

Strawberry pie crunches with nutty wheat germ

See related story on Taste front.
Wheat germ can add nutty flavor and a crunch to a wide variety of healthy dishes and baked products. Strawberry kissed pie is a delicious example. This easy-to-bake pie has a golden brown meringue crust, vitamin-rich berries and calcium-rich vanilla pudding with reduced-fat whipped topping. Sliced almonds and wheat germ add a chewy, crunchy texture to the pie's crust in addition to vitamin E.

STRAWBERRY KISSED MERINGUE PIE

- 3 large egg whites, at room temperature
- 1/4 teaspoon salt
- 2/3 cup granulated sugar
- 1/4 teaspoon almond extract
- 1/2 cup wheat germ, any flavor
- 1/3 cup shredded coconut (optional)
- 1/4 cup sliced almonds
- 1 pint ripe strawberries, washed, hulled and sliced (about 2-1/4 cups)
- 1 tablespoon powdered sugar
- 1 package (1 ounce) sugar-free, fat-free vanilla instant pudding and pie filling mix.
- 1-3/4 cups fat-free milk
- 1 cup thawed reduced-fat or fat-free frozen whipped topping

Heat oven to 325° F. Spray the bottom and sides of a 9-inch glass pie plate with cooking spray.

In large bowl, beat egg whites and salt with electric mixer at high speed until whites begin to mound. With mixer at high speed, add sugar, 2 tablespoons at a time, and almond extract, beating until sugar dissolves and whites stand in stiff glossy peaks when beater is raised. With

rubber spatula, fold in wheat germ, coconut and almonds. Spread meringue in pie plate to cover bottom and sides, but not the rim. Make sides a little thicker than the bottom and 1/2 inch higher than the rim of pie plate.

Bake 35 to 40 minutes until golden brown and firm to the touch. Turn off oven and let meringue shell dry in oven until inside of oven and meringue shell are completely cool. (Do not open oven door while meringue shell is cooling.)

To serve, combine strawberries and sugar in medium bowl. Let stand 15 minutes. Prepare instant pudding and pie filling mix according to package directions using fat-free milk. Fold whipped topping into pudding reserve 3/4 cup of mixture. Spread remaining pudding mixture over bottom of meringue shell. Top with berries. Swirl remaining pudding mixture in center of pie. Refrigerate 1 hour. Cut into wedges to serve. Refrigerate leftovers.

Makes 8 servings.
Nutritional Information (1/8 of recipe): Calories 190, calories from fat 40, total fat 4.5 g, saturated fat 1.5 g, cholesterol 0 mg, sodium 200 mg, total carbohydrates 34 g, dietary fiber 3g, protein 7g.

Cook's Tip: Use blueberries or sliced peaches or nectarines instead of sliced strawberries.

Recipe compliments of Kitchener wheat germ.
It's the Best! Historic Food Weekend begins on June 24 and 25 at Greenfield Village to celebrate the berries of summer. Six homes that will feature berry recipes include the Susquehanna Plantation, Daggett Farmhouse, and the Henry Ford Birthplace. Learn how people made ways to make bounty last in the forms of jellies, jams, marmalades, pickles and preserves. Historic Food Weekends are free of charge with admission to Greenfield Village. Call (313) 271-1620 for information.

Marinate beef overnight, then grill kabobs the following day

See related Kitchen Kapers column on Taste front.
BY KEN ABRAMCZYK
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Here are two of my favorite recipes. I like to marinate the beef overnight, then grill the kabobs the following day. The burgundy and soy marinade gives the beef a real hearty flavor. The Vidalias, green peppers and pineapple add sweetness to the dish. It's a wonderful combination of flavors.

Serve it on a bed of rice pilaf and your favorite tossed salad.

One 20-ounce can pineapple chunks, drained (optional)

Marinate mushrooms with meat about 1/2 hour before placing beef and vegetables on skewers. Alternate beef with mushrooms, onion, green pepper, cherry tomatoes and pineapple.

Preheat grill to medium-high heat. Cook and sear the outside of the kabob, then turn and cook accordingly for a total of about 8-10 minutes or until desired doneness. Serve atop rice pilaf. Serves 4.

RICE PILAF

- 8 bacon slices, diced
- 1 medium onion, finely chopped
- 2 cups regular long-grain rice
- 2 (10-ounce) packages frozen green peas
- 2 cups water
- 1 (13-ounce can) chicken broth
- 2 teaspoons salt
- 1/4 teaspoon pepper

In a 12-inch skillet over medium heat, cook bacon until crisp. With slotted spoon, remove bacon to paper towels; set aside.

Pour off all but 1/4 cup bacon drippings from the skillet. Add chopped onion and cook until tender, about 5 minutes, stirring occasionally.

Stir rice, frozen peas, water, chicken broth, salt and pepper into mixture; heat to boiling. Reduce heat to low; cover and simmer about 20 minutes until rice is tender.

To serve, toss rice mixture together with the reserved bacon until well-mixed. Transfer mixture to a warm serving dish and serve immediately. Serves about 12. *Recipe reprinted from "The Good Housekeeping Illustrated Cookbook" by Zoe Coulson, copyright 1980.*

MARINATED BEEF KABOBS

- Marinade:**
- 2 small cloves garlic, minced
 - 1/2 cup and 1 tablespoon soy sauce
 - 1/2 package dry onion soup mix
 - 1/4 cup and 1 tablespoon Burgundy wine
 - 2 tablespoons brown sugar
 - 2 tablespoons cooking oil
 - 1 tablespoon Worcestershire sauce
 - 1/2 teaspoon salt
 - Dash pepper

1 to 1 1/2 pounds sirloin, cut into chunks for skewers

Mix and marinate in a non-aluminum dish overnight or at least four hours.

- Kabobs:**
- One or two Vidalia onions, quartered
 - Two green peppers, cut into large chunks for skewers
 - One (16 ounce) package large mushrooms, left whole
 - One pint or a small container of cherry tomatoes

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toes, douse in boiling water to peel 'em, seed them, then dice. Mince one clove of garlic, chop about 2 tablespoons onion and 1 or 2 tablespoons of jalapeno, add a dash of hot sauce, and 2 tablespoons olive oil.

The possibilities are endless - fresh cilantro, about 1/2 cup, mixed with the juice from one or two limes makes a great marinade for tuna. You can throw a few pieces of soaked mesquite wood on the grill, and in a few minutes, you'll have an excellent and incredibly easy-to-make meal.

Juice a lemon and mix about six sprigs of thyme to make a flavorful marinade for trout. Dill adds a subtle, yet not overpower-

ing, flavor to sole, and accents potatoes wonderfully.

Fresh produce

Michigan produce is another reason to enjoy summer. Local farm markets offer an abundance of locally grown fruits and vegetables. Buying these fresh, nutrient-packed "fruits of labor" is an excellent way to support local farmers.

But, even if you're like me and enjoy good food, you don't want to spend the next millennium preparing it. That's why I want to keep things simple in Taste, and yet fun and delicious.

I'd love to hear your stories about family picnics and meals, and try one of your recipes. How

do you get dinner on the table in a hurry after work? Do you ever get tired of making the same old thing? What kinds of recipes would you like to see in Taste?

Please give me a call, or send an e-mail. I can be reached at (734) 953-2112 during normal business hours or online at: kabranczyk@oe.homecom.net. Send recipes and other information to me at the Observer Newspapers, 36261 Schoolcraft, Livonia, MI 48160.

I look forward to hearing from you, and hope you'll enjoy my recipe for marinated beef kabobs and rice pilaf.

Wine from page D1

that language in bills relating to alcohol will hurt, as he calls himself, "the little guy in business." It is very possible that HB 4752 (S-2), the version that passed the Senate with amendments, could be called back to the House floor when it convenes for one day on June 20. If you are as concerned with its impact on small business related to wine as we are, contact Rep. Cassis at (1-888) 396-2829 tomorrow or send her e-mail at ncassis@house.state.mi.us today. She has a promise to live up to.

We remind readers, we and

several Michigan wine aficionados became plaintiffs in a suit filed in federal court in Detroit last March. It challenges the constitutionality of the prohibition of direct shipping of wine to Michigan from out-of-state producers.

The Healds are Troy residents who write about wine, spirits, food and dining for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864.

How Anxious Are You?

Answer the following questions based on the last 2 weeks or more.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. I feel keyed up, on edge or restless
<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 2 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.

INSTITUTE FOR HEALTH STUDIES
(517) 349-5505 1 (800) 682-6663
Robert J. Biedick, M.D.

Notice to Case Management or Supports Coordination Providers

Oakland County Community Mental Health Authority (OCCMHA) is seeking vendors interested in providing Adult and/or Children's Case Management or Supports Coordination Services. The Authority welcomes providers from other counties.

An Informational Meeting is being held at **Oakland County's Commissioners' Auditorium Ground Floor in the West Wing 1200 N. Telegraph Rd. Pontiac, Michigan Monday, June 26, 2000 2:00 PM to 4:00 PM**

This meeting is to answer questions and to further clarify the Provider Qualifying Process. The Case Management and Supports Coordination Service Criteria document and Provider Application document will be available for review prior to the Informational Meeting.

To arrange for receipt of this material or for further details regarding the Informational Meeting, please contact **Kathryn Young at (248) 452-9473 or Tracy Hackman at (248) 975-4262.**

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