Balance winter meals with light favorites 1 10-ounce package frozen peas, thawed (2 cups)

raste Editor Ken Abramczyk, designed to add balance and moderation to heavier winter dishes. Offerings include a "leafy" salad, a hot vegetable and fish.

DAY-AHEAD VEGETABLE SALAD

- 1 1/2 cups shredded
- ulss chaasa 4 hard-bolled eggs, chilled
- and diced
- 3 cups tom leaf lettuce

- 3/4 cup mayonnaise or your favorite salad dressing
- 2 tablespoons sliced green

Place romaine in bottom of rge bowl, sprinkle with a very and sugar. Top with one cup of the choese. Place eggs on cheese, and stand some on the edge. Sprinkle with salt.

Layer one half of the bacon, leaf lettuce and peas. Spread mayonnaise or dressing over

top, sealing to the bowl's edge. Cover and chill 24 hours or overnight. Garnish with remaining cheese, remaining bacon and green onion. Toss before serving.

Serve with rolls or bread for a meal.

Makes 10 to 12 servings.

CANDIED SQUASH RINGS

- 2 acom squash Salt

- 1/2 cup packed brown sugar

1/4 cup butter or mar

2 teblesnoons water

Cut squash into 1-inch slices, remove seeds. Arrange flat in shallow baking pan, season with salt and pepper. Cover and bake at 350° F until almost tender, about 40 minutes.

In saucepan, combine brown migar, butter and water; cook and stir until bubbly. Spoon over squash.

Continue baking, uncovered, until squash is tender, about 15 minutes more, basting often. Makes 4 to 6 servings.

2 Unique from page D1

into your next crispy treat mix for a wonderful dessert surprise.

Add extra points

Add extra points

Presentation is always important. Place a base cloth on your
conditions are always important. Place a base cloth on your
conditions are always in the condition
over them with another piece of
linen (perhaps use the colors of
linen (perhaps use the colors of
linen, poull create different levels on which to place platters
and bowls giving your table
more dimensions.

Decorate your table with a few fun football props such as team hats or streamers. Prop open tailgating picnic baskets, with using plates and napkins as a centerpiece.

I hope your party kicks off with fun, flair, and a warm tail-gate feeling and style. Enjoy!

gate feeling and style. Enjoyl
Chef Kell L. Leiston is owner
of 2 Unique Caterer and Event
Planners in Bloomfield Hills
and Aunt Olive's Good Food 2
Go in Birmingham, Lewton is a
graduate of Schoolcraft College's
Cutinary Arts program. See
recipes inside Toste.

Kapers from page D1

cioppino (fish stew) are wonderful winter dishes. Eat fish at least once a week.

Adopt new habits

Adopt new habits

Develop good eating habits.

Five a Day works for me. For breakfast I mash a banana into a bowl of hot catmeal, then defrest a handful of blueberries, toss them with clinamon and sugar, and add them to the oatmeal. Add a glass of orange juice, and you've already consumed three fruits.

For lunch pack a handful of carrots and place lettuce on a turkey roll-up on lawash or a whole wheat brend, and you've already hit five. With an apple and orange or other sneaks in the afternoon, you'll feel full and keep your metabolism up ond running. By 6 p.m., you won't feel so famished that you need to gorge.

Go ahead and enjoy prime rib

occasionally. Order or slice your-self a smaller portion, and bal-ance it with other healthful items. You can fill up by eating an orange or apple a few min-utes before dinner. You'll eat less at dinner because you'll fill

Ent some greens, the darker, the better. Enjoy some red leaf lettuce, romaine, spinach or Bibb.

Eating is one of the simpler pleasures in life. Enjoy it. Hun-ker in your bunker this winter, and comfort yourself with some wondrous dishes.

Ken Abramczyk is the Taste Ken Abramczyk is the Taste editor for the Observer Newspapers. Contact him with story ideas or recipes to share with readers with e-mail at kabramczyk@oe.homecomm.et or writhim at 36251 Schooleraff, Livonia, M1 48150. His phone number is 1734 953-2112. See related recipes inside Taste.

Pot pie from page D1

vater to cover them. Let stand Bout 3 minutes. Drain well.

On a lightly floured surface, roll pastry into a square slightly larger than the baking pan. Cover pastry with waxed paper while proparing filling.

In a large saucepan over medi-ing-high heat, melt butter. Stir in flour and curry powder. Gradually stir in broth. Continue cooking and stirring until mixture boils and thickens. Stir in vegetables and mushrooms. Add chicken, st ring as little as possible to avoid breaking pieces. Transfer to baking pan.

Cover with pastry, folding edges under. Make 3 or 4 slashes in sur-face to allow steam to escape. Bake for about 25 minutes or until pastry is golden and filling is hot and bubbly.

Filling may be prepared ahead

and refrigerated. When ready to bake, make pastry and proceed as directed. Increase baking time to about 35 minutes.

When doubling this recipe, make in 9 x 13-inch pan; bake about 50 minutes. Serves eight.

Nutritional information per serving: Calories, 256; protein, 17 g; fat, 13 g, sodium, 432 mg, and carbohydrates, 15 g

Original recipe by Laurana Rayne and Norma Bannerman, adapted to reduce fat by HDS Ser-vices

MEXICAN CHICKEN STEW

- 4 chicken breasts
- 4-8 cups water
- 2 teaspoons chicken soup

1 green pepper, sliced 1 onion, silced

- 4 carrots, sliced 1/4 inch
- 1 jalapeño peppar or more, (alit and add whole or chop (ine with seeds)
- 2 cloves garlic, minced
- 1 can com
- 1 tablespoon cumin

Boil chicken breasts in water until done. Remove chicken and shred. Reserve broth and strain fat. Then add soup base, stewed tomatoes, green pepper, onion, carrots, garlic and jalapeño cook-ing just until tender. Add chicken, and cumin and simmer on

Nutritional information per serving: calories, 141; protein, 1 g; fat, 2 g; sodium, 515 mg, carbo hydrates, 8 g.

Recipe courtesy of Rachael Soules of Livonia

Tickets available for best chefs' dinner

Tickets still remain for what organizers are calling a "truly memorable" dinner Friday, Feb. 2, prepared by chefs at the top of their pro-

Schoolcraft College's Culi-

Schooleraft College's Culi-nary Arts Department will present a nine-course meal prepared by the school's mas-ter chefs and invited chefs. Tickets must be purchased in advance, by credit card or check, are nonrefundable, and will be available from the Culinary Arts Depart-ment. Call (734) 462-4423.

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