

Cherries blossom in smoothies, muffins

See related story on Taste front. Here are some recipes from the Cherry Marketing Institute in Lansing. The Web site is www.cherry.mkt.org.

CHERRY SMOOTHIE

1 ripe banana, peeled
1 cup frozen unswweetened tart cherries
1 cup skim milk

Put banana, frozen cherries and milk in the container of an electric blender. Puree until smooth. Serve immediately. Makes 2 servings.

Nutritional information per serving: Calories, 125; fat 0.7 grams, 2.2 mg cholesterol.

CHERRY OATMEAL MUFFINS

1 cup old-fashioned or quick-cooking oats, uncooked
1 cup all-purpose flour
1/2 cup firmly packed brown sugar
1 1/2 teaspoons baking powder
1/4 teaspoon ground nutmeg
3/4 cup buttermilk
1 egg, slightly beaten
1/4 cup vegetable oil
1 teaspoon almond extract
1 cup frozen tart cherries, coarsely chopped

Put oats, flour, brown sugar, baking powder and nutmeg in a large mixing bowl. Mix well. Combine buttermilk, egg, oil and almond extract in a large bowl. Pour buttermilk mixture into oats mixture; stir

well to moisten ingredients. Quickly stir in cherries. (It is not necessary to thaw cherries before chopping and adding to batter.)

Spray muffin pan with non-stick spray. Fill muffin cups two-thirds full. Bake in a preheated 400-degree oven 15 to 20 minutes.

Note: 1 cup canned tart cherries, drained and coarsely chopped, may be substituted for 1 cup frozen tart cherries. Makes 12 muffins.

Nutritional information per muffin: 169 calories, total fat 5.2 grams, 18 mg cholesterol, 29 percent fat from calories.

MAPLE CHERRY SAUCE

1/3 cup cherry juice blend
2 tablespoons cornstarch
1 cup frozen unswweetened tart cherries, thawed and well-drained
3/4 cup real maple or maple-flavored syrup
1/2 cup chopped walnuts
1 teaspoon dried orange peel

Put cherry juice blend and cornstarch in a small saucepan; mix well. Cook over medium heat until thickened. Add cherries, maple-flavored syrup, walnut and orange peel; mix well. Cook, stirring frequently, over low heat until all ingredients are hot. Serve over roast turkey, pork or ham. Makes about 1 1/2 cups, about 6 servings.

Nutritional information per serving: Calories, 196; fat, 6.4 grams; 90 mg cholesterol and 28 percent calories from fat.

WHAT'S COOKING

Send items for consideration in *What's Cooking* to Ken Abramczyk, Observer Newspapers, 36251 Schoolcraft, Livonia MI 48160, or e-mail kabramczyk@comcast.com

Vegetarian Cooking - Lenore Yellsove Baum, author of *Lenore's Natural Cuisine, Your Essential Guide to Wholesome Vegetarian Cooking*, conducts vegetarian cooking classes at Lenore's Natural Cuisine, 22899 Inkster, Farmington Hills. Baum teaches a beginning cooking series of four classes from 6-9 p.m. on Mondays in June. Other June classes from 6 to 9 p.m. on Wednesdays include: cool pasta salads, June 21; and delicious vegetarian, June 28. Call (248) 478-4455.

Cook fish - Seafood can be a challenge to any cook. Learn a variety of cooking and flavoring methods at this class from 6 to 10 p.m. on Tuesday, June 27, and Thursday, June 29, at Schoolcraft College. Learn what to look for (and smell) when visiting the fish market. Call (734) 462-4448.

World of Flavors - Spice up your palate with marinades, dry rubs, herbs, spices and infusions. Learn to create a wide variety in

your food in this class at Schoolcraft College 9 a.m.-1 p.m., Saturday, July 8. Flavors will come from numerous international traditions and cuisines, applicable to meat, fish and vegetables. Call (734) 462-4448.

Basic essential - This class at Schoolcraft College will introduce people to the essential staples to add flair to every meal at sessions on Wednesday, July 12, and Wednesday, July 19. You will learn what items to keep on hand, where to purchase them and how to use them in a variety of recipes. Call (734) 462-4448.

Chili cookoff - If you like spicy food, the hottest ticket in town this summer is the fourth Unsanctioned Chili Cookoff scheduled for Saturday, July 22, at the Wayne County Fair, The Fairgrounds are located at I-94 and Belleville Road (Ext 190). Take the westbound service drive past the Cracker Barrel Restaurant to Quirk Road and make a right turn. The fairgrounds are 1/4 mile further. Fair dates are July 18 through July 23. Contest rules and applications are now available. Space if limited. Call Kay at (734) 697-9376 or Jill at (734) 525-7799

for more information or to request registration forms.

Eastern Market - Tour historic Eastern Market with master chef Kevin Gawronski from Schoolcraft College as your guide. Gawronski will introduce you to local and exotic food products and allow free time for shopping. The class will return to Schoolcraft to challenge the chef to a cooking demonstration using products found at the market. Class will meet at 8 a.m. at the corner of Russell and Winder streets in Detroit. Call (734) 462-4448 for more information.

Dietary program - Four out of five children at the age of 10 are afraid of being fat. Beverly Price, a registered dietitian and exercise physiologist, has information on how you can implement programs on eating disorder awareness and prevention at your school. Price operates Living Better Sensibly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations. For information, call (248) 639-9424.

Saffron-garlic sauce flavors shrimp and pasta

BY THE ASSOCIATED PRESS
Light for summer, in fat content and in time spent over a hot stove, Capellini With Shrimp in Saffron-Garlic Sauce is the dream answer to a busy cook's needs.

Featured in the June edition of Health magazine, this stylish main dish can be ready in 20 minutes, will taste terrific and will not overload the diet with fat calories.

The magazine includes instructions for quickly peeling and deveining raw shrimp. Starting at the fat end of the shrimp, pull off the shell and legs, one segment at a time. Leave the last segment and tail fins intact. Lay the shrimp on a cutting board. With a sharp paring knife, make a 1/8-inch-deep cut along the length of the back to expose the dark vein. Using the knife tip or your fingernail, lift out the vein, taking care not to leave pieces behind. Discard vein, rinse shrimp.

To store for up to 48 hours, drop peeled shrimp into a large zip-top plastic bag and place the bag in a medium-size bowl amid a few cups of ice. Seal the bag, add more ice to cover, and refrigerate until ready to use.

CAPELLINI WITH SHRIMP IN SAFFRON-GARLIC SAUCE

(Preparation and cooking time 18 minutes)
1/2 teaspoon saffron threads
1/2 cup vermouth or dry white wine

12 ounces dry capellini or angel-hair pasta
2 teaspoons olive oil
1 pound (about 24) large shrimp, peeled and deveined, tail intact
4 cloves garlic, minced
1 1/2 cups reduced-sodium, nonfat chicken broth
1 tablespoon cornstarch
Salt and freshly ground black pepper
1/4 cup chopped fresh parsley, optional

In a small bowl, combine saffron threads and vermouth; let soak 5 minutes.

Cook capellini in a large pot of rapidly boiling water to 4 to 6 minutes or until just tender. Drain and set aside.

Meanwhile, heat oil in a large nonstick skillet over medium heat. Add shrimp and garlic, and saute 3 minutes or until shrimp just turn pink. Remove shrimp with tongs, leaving garlic in pan, and transfer to a plate. Cover with foil to keep warm.

Reheat the same skillet over medium heat, then add vermouth mixture. Simmer 1 minute. Dissolve cornstarch in chicken broth and add to skillet. Simmer, stirring gently, 1 minute, or until sauce thickens.

Return shrimp to skillet, add capellini, and cook 1 minute to heat through. Remove from heat, and season to taste with salt and pepper. Spoon mixture into shallow bowls; garnish with parsley if desired.

Soy snacks, cereal chosen for sampler's Top 10 list

PRNewswire/ - The Organic Garden's SoyNitty Crunchies snacks and Soynergy breakfast cereal were chosen by supermarket guru Phil Lempert as two of the top 10 best tasting soy-based foods on the market.

Lempert tried hundreds of new soy products while monitoring supermarket trends and products for the Lempert report newsletter and for his Web site www.supermarketguru.com.

Referring to The Organic Garden's SoyNitty Crunchies, Lempert said, "I really love the taste of this product." Lempert also said soy nuts have "the next snack craze" potential.

Soynergy cereal from the Organic Garden also made the top 10 for great taste. Along with that taste comes a high-protein food, reducing the risk for heart disease and certain cancers and boosting isoflavone and calcium intake - especially helpful to women.

SoyNitty products are sold in health and natural food stores and selected grocery stores throughout the country.

For more information, log on to the company's Web site www.theorganicardenfood.com, or call (800) 817-1281.

Margarine recalled

PRNewswire/ - Land O'Lakes has voluntarily recalling a limited quantity of Land O'Lakes margarine in stick form because the product may contain pieces of metal.

The product being recalled is Land O'Lakes margarine with one of the following code dates: 02 16 01 KE10; 02 17 01 KE10; 02 18 01 KE10; 02 19 01 KE10; and 02 20 01 KE10.

The code date is printed in black ink on the package end-flap. Consumers who have purchased this product should return it to the store where it was bought for a full refund. No other Land O'Lakes products are affected.

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CORRECTION NOTICE

In our June 18 insert, we advertised the Reef Ryders "Ryde Or Die Walkin'" as newly available on Tuesday, June 20. Due to manufacturer's delay, this item will not be available and we do not know when it will be available. As we expect it to become available soon, we will be issuing mischecks. We apologize for any confusion or inconvenience this may have caused.

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An Orange A Day Keeps The Doctor Away

Scientists in Denmark have discovered a common substance in apples and citrus fruit which enhances the immune system. The substance is known as pectin, and it works like a natural biochemical signal, activating the life processes of white blood cells.

Research done at New Nordic's laboratories in Denmark and results from other international laboratories such as the Max Planck Gesellschaft in Germany and the Kitasato Institute in Japan, demonstrates how a particular form of pectin, called modified citrus pectin, can activate human natural killer cells, T cells and macrophages.

The preparation and standardization used for the composition of pectin in BioPectin makes BioPectin several times more efficient than other known modified citrus pectins. Only BioPectin offers a particular quality of pectin scientifically prepared to activate the cells biologically and is based on results from *in vivo* cell experiments. BioPectin ensures maximum results with the world's finest quality pectin for enhancement of the immune system.

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