloomfield. On Monday, May 1, Tim McGrath will demonstrate baked fillet of Lake Superior whitefish, spicy sauteed

catfish fillets with onion gravy and cheese grits and grilled lake trout. On Tuesday, May 2, McGrath will prepare grilled vegetables with balsamic-herbes de Provence garlic basting; oven roasted tomato fennel soup with pesto cream; grilled bourbon-molasses marinated rib eye steaks with smoked corn and andouille sauce; grilled jumbo shrimps with citrus ginger sauce and vegetable griddle cakes and strawberry-amaretto tiramisu. Sessions start at 6:30 p.m. Call (1-800) 641-1252.

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### NOTICE OF LAST DAY OF REGISTRATION OF THE QUALIFIED ELECTORS OF THE OAKLAND COMMUNITY COLLEGE DISTRICT FOR THE ELECTION TO BE HELD ON MONDAY, JUNE 12, 2000

TO THE QUALIFIED ELECTORS OF THE OAKLAND COMMUNITY COLLEGE DISTRICT:

PLEASE TAKE NOTICE that the regular biennial election for the Oakland Community College district shall be held on Monday, June 12, 2000, in conjunction with the regular elections of component school districts.

The last day for receiving registrations for the election will be Monday, May 15, 2000. Persons residing in the Oakland Community College district registering after 5:00 p.m. on Monday, May 15, 2000 will not be eligible to vote at the election. Persons planning to register must determine when the city, township or village offices or Secretary of State drivers license bureau offices will be open for registration. Only persons who have registered as general electors with the appropriate clerk of the city, village or township in which they reside, or through registration at a Secretary of State drivers license bureau or other agency designated to accept applications for voter registration under Michigan law, are registered electors of the Oakland Community College district.

Please take further notice that only registered school electors residing in the Oakland Community College area of any component school district will be eligible to vote at the regular biennial election of Oakland Community College.

The regular biennial election for the Oakland Community College district shall be held on Monday, June 12, 2000 in conjunction with regular elections being held by component school districts. At this election, two trustees shall be elected to the Board of Trustees of Oakland Community College for regular 6-year terms beginning July 1, 2000 and ending June 30, 2006.

This Notice is given by the order of the Board of Trustees of Oakland Community College, State of Michigan.

**PAMALA DAVIS**  
Secretary, Board of Trustees

Published: April 30 and May 4, 2000

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