

Side dish

Take-out triumphs

We're dining at home... but on food cooked by somebody else, says Art Siemer, editor-in-chief of *The Food Channel* Trendwire, a weekly e-mail newsletter for food marketers. It's the most significant countertop trend in America. Despite 11 straight years of restaurant sales growth, Americans are actually eating fewer meals in restaurants than they did 15 years ago.

Snack attack

You'll find a big variety of great-tasting snack options, including sandwich cookies



made without hydrogenated oil, at Whole Foods Market in West Bloomfield, 7350 Orchard Lake Road, Troy, 2890 W. Maple Road, and Rochester Hills, 1404 Walton Boulevard. To learn more about whole foods, visit www.wholefoods.com

Home cooking

According to the Wheat Foods Council, 85 percent of Americans now eat home-cooked meals three or four times each week. And according to the American Dietetic Association, 38 percent of Americans say they have made a significant effort to improve eating habits.

But are you still craving dessert?

If so, try this sweet but healthy wheat-packed recipe:

APPLE CRISP WITH CRUSHED WHEAT TOPPING

- 4 to 5 cups baking apples peeled and sliced
- 1/2 teaspoon ground cinnamon
- 2 tablespoons water
- 1/3 cup whole wheat flour
- 1/2 cup packed dark brown sugar
- 1 1/2 teaspoons ground cinnamon (divided)
- 4 tablespoons stick margarine, chilled
- 1 cup crushed wheat flakes cereal

Preheat oven to 350°F. Spread apples in an 11 by 7 by 2-inch pan coated with cooking spray. Sprinkle one-half teaspoon cinnamon on apples. Add water.

Combine brown sugar, flour and the rest of the cinnamon. Cut in margarine using a pastry blender or two forks until mix resembles coarse meal. Add cereal, mix and sprinkle over apples. Bake 30 minutes.

Top with vanilla ice cream or soy ice cream if desired.

Go nuts

Love pistachios? For more information, visit www.pistachios.org.

Let's cook well together

New series focuses on good food for a trimmer community

BY LANA MINI
STAFF WRITER

Here are three words dietitians recommend for healthy meals: Eat at home.

At home, you have control over how food is prepared, how much salt is added and what kind of oil is used. At home, you can have much-needed whole grain bread instead of white bread made from bleached refined flour, said Gail Posner, registered dietitian and owner of Healthy Ways Nutrition Counseling in West Bloomfield.

SLIM DOWN HOMETOWN

"The average restaurant doesn't have whole wheat bread," Posner said. "It has white bread with wheat food coloring added."

One of the biggest mistakes people make is eating on the run, Posner said. When we're in a hurry, we stop at fast-food restaurants for high-calorie foods.

"I guarantee that you can make a peanut butter and jelly sandwich with whole grain bread in less time than it takes to go through a drive-through restaurant," she said.

For more than 20 years, Posner has helped people control their weight by helping them change their dietary lifestyle.

Barbara Beznos, registered dietitian and owner of Integrated Nutrition in Farmington Hills, empowers clients to help them regain control over food habits and release guilt that may stem from weight gain.

"Demand healthier foods," Beznos said. "At restaurants, request more vegetables on the menu. Better yet, grow your own vegetables if possible."

Both Posner and Beznos said metro Detroiters share other bad traits:

"We're a city with door-to-door service," Posner said. "We drive everywhere... and with the cold weather it makes the idea of walking even less attractive."

Also, many people also mistake thirst for hunger. We consume excessive calories when we might just need a glass of water.

Change is slow. Improve eating habits with a happy attitude. Don't try to change your whole lifestyle immediately. Start small.

"Don't try going from two glasses of water each day to eight; increase it slowly with just one or two more glasses," Posner said.

And don't compare yourself to others. Said Beznos "on a daily basis, over-

Experts share tips

Barbara Beznos, registered dietitian at Integrated Nutrition in Farmington Hills said:

■ Back local restaurants and demand healthier items on menus.

■ Don't eat in cars.

■ Eat home when possible.

■ Enjoy Michigan-grown crops.

■ A high-fiber diet of fruits, vegetables, beans, grains, and nonfat dairy, improves insulin and glycemic response. This can lead to weight loss.

■ Eat foods that remain in their natural state; they have more nutritional value (fiber, minerals and vitamins) and fewer additives and calories than processed.

Gail Posner, a registered dietitian at Healthy Ways Nutrition Counseling in West Bloomfield said:

■ Carry a small cooler in your car with carrots or fruit. Keep cans of tuna in the car to avoid fast-food restaurants on busy days.

■ If you must eat fast food, skip mayonnaise on the chicken sandwiches.

■ Eat slowly. It takes 20 minutes from the first bite of food for the brain to tell your stomach that it's full. Take smaller bites.

■ One bagel equals six slices of white bread. Try lowfat graham crackers instead.

■ Replace regular pasta with wheat pasta - less empty calories.

■ The body process partially hydrogenated oils the same way it processes fat. Avoid chips and cookies that have it. Many blue or white corn chips don't have partially hydrogenated oils.

weight individuals compare themselves in size to others and sometimes feel out of place with those who are thin. Everyone needs to find their own logic and understanding of "matter of taste" of what they eat."

Beznos said a high fiber diet of fruits, vegetables, beans, grains, and nonfat dairy, improves insulin and glycemic which can lead to weight loss. She recommends the following good meal in place of a fatty one:

- 1 cup spaghetti with tomato sauce
- 2 kinds of vegetables or mixed salad

PLEASE SEE SLIM, B2



DEK SMITH/STAFF PHOTOGRAPHER

Gail Posner, a registered dietitian and owner of Healthy Ways Nutrition Counseling in West Bloomfield, stands on a scale with some of her favorite low-fat foods: plain popcorn, oatmeal, Kashi cereal and crackers.

Together, we can all slim down

We've all heard the bad news. Detroit's the third-most overweight city in the U.S. according to a poll taken in January by *Men's Fitness* magazine.

At least we're not Chicago, ranked No. 2, or worse, Houston, No. 1.

Still, it's nothing to laugh about. Twenty-two percent of Michiganders are obese, says the Center for Disease Control. Obesity-related illness is the second leading cause of death nationwide, killing 300,000 annually, next to smoking.

In our new series *Slim Down Hometown*, we'll speak with nutrition-

ists who will suggest foods to avoid or include in your diet. We'll talk about trends - healthy and unhealthy - offer tips for dining out sensibly and discuss weight control. Local chefs and registered dietitians will share recipes for healthy dishes that taste good, too.

If you've made some healthy changes in your diet, let us know. Together we can all slim down.

Send or e-mail cooking tips and recipes to: Lana Mini, the *Observer & Eccentric* Newspapers, 605 E. Maple, Birmingham, MI 48009 or e-mail: lmmini@pe.hometown.net

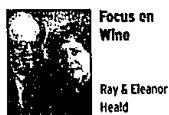
More than merlot stars at Rutherford Hill

Cozied high in the eastern hills of California's famed Napa Valley, Rutherford Hill Winery overlooks the Valley's renowned Rutherford Bench, land that entitled eminent vintners and merlot to rival the best in the world.

In 1978, when most people in the world were questioning "Napa Valley?" Rutherford Hill's founders identified a singular opportunity. They predicted that the climate of Napa Valley, with soil similar to the Pomerol appellation in Bordeaux, was destined to produce some of the world's best merlot. As such, Rutherford Hill is now recognized as a pioneer in growing and promoting this variety.

In the 1990s, the Terlato Wine Group of Illinois became the U.S. marketer of Rutherford Hill wines. In 1996, the partnership that owned the winery decided to sell. The Terlato family purchased the winery with the goal of improving the brand.

As owners of internationally-recognized Paterno Imports also,



Focus on Wine
Ray & Eleanor Head

the Terlato family is associated with some of the world's renowned producers. This has given them insight into the best in the world of wine, which is spelled out as "quality first." Thus it was that once the Terlatos owned Rutherford Hill, they chose to reduce production by 14,000 cases to elevate quality.

This sacrifice in the 1995 vintage has been rewarded handsomely with recognition now as a first-rate Napa Valley winery on the move.

Together with a host of contracted grape growers, Rutherford Hill uses grapes from its 60-acre estate-owned vineyard in the Rutherford appellation and another 110 acres under long-term controlling lease. In 2000,

WINE PICKS

Lush, velvety Pinot Noir matches well to salmon, tuna and duck. It's perfect with a hearty clippino.

■ Awesome: 2000 Archery Summit Arcus Estate \$75 and 1999 Byron Nielson Vineyard, Santa Maria Valley \$45.

■ Seriously delicious: 1999 Byron Sierra Madre Vineyard \$45; 2000 Sanford Barrel Select La Rinconada Vineyard \$60; and 2000 Sanford Barrel Select "Sanford & Benedict," \$50.

■ Very good value: 2000 Charles Krug Caramos \$19.

■ Wallet-friendly: 2001 Firesteel, Oregon \$10.

All wines mentioned are available in the metro Detroit area. If a retailer does not stock a specific wine, ask that it be ordered from the distributor.

the winery upgraded equipment and began production of a reserve tier of wines which age, as do all the red wines, in a shilling cave system containing over 8,000, principally French, oak barrels.

In 2001, winemaker Dave Dobson came on board. Together with the well-respected winemaker Doug Fletcher, who earned his

stripes at Chimney Rock winery, and is now director of winemaking for the Terlato Wine Group, they concentrated on the vineyards to achieve maximum grape maturity at harvest.

"That's what flavorful wines are all about," Dobson said.

Dobson, who did not come across in our interview as some-

one who needed to impress his boss, described owner Tony Terlato as a "visionary." To us the proof has always been in the bottle and we found it in the following wines.

TASTING THE WINES

■ 2000 Rutherford Hill Napa Valley Chardonnay \$17 - Is a fruit-forward wine with luscious white peach and pear in both the aroma and flavor. Fruit and oak are well integrated in a delicious, food-friendly wine that's definitely not another boring California chardonnay.

■ 2000 Rutherford Hill Napa Valley Merlot \$20 - This wine represents about 80 percent of the winery's production. It's lush, velvety and layered with red fruits. A slight mushroom note adds intrigue. Hands down, this wine has the greatest "yum" factor of any merlot in its price range. Tired of thin and underdeveloped merlot? Try this one.

■ 1999 Rutherford Hill Napa

PLEASE SEE RUTHERFORD, B2

Did you miss the deadline for Thursday's Classifieds?

You have a second chance to make Thursday's edition. If you call us by noon on Wednesday we'll put your ad in a special mini-directory, "Too late to Classified," which appears in Arts & Entertainment. Call 1-800-678-SELL (preferably by deadline) to place your ad.