

Reduce fat in baking with yogurt

Yogurt, particularly low-fat and non-fat varieties, has a lot to offer health-conscious cooks. This tangy dairy product, which dates back more than 4,000 years, is made of milk that has been cultured and curdled because of the addition of "friendly" bacteria. It is these bacteria that give yogurt its tart taste and creamy texture.

Yogurt has many health benefits. Packed with protein and calcium, it is an excellent source of potassium and B vitamins. Yogurt reduces the risk of intestinal infection by harmful organisms such as salmonella and E. coli. It may also improve digestion for those who are lactose-intolerant. And one of yogurt's friendly bacteria may even lower levels of certain enzymes that are associated with cancer.

Those who follow a healthful, low-fat diet will be happy to know that yogurt has an added benefit — it can also be used to reduce or replace high-fat ingredients, such as butter, in baking. Best of all about this good news is that yogurt maintains the creamy taste that gives such wonderful "mouth feel" to baked desserts.

You can get great results reducing the fat in your favorite chocolate chip cookie or brownie recipes by substituting non-fat yogurt for some of the fat. Replace half of the butter or other solid shortening with half as much non-fat yogurt. (For example, replace 1/2 cup butter and 1/4 cup non-fat yogurt.) If the recipe calls for cooking oil, replace half the oil with three-fourths as much non-fat yogurt, i.e., instead of 1 cup oil, use 1/2 cup oil and 3/8 cup (3/4 of 1/2 cup) non-fat yogurt.

Plain, non-fat yogurt can be



AMERICAN INSTITUTE FOR CANCER RESEARCH

Dessert: Raisin Cupcakes with Lemon Yogurt Icing are a delicious springtime treat.

used in place of sour cream, cup for cup, in a variety of recipes — and it gives a richer body and flavor than fat-free sour cream. Non-fat yogurt can also replace some of the eggs in certain recipes, like those for coffee cake or cake-like cookie bars.

RAISIN CUPCAKES WITH LEMON YOGURT ICING

- Cupcakes**
- 1 1/2 cups raisins
 - 1 1/2 cups all-purpose flour
 - 1 teaspoon baking soda
 - 1 teaspoon cinnamon
 - 1/4 teaspoon cloves
 - 1/4 cup low-fat yogurt
 - 2 tablespoons soft margarine or butter
 - 3/4 cup granulated sugar
 - 1 egg, beaten

Lemon Yogurt Icing

- 3/4 cup sifted confectioners' sugar
- 1 tablespoon low-fat yogurt
- 1/2 teaspoon grated lemon rind
- 1/2 tsp. lemon juice

Spray muffin tins with non-stick cooking spray or line with paper liners.

In saucepan, cover raisins with water; bring to boil. Reduce heat and simmer for 20 minutes. Drain, reserving 1/2 cup liquid. Let cool.

In bowl, sift together flour, baking soda, cinnamon and cloves. In separate large bowl, beat yogurt, margarine (or butter) and sugar until well mixed. Add egg and beat well. Stir in reserved cooking liquid alternatively with dry ingredients. Add cooled raisins

and mix well.

Spoon into prepared muffin tins. Bake at 375 degrees F for 20 to 25 minutes or until toothpick inserted in center comes out clean. Let cool.

Make the icing: Combine all the ingredients in a small bowl and mix until smooth. Spread on cooled cupcakes.

Nutritional Information: Each of the 12 cupcakes contains 218 calories and 3 grams of fat.

Recipe courtesy of the American Institute for Cancer Research. AICR offers the AICR Nutrition Hotline (1-800-843-8114). Open 9 a.m. to 5 p.m., Monday-Friday. This free service allows you to ask a registered dietitian your questions regarding diet, nutrition and cancer. AICR's Internet Web address is <http://www.aicr.org>.

Focus on Wine

from page D1

Merryvale Starport Chardonnay, \$29.

It's lean and citrusy — a perfect chardonnay for seafood.

Merryvale whites with opulence and fabulous richness are 1998 Dutton Ranch Chardonnay, \$36, and 1998 Carnotes Reserve Chardonnay, \$38. Both wines have the appeal of a white Burgundy in a riper year. Call it finesse with full-blown flavors.

For Merryvale red wines, you don't have to wait for the 1998s to notice the style difference. Test blended the winery's flagship red 1998 Merryvale Profile, \$75. And he did any blending decisions marked style. Opulence is there with some remarkable chocolate cherry lingering flavors — and we both like to find that in a Cabernet-based red wine.

Eager to learn more about wine basics? Recently published from the Wine Spectator, Essen-

tials of Wine: A Guide to the Basics by Harvey Steiman, \$24.95, is a good read. Others have written a basics of wine book. What makes Steiman's the best is his common sense approach to the most important issues related to wine for novices and connoisseurs alike. His casual, yet informative writing style makes a pleasurable read.

Steiman must be into watching the TV Food Network's top chef personality Emeril Lagasse, because he comes at you with his "bom" in the form of pages introducing each chapter and subtitled "The Essence." They are a "spirited" distillation of key messages. Like our best buy wines, this book gets our nod as the best read in a long time.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Herald, dial (734) 953-2047 on a touch-tone phone, mailbox 1864.

Sandwiches and salads

delicious summer fare

Here are some vegetarian recipes for summer, courtesy of Beverly Price. See related column on Taste front.

Crumble tofu with fork. Add vegetables. Combine Noyonaise, honey, and mustard. Mix well with tofu/vegetable mixture until evenly distributed and well moistened. Serve as a filling in a sandwich.

RAVIOLI SALAD

- 1 package (16 ounces) large cheese ravioli
 - 1 small onion, thinly sliced
 - 1/2 yellow bell pepper, chopped
 - 1/2 orange bell pepper, chopped
 - 1 large tomato, chopped
 - 1/4 cup basil olive oil
 - 1/4 seasoned rice wine vinegar
 - 1/2 cup freshly grated Parmesan cheese
 - 1 tablespoon fresh basil leaves, minced
 - 2 teaspoon fresh oregano leaves
 - 1/2 teaspoon fresh thyme leaves, crushed
 - Salt and pepper to taste
- Prepare ravioli according to package directions. Chill in refrigerator about 1 hour. In a bowl, combine ravioli, onion, bell peppers, tomato, oil and vinegar, Parmesan cheese, basil, oregano and thyme. Toss lightly. Add salt and pepper. Yield: 6 servings.

ROLLED TUSCAN VEGETABLE SANDWICH

- 1 tablespoon olive oil
 - 8 ounces tempeh
 - 1 medium zucchini, diced
 - 8 ounces mushrooms, sliced
 - 1 cup diced tomatoes, drained
 - 1/2 cup drained oil-packed sun-dried tomatoes, thinly sliced
 - 4 whole wheat lavash
 - 1/4 cup balsamic vinegar
- Heat oil in heavy medium skillet over medium-high heat. Add tempeh, zucchini, yellow squash and saute for 3 minutes.
- Add tomatoes, sun-dried tomatoes and mushrooms and saute for 5 minutes more.
- Place 1 cup of the mixture in a line along the center of the lavash. Sprinkle with the balsamic vinegar. Roll, cut in half on the diagonal and eat as a sandwich. Yield: 4 servings.

EGGLESS EGG SALAD

- 1/4 ounces firm tofu
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped red onion
- 1/2 cup shredded carrots
- 1/3 cup Noyonaise
- 1/2-1 tablespoon honey
- 1-2 tablespoons Dijon mustard

MINT AND HONEY FRUIT CUP

- 2 cups quartered strawberries
 - 1 1/2 cups sliced apricots (about 1/2 pound)
 - 3 tablespoons honey
 - 1 tablespoon minced fresh mint
- Combine all the ingredients in a bowl; stir gently to combine. Cover and chill. Yield: 4 servings.

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| <input type="checkbox"/> | <input type="checkbox"/> | 2. I feel stressed most of the time |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. I have trouble sleeping (either too much or too little) |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. I have trouble concentrating, or my mind goes "blank" |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. I feel irritable; I can't relax |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. I notice my heart beating rapidly |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. I feel worried, anxious and fearful |

If you answered "yes" to 3 or more statements, you may be suffering from an anxiety disorder, a serious condition affecting millions of Americans. The Institute for Health Studies is currently looking for individuals experiencing the above symptoms to participate in a research study of investigational medication for anxiety. If you are selected, all research related costs and study medication are provided at no cost. Get answers and information about anxiety.

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Do Social Situations Make You Nervous?

Do you experience extreme anxiety?

- During public speaking
- While eating or writing in front of others
- While speaking on the phone in front of others
- Any situation where you are the focus of a group of people



The Institute for Health Studies is now enrolling for a research study of an investigational medication that may improve the symptoms of social phobia. Participation is free to those who qualify. Individuals experiencing alcohol or drug abuse, or poorly controlled medical problems cannot be accepted for this research study.

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