

Side dish

Sandwich rolls

A sandwich roll usually contains over 30 grams of carbohydrates, but Lo-Carb Sandwich Rolls by O'So Lo Foods Inc. have only three grams of carbohydrates per



roll. Available in three flavors - Original White, Pumpkinseed and Sourdough, the rolls allow low-carb dieters to enjoy guilt-free sandwiches. They're individually wrapped and packaged four to a carton. O'So Lo Food products are certified kosher. Click on the company's Web site [www.osoloco.com](http://www.osoloco.com) for more information.

Look for Lo-Carb Sandwich Rolls at GNC, 6738 Orchard Lake Road, West Bloomfield; Richardson's Super Drugs, 42433 Ford Road, and Good Food Company, 4255 Ford Road, Canton; and Health Ways Better Health Store, 44427 Ann Arbor Road, Suite E, Plymouth.

Beans

Oakland County Michigan State University Extension is spreading the word about beans. They're high in vitamin B, complex carbohydrates, protein, dietary fiber, low in sodium and fat, and cholesterol free.

Here are some ways to include more beans in your diet:

- Add white cannellini beans to Marinara sauce and serve over pasta
- Add peas or lentils to salads

■ Substitute mashed cooked beans for some of the meat in meatloaf

■ Add beans to canned or homemade soups

■ Add a cup of split pea or lentil puree to muffins or nut bread for extra moisture and increased protein.

■ Spice up beans with cumin, cilantro, chili pepper, garlic, tarragon, thyme, oregano, basil or curry powder.

Girl Scout gala

Spend an enchanted evening of "Cookie Delights" with flavored champagne 6-8 p.m. Friday, Jan. 17 at the Rattlesnake Club in Detroit. Six premier restaurant chefs will be competing for the "Best Recipe" award by creating a dessert using Girl Scout cookies. Tickets are \$50 each or \$75 per couple. To RSVP, call Pearl Harris (313) 912-4475. Ext. 239.

Shopping tip

Consuming whole grain foods can improve your health. Gail Posner, a registered dietitian with Healthy Ways Nutrition Counseling in West Bloomfield, recommends whole grain breads made by Natural Ovens. "Many of the breads made by Natural Ovens contain not only whole wheat flour, but other grains," she said. "One slice contains 5 grams of dietary fiber. Most other whole wheat breads contain 2 grams of fiber. Keep the bread frozen since it contains no preservatives, and toast as needed. The high fiber content will keep you full much longer than other breads."

# Taste

RECIPES ■ SPECIALTIES



One-pot meals

## Comeback casserole

Keep warm this month with hearty, easy one-pot meals

BY LANA MOH  
STAFF WRITER

Some cookbooks say they're making a comeback, but have casseroles ever truly left our kitchen tables?

They're easy and inexpensive one-pot, no-brainer meals for lazy, cold January days. To learn about these American wonders we talked to the people who make them: working people.

"Potatoes are a good starter for casseroles, try cooking them with apples and cheese," suggests Katherine Thompson of Plymouth.

Trichia Belcher of Farmington Hills makes an easy casserole every holiday. The recipe is a family tradition that she calls simply, "The Bean Casserole."

"My grandma used to make it, and when she passed away, I took over the role," Belcher said. "It's so easy it's almost embarrassing - there are only three ingredients but everyone loves it."

Belcher said the recipe is simply green beans, a can of cream of mushroom soup, and fried onions.

"Everything is mixed together and baked for 40 minutes - that's it."

And that's as simple as they're supposed to be.

Casseroles soared in popularity during the Depression-era, when meals were made from whatever food was available in the house. Today's casseroles are similar to those of years past, the difference is there are more vegetables in them.

The American Institute for Cancer Research recommends increasing grains and reducing the amount of meat in casseroles. Try topping casseroles with creamy,

beta-carotene packed mashed yams, and add chopped asparagus or almonds. Blend grains like couscous with lower-fat fish and vegetable broth and top with spicy chopped wasabi flavored nuts.

Vegetable or chicken stock can be substituted for cream of mushroom soup. Dried cranberries or cherries, Mandarin oranges and pine nuts also add flavor and texture.

A variety of textures is important in casseroles, said Thompson. "Corn flakes are a healthier topping, but they're too sweet and they get too soft."

Thompson said, "I always use potato chips right out of the bag instead."

Lisa Sawyer works full time for a Southfield insurance agency and has two children. At company potlucks she exchanges easy meal recipes with co-workers. The broccoli rice casserole recipe she received from a friend is a favorite.

"I work full time and we're raising a family, the casserole is perfect when I need something quick," said Sawyer. "It has Velveeta cheese so it's not the healthiest recipe, but my family loves it every once in a while."

The dish, like most casseroles, requires minimal preparation time - the most time-consuming step is making the rice. Fresh broccoli adds nutritional value and brown rice can be substituted for the white, she said.

"Casseroles are great because you can take all the vegetables in your refrigerator and mix them with egg noodles, cream of mushroom soup and then top it with bread crumbs and you'll have dinner for days," said Jen Hunter, whose busy Birmingham retail job often leaves little time for cooking during the week.

Quick, warm one-pot meals, casseroles aren't intended to be gourmet, but often they're family darlings.



## Thrown-together casseroles offer comfort on cold days

### ITALIAN CASSEROLE BAKE

- 1 pound ground beef
- 3 cups penne or rotini pasta, cooked, drained
- 1 jar (26 to 28 ounces) spaghetti sauce
- 1/2 cup grated Parmesan cheese or Romano cheese, divided
- 1 package (8 ounces) shredded Mozzarella cheese

Brown ground beef in large skillet and drain. Add pasta, sauce and one-half cup of Parmesan cheese to skillet and mix lightly. Spoon mixture into a 13-by-9-inch baking dish and top with Mozzarella cheese and remaining one-quarter cup Parmesan cheese. Bake at 375°F for 20 minutes or until thoroughly heated. Divide Italian casserole bake among plates and serve.

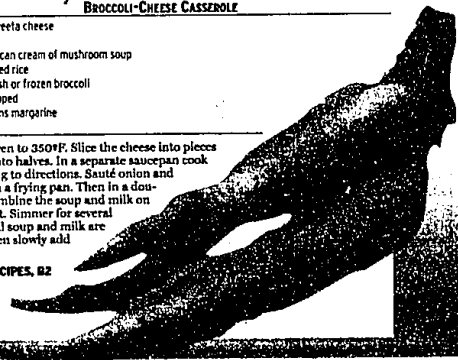
From Kraft cheese

### BROCCOLI-CHEESE CASSEROLE

- 1 pound Velveeta cheese
- 1 cup milk
- 1 (10 ounce) can cream of mushroom soup
- 3 cups cooked rice
- 1 pound fresh or frozen broccoli
- 1 onion chopped
- 2 tablespoons margarine

Preheat oven to 350°F. Slice the cheese into pieces and divide into halves. In a separate saucepan cook rice according to directions. Sauté onion and margarine in a frying pan. Then in a double boiler combine the soup and milk on medium heat. Simmer for several minutes until soup and milk are blended. Then slowly add

PLEASE SEE RECIPES, B2



## Dominus merges Bordeaux and Napa Valley

Dominus is the red wine produced from the historical 124-acre Napanook vineyard in Yountville. It is the original ranch where George Yount planted the first vines in California's Napa Valley. More recently, it was one of the three vineyards from which the great vintages of Inglenook were made.

Christian Moueix of St. Emilion and Pomerol in the



Focus on Wine

Ray & Deane Reel

Bordeaux region of France became part owner of Napanook in 1982 and full owner in 1993.

From it he began producing Dominus with the 1983 vintage. The wine is essentially 70 percent cabernet sauvignon with lesser amounts of cabernet franc, merlot, and petit verdot.

Due to its opulence and rich, concentrated fruit, this Bordeaux-style wine, born in the Napa Valley, earned worldwide recognition.

"Because of its emphasis on elegance and refinement,"

said Edouard Moueix, Christian's 25-year-old son who has joined the family business, "Dominus clearly has a French reference."

It's important to note that Christian Moueix studied at the renowned University of California at Davis school of viticulture and enology.

There, he became infatuated with the opportunity to make a wine that carried the signature

of Napa Valley, yet with the spirit and style of a great Bordeaux red.

Dominus is the result.

### WINE GOAL

"Even with that," Edouard continued, "we have suffered from the misconception that we are not a Napa Valley wine." If

PLEASE SEE WINE, B2

Love and marriage...  
go together like a horse and carriage



So the song goes. Weddings don't go together at all without a lot of intense planning. Look for our 2003 Wedding Guide on Sunday, February 16 and discover ideas, advice and interesting features to assist with your wedding.

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