

SLIM

FROM PAGE B1

■ 1 cup of minestrone soup

That meal, said Beznos, has 485 calories, 5 grams of fat, 20 grams dietary fiber, 15 grams sugar.

And is better than eating:

■ 1 cup macaroni and cheese

■ 1 hamburger on a bun

■ 1 can soda

This meal has 720 calories, 25 grams of fat, 3 grams of dietary fiber, 54 grams of sugar.

There are some easy things we can do immediately, Foster said. "Instead of drinking a can of cola with 100 empty calories you could have a thick stacked open face turkey sandwich."

Add whole grains like Total Whole Grain cereal or shredded wheat cereal to your breakfast. Healthy food that's low in fat.

"Remember, everyone must find the best foods for their own vitality, physical strength, optimal nutrition, strong minds, and longevity," Beznos said. "You should experience health and harmony in the body. Make it a matter of taste."

See recipes inside.

Slim down with these tasty dishes

See related story on Taste front.

BAKED FRESH ORGANIC TUBERS

1 small butternut squash
2 large yams
2 large new potatoes
1 large red yam
4 large carrots

SAUCE FOR THE TUBERS

1/2 cup marinara sauce
2 tablespoons olive oil
1 can vegetable/delimited chicken broth
1/2 teaspoon full of mixed herbs/italian
1 teaspoon sugar
Sprinkle with nutmeg and cinnamon

Peel and cut all potatoes into large cubes. Peel and take seeds out of squash and cut the same size as potatoes. Clean carrots and cut into similar chunks. Put into covered casserole. Mix sauce together and pour over all the chunks. Bake for one hour at 350-375°F.

Source: Dietitian Barbara Beznos of

Farmington Hills.

WHOLE WHEAT FETTUCCINE WITH CHICKEN & PORCINI MUSHROOMS

1/2 cup dried porcini or other wild mushrooms (about 1/2 ounce)
1/2 cup boiling water
1 tablespoon Extra Virgin olive oil
6 or skinniest, boneless chicken breast, cut into 1/4 inch thick strips
1/2 pound fresh mushrooms, quartered
1/4 cups reduced-sodium mixed vegetable juice
3/4 teaspoon salt
1/2 teaspoon sage
1/2 teaspoon pepper
5 cups small broccoli florets
1 teaspoon cornstarch blended with 1 tablespoon water
1/2 pound Whole Foods Organic Fettuccine Pasta
1/2 cup part-skim ricotta cheese

In a small heatproof bowl, combine porcini and boiling water; set aside to soften. In a large non-stick skillet, warm two teaspoons of oil over medium heat. Add chicken to skillet and cook, stirring frequently, until golden brown, about four minutes. Remove with

a slotted spoon and add to plate with bacon. Add remaining one teaspoon oil and fresh mushrooms to skillet and cook, stirring frequently, until mushrooms are lightly colored, about four minutes. Stir in mixed vegetable juice, salt, sage and pepper.

Reserve soaking liquid, remove porcini and rinse under cold running water. Coarsely chop porcini and add to skillet. Line a fine-mesh sieve with cheesecloth or damp paper towels and strain mushroom soaking liquid into skillet.

Bring mushroom sauce to a boil and add broccoli and reserved chicken. Reduce to a simmer, cover and cook until broccoli is tender and chicken is cooked through, about three minutes.

Stir cornstarch mixture into skillet, bring to a boil over medium heat and cook until lightly thickened, about one minute. Transfer sauce to a large serving bowl. Meanwhile, in large pot of boiling water, cook pasta according to package directions. Drain well and toss with sauce and ricotta cheese.

Source: Whole Foods, Rochester

BLUEBERRY CORNMEAL WAFFLES

1 cup flour
1 cup yellow cornmeal
1/2 teaspoon baking powder
3/4 teaspoon salt
1/2 teaspoon baking soda
1 cup blueberries
1 cup plain nonfat yogurt
1/2 cup water
1/4 cup maple syrup
2 tablespoons extra-light olive oil
1 large egg yolk
2 large egg whites

Preheat waffle iron. In a large bowl, combine flour, cornmeal, baking powder, salt, and baking soda.

Stir in blueberries. In measuring cup, stir together yogurt, water, maple syrup, oil, and egg yolk. In a small bowl, beat egg whites until stiff peaks form. Make well in center of dry ingredients and stir in yogurt mixture. Fold in egg whites.

For each waffle, spoon generous 1/4 cup mixture into waffle iron. Close the lid and bake according to waffle iron instructions. Serve hot.

Source: Whole Foods, Rochester

RUTHERFORD

FROM PAGE B1

Valley Reserve Merlot \$75 - Flat out, this heavyweight merlot, in the heaviest bottle around, is outstanding. It's pricey but when you compare it to the cost of some Pomerol wines from the Bordeaux region at twice the price, it's a special wine for that special occasion. If you're cellar-ing wines, add it to your collection.

■ 2000 Rutherford Hill Napa Valley Cabernet Sauvignon \$30 - only touches the tip of the quality iceberg for what Dobson and the Terlatos have in mind for cabernet in the future. Their plans are to elevate an already rich, deeply-colored wine, brimming with black cherry, blackberry, brown spices and vanilla to have an even more distinguished and elegant finish. At \$30 for a Napa cab, it's dynamite!

What will the future bring? We should all keep watching Rutherford Hill for even greater wines to come.

The Hecks are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a message, dial (734) 953-2047, mailbox 18648.

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THE ETCHINGS OF Ladislav R. Hanka



Conveniently located at Domino's Farms in Ann Arbor. Take US 23 to exit 41, then 1/2 mile East follow the signs to Domino's Farms on Earlhart Road, North of Plymouth Road. Entrance is at Lobby B.

Gallery Hours:
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Michigan artist Ladislav R. Hanka was educated as both scientist and artist, with masters degrees in print-making and zoology. In his detailed etchings of landscapes and creatures of all kinds, he is able to portray his love of nature as well as science.

Experience the Etchings of Ladislav R. Hanka at the Ave Maria Fine Art Gallery
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Spaghetti squash with salmon is quick dish

BY THE ASSOCIATED PRESS

If you're a bit bothered by a recent lack of balanced nutrition in your happy holiday feasting, here's an offer of redemption that doesn't demand great hardship - and only about half an hour's work for the cook.

Suki Hertz, Food & Wine magazine health writer, looked at categories of food to see which offer the most benefits. The 10 healthful foods she surveys in the January issue are turkey, edamame, buttermilk, squash, bok choy, salmon, quinoa, mango, beef and chickpeas.

Each is the star of a recipe that doesn't call for any sacrifice of taste.

Among them is this suggestion for salmon, which delivers large quantities of much-recommended omega-3 fatty acids.

ROASTED SALMON WITH SPAGHETTI SQUASH SALAD

(Total preparation and cooking time 30 minutes)
One 3 1/2-pound spaghetti squash, halved lengthwise
2 tablespoons vegetable oil, plus more for brushing
2 tablespoons fresh lime juice
2 tablespoons fresh orange juice
2 small garlic cloves, minced
1 small red chili, minced
1/2 teaspoon finely grated orange zest
1/4 teaspoon finely grated lime zest
Salt and freshly ground pepper
1/2 pounds skinless center-cut salmon fillet, cut crosswise into thin slices
2 large Kirby cucumbers, halved lengthwise, seeded and cut into thin half moons
2 tablespoons shredded mint

Preheat the oven to 500° F. In a large pot of boiling salted

water, cook the squash until al dente, about 12 minutes.

Meanwhile, combine the 2 tablespoons of oil with the lime and orange juices, garlic, chili, and orange and lime zests. Season with salt and pepper.

Carefully transfer the squash halves to a large bowl and let cool. Using a fork and starting at one end of each piece of squash, scrape up and separate the strands. Pat dry with paper towels.

Spread the salmon slices on a rimmed baking sheet. Brush lightly with oil and season with salt and pepper. Roast the salmon for about 3 minutes, or until barely cooked through.

In a medium bowl, toss the cucumbers, mint and dressing with the squash strands. Round the salad on plates, top with the salmon and serve. Makes 4 servings.

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