Muffins from page B1

nifer, 32, Greg, 30, Sarah, 27 and Leslic, 19. "Besides, I had already created a healthy doggie cockie for the family pet. I fig-ured I could create a healthy nutfin for the rest of the family!" "I collect, read and use various cookbooks. I alter recipes to accommodate my family tastes and my interest in healthy eat-ing.

For my 'Mighty Muffs', I took For my Mighty Mulls, I took a simple muffin recipe and enhanced it with ingredients that I believed to not only be beneficial and filling, but tasty enough to look forward to eating every morning."

She adds that breakfast is the most important meal of the day.

She adds that brenkfast is the most important meal of the day and yet she didn't always have time to prepare fresh fruit assembling nutritious for herself or family. "I felt frustrated and started looking for something that I and my family members could take with us on the runsomething that would be filling and keep us satisfied until lunch. A bowl of cereal doesn't do this and bagels are too heavy and often dull. Breakfast burs are to expensive and processed. Also, I discovered that the most mulling that are readily available have too many preservatives and are

sweet and cupcake-like."

She is proud that most of the sweetness in her muffins comes from the fruits: "Everything I use is fresh." The fruits also help to make the muffins moist.
"The fruit and other ingredients in the muffins provide me with a good combination of fiber, vitamins and the bonus of some-

vitamins and the bonus of some-thing tasty, filling and mobile, which is an added plus. When we're in a rush, we can shove a mulin into our purses, briefcas-es or gym bags. If I'm at home, I'll heat one in the microwave for about 30 seconds and put on a little butter or fruit spread, if I feel like a little more flavor." She stresses, however, that her muffins are full of flavor without any toppings.

muffins are full of flavor without any toppings. "Mighty Muffs" got their name from the healthy ingredients and the fact that they are filling and satisfying. "My son, Greg, and I collaborated on the name, and he, a graduate in illustration from the Center for Creative Studies in Detroit, came up with the trademark."

A name and trademark was

A name and trademark was needed when friends, neighbors and co-workers of family mem-bers asked to purchase the muffins.

GRIGIO/MERLOY/CHARD

"I nover planned for these muffins to be anything more than a breakfast treat for my family. Now I'm in the mufin business. I've been selling them through word-of-mouth for 515 a dozen." For another dollar, she packages the muffins in brown bags with handles with tissue and raffia, making them suitable for hostess gifts. (For information and orders, call (248) 642-0419)

Whole Foods muffins

Whole Foods muffins
Forgach doesn't have the market on healthy muffins. In fact,
an area market chain, Whole
Foods Market, has a wide selection of muffins, all of which are
made with natural (no artificial)
ingredients, including whole
wheat and unbleached flours and
organically grown fruits and vegetables

organically grown fruits and vegctables.

The arrikets bake muffins
each day. "Fresh and natural is
our goal for the muffins, as well
as our other offerings," asy
Susan Bellinson, marketing
director for Michigan. She say
the market's most popular
muffins are blueberry, lemon
poppy seed, vegetarian blueberry and
its light morning muffin.

The store also carries prepackaged varieties prepackaged varieties prepackaged varieties prepackaged varieties prepackaged varieties prepackaged varieties prevalued by
such suppliers as Vitalicious and
Natural Oxen
Whole Foods Market grew out
of a food ecop that was founded

Whole Foods Market grew out of a food co-op that was founded in 1980 in Austin, Texas. There are now markets in 23 states and Canada. The four Michigan stores are in Ann Arbor, Rochester Hills. Troy and West Bloomfield. The goal of this nation's top retailer of antural and organic products is to provide the highest quality, leaving processed, most flavorful and naturally preserved foods. Our products must meet the highest of standards and contain no arti-

ficial additives, sweeteners, col-orings or preservatives," says Bellinson.

ficial additives, sweeteners, colprings or preservatives," says
Bellinson.

Aaron McKee, who handles
marketing and community relations for the Troy market, invites
customers to come in for not only
the wide assortment of muffins
available, but for healthy ingredients so they can make their
own at home. "We carry a wide
variety of foods sold in bulk. This
allows customers to buy only the
amount needed for a recipe."

Lois McCurry of Canton deenari'w morry about buying too much
of a rarely used ingredient when
it comes to making her muffins.
"I make just your basic cornbread muffin," she says.

According to the Tennessenative, cornbread muffins are a
Southern staple. "I've been making them since I was a small
child, for more than 60 years, All
Southern staple. "I've been making them since I was a small
child, for more than 60 years, All
Southern girls are taught to
make these muffins.
"After all this time, I just
throw the ingredients together
without even using a measuring
cup."
McCurry says that health con-

cup."
McCurry says that health concerns (she has diabetes; her hushand, Don, has high blood pressure) has required her to alter

sure) has required her to alter her muffins somewhat.
"Bosically, all Southern cooking and baking has as its foundation fats, especially animal fats.
Now I use healthier ingredients, such as canola oil and whole wheat flour in my cooking and baking. (Although she continues to use white flour in her muffins.)

to use white non manner muffins.)

The mother of five and grand-mother of 10 anys she's been able to control her diabetes without medication through exercise—she and her husband go for walks and ride blisses—and diet, including her fairly low-caloric combread muffins. "There's no the mother precioe." she says. sugar in my recipe," she says.

Unique flavors spice up muffins

GOOD FOODS TOASTED OAT, SCALLION & CHEDDAR MUFFINS

1/2 cup old-fashloned rolled

- 1 1/2 cups flour
- 2 1/2 teaspoons baking powder
- powder 1/2 teaspoon baking soda 3/4 teaspoon dried mustard
- powder 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper 1 cup shredded sharp ched-
- dar cheese 1/4 cup grated Parmesan
- cheese
- 1/4 cup thinly sliced scal-lions
- 1 cup buttermlik 1/4 cup extra virgin olive oli 1 targe egg

Preheat oven to 350 degrees e oats on baking sheet and bake 7 minutes or until lightly browned and toasted. Transfer to food processor and process until

coarsely ground. In large bowl, stir together toasted onts, flour, baking powder and soda, mustard powder salt and cayenne pepper. Add cheeses and scallions. Mix

together to combine. In small bowl, stir together buttermilk, oil and egg. Make a well in center of dry ingredients, pour in buttermilk mixture and stir with fork until completely moistened. Spoon equal amounts into pre-lined cups of 12-cup muf-fin pan. Bake approximately 20 minutes or until golden broand cooked through. Serve or at room temperature.

Makes 12 muffins. Per muffin: Calories, 174; Fat grams, 9.3; Fiber grams, 0.9

WHOLE FOODS PLUM BUTTERMILK MUFFINS

- 1 1/2 cups flour 3/4 cup unprocessed wheat
- 2 teespoons baking powder
- 1/2 teaspoon salt 3/4 teaspoon cinnamon
- 1/8 teaspoon alispice
- 1 cup butternlik
- 1/4 cup honey
 3 teblespoons extra-light
 olive oil
- 1 large egg
- 2 teaspoons grated lemon
- zest 1 cup (about 2 medium)

diced plums Prehent oven to 400 degrees,

In large bowl, combine flour, bran, baking powder and soda, salt, cinnamon and allspice. Make a well in center of dry ingredients.

In medium howl, whick togeth or buttermilk, honey, oil, egg, and lemon zest. Pour into dry ingredients, stirring until just combined. Fold in plums.

combined. Fold in plums.

Spoon equal amounts into prelined muffin cups. Bake approximately 16 minutes or until
muffins are golden and a toothpick inserted in center comes out
clean. Makes 12 muffins,
Per muffin: Calories, 142; Fat
grams, 4.4; Fiber grams, 2.4.

Foods bring back memories of days past

CASSEROLE OF OXTAIL

- 1 oxtait cut into pleces 2 tablespoons fat
- 1 onlon minced
- small bay leaf 2 tablespoons flour
- 1 carrot, minced 3 celery tops, minced
- 2 cups boiling water salt, paprika to taste

h oxtail pieces; wipe dry; roll in flour. Heat fat in frying pan; brown oxtail pieces well; remove to casserole. Pour over boiling water add bay leaf; cover and bring to boil; reduce heat and simmer until meat about falls from bones. A mat under casser is helpful. Season tender oxtail with salt and paprika and strew with minced parsley at serving time. Reheats well.

CORN AND SUMMER SQUASH

- 1 pound tender summer squash
- 1 1/2 tablespoon butter
- 2 ears sweet corn cut from
- 1 teaspoon sugar

Patty pan, yellow crooked neck

or green striped Italian squash are good; the tender ones need no peel-ing; even seeds are edible. Three parts squash to one of corn is the right proportion. Weash young squash, slice or cube; dry. Melt butter in heavy frying pan; add squash and fry gently until tender, turning often. Add corn; cook, stir-ring; add spara and sensonings

ring; add sugar and seasonings and simmer 5 minutes or until del-icately flavored. Serve hat.

WALNUT CHOCOLATE CARAMELS

- 6 ounces grated chocolate
- 1 cup cream

1 cup top milk 1 tablespoon flour

- 1 cup granulated sugar
- 1 cup com syrup
- 1 cup broken walnut meats

Stir chocolate, flour and cream to smooth paste. Add sugar, syrup, and milk and boil over slow fire stirring constantly until a few drops poured in cold water forms a firm, chewy ball. Add nuts and 1 teaspoon vanilla. Pour into buttered pan 1- inch deep. When cool, mark into squares. When hard, remove to board and cut with

Healds from page B1

2000 Hugel Pinot Blanc
"Cuvec Les Amours," Alsace \$13
1998 Wynns "Goonnwarra"
Cabernet Sauvignon \$13
1999 Napa Ridge Napa Valley
Cabernet Sauvignon \$13
1998 Gabbiano Chianti Classico Reserva \$15
1999 Tellis Cabernet Sauvignon "Sonoma" \$19
1999 St. Francis "Old Vines"
Zinfandet \$19
1999 Yalumba "Mawsons"
Cabernet-Shiraz-Merlot \$20
1998 Guenoc Petite Syrah \$20

Winners \$10 and under 2001 Yellow Tail Chardonnay

2000 Constal Ridge Shiraz \$7

2000 Canvon Road California Cabernet Sauvignon \$8 2000 Canyon Road California Shiraz \$8 2000 Delicato Cabernet Sauvi-

gnon \$9

2000 Forest Glen Chardonnay

1999 Ravenswood Vintners Blend Zinfandel \$10

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

Shrimp salad can be ready in a hurry

AP - Here's a quick, easy to make dish from Susan Goss, chef and co-owner of Zinfandel, a Chicago restaurant.

PAN-SEARED SHRIMP AND CANNELLINI BEAN SALAD

(Preparation and cooking time about 15 minutes) 18 large shrimp, peeled and develoed (16 to 20 count)

develned (16 to 20 count)
2 tablespoons fruity olive oil
Kosher satt and freshly ground
black pepper to taste
2 tablespoons silced,
blanched almonds

One 151/2-ounce can can nellini beans, or other large white beans, drained

- 1/4 cup julienne sun-dried tomatoes, soaked 5 min-utes in hot water, drained
- and rinsed
- 2 cloves gartic, peeled and minced

2 tablespoons chooped basis leaves

6 leaves leaf lettuce

6 leaves leaf lettuce

Hent 2 tablespoons olive oil in a large saute pan until very hot. Add shrimp and almonds and saute quickly, over high heat, about 3 minutes, until shrimp are pink and almonds are tonsted. Season with salt and pepper. Transfer shrimp and almonds to a platter, leaving any juices in the pan. Add drained beans to the pan, along with garlic, aun-dried tomatoes, chicken stock, lemon juice, parsley and basil. Heat to boiling, sirring occasionally.

While beans are heating,

While beans are heating. While beans are heating, arrange lettuce leaves on each of 6 large salad plates. Season warm beans with salt and pepper and divide among the lettuce leaves. Top each with 3 of the shrimp and some of the almonds and drizzle some of the almonds and drizzle the remaining 2 tablespoons of olive oil, as well as any shrimp juices remaining on the platter ever the shrimp. Grind a little black pepper over the top and serve. Makes 6 servings.







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