

Side dish

Low in carbs

Q So La Foods, based in Easterville, Pa., rolled out a new product recently with Lo-Carb Sweet Rollz. The sugar-free Sweet Rollz, which have 90 percent fewer carbs than conventional rolls, are available in banana walnut and cinnamon raisin flavors. Each roll contains only 3.3 grams of carbohydrates and is packed with 12



grams of protein. By comparison, a regular-sized cinnamon-raisin bagel contains 60 or more grams of carbohydrates. The foods are now available in grocery stores. To find the closest local retailer, visit www.solafoods.com or call (877) 676-5636.

Fight cancer

Out of 100 cancer diagnoses, 30 are related to diet alone. Yet only 38 percent of Americans try to maintain a healthy diet. Cancer-preventive diets are built from plant-based foods: fruits, vegetables, whole grains and legumes. These foods should make up two-thirds of your diet.

"We should establish a daily battle plan and make our kitchen cabinet our medicine cabinet," said Josephine Mondro, clinical dietitian from Providence Hospital Nutrition Services.

The top 10 vegetables in preventing cancer include kale, spinach, brussels sprouts, broccoli, beets, red bell peppers, onions, yellow corn, eggplant and carrots. For a sweet taste, include grapes, raisins, blueberries, blackberries, cranberries, strawberries, raspberries, plums, oranges and red grapes. Your daily battle plan should include three to five servings of vegetables and two to four servings of fruit. A serving is considered the following: 1 cup raw or cooked vegetable; 1 cup raw leafy greens; 1/2 cup vegetable juice; 1 medium fruit; 1/2 cup canned or fresh fruit; 1/2 cup dried fruit and 1/2 cup 100 percent fruit juice. Other tips on healthy eating include: snacking on vegetables, buying bagged greens, frozen vegetable greens, adding veggies to pasta, meat loaf and pizza and using salsa as a condiment. For a listing of current or upcoming class offerings, call (877) 345-5500 or go to providencehospital.org.

Good grillers

We're looking for a few good grillers. Now that spring is in full swing, we'd like to feature readers who enjoy barbecuing for an upcoming article on grilling. Whether you enjoy it all year long, during the warm weather months or when you throw a party, let us know and we'd like to feature you or your favorite barbecuer in a story. Send us a short summary about what you and your loved ones enjoy about barbecuing and recipes, and if we use them, we'll send you a cookbook. Please contact Ken Abramczyk, Taste editor, Observer's Eccentric, Newspapers, 805 E. Maple, Birmingham, MI 48009, call (248) 901-2591 or e-mail kabrachy@home.com.net. Please include a daytime phone number where you can be reached.



The Community House's executive chef Peter Engelhardt (left) and food and beverage director Javier Rasmussen have planned a Mother's Day Brunch that includes omelet and mashed potato stations. Entertainment includes strolling violinists.

Food for Mom

Meals planned to please guests of honor on Mother's Day

BY LANA MINI
STAFF WRITER

Taking mom to brunch on Mother's Day is a big, big event in the metro Detroit area.

It's so popular that The Community House in Birmingham will have several brunch seatings throughout the day. At least 500 people are expected to attend on Sunday, May 11.

An additional 300 guests are anticipated to attend a tea for grandmothers one day earlier on Saturday, May 10, also at The Community House.

Executive Chef Peter Engelhardt pays a lot of attention to Mother's Day brunch planning. Many of the dishes have a feminine flair. "There are many places to enjoy Mother's Day brunch and Javier Rasmussen, food and beverage director of The Community House, said many people forget about

Birmingham's "little gem."

"This brunch is also to show the community what The Community House has to offer," Engelhardt said.

"For the tea there will be many three-tiered tea sandwiches stuffed with salmon or chicken sandwiches and peanut butter for young granddaughters. It's something special, delicious and flavorful items that mom deserves."

At the brunch, the dishes get a little harder but are still stylish. The goal is to make the brunch fun.

"There will be a lot of action," said Rasmussen. "We'll have both a strolling violinist and accordion player, we'll give flowers to the mothers and have food stations all around for a very nice atmosphere."

The menu includes active menu stations - omelet stations for made-to-order egg dishes and the ultra-hip mashed potato bar.

PLEASE SEE MOM, B3

Light and lively creations to serve to mom

PETITE TEA SANDWICHES

Assorted crackers
1 8-ounce tub fat free cream cheese with strawberries
4 to 6 ounces thinly sliced ham or smoked turkey
herbs and/or herb blossoms
edible flowers found pre-packaged at stores like Whole Foods Market in the produce department

Spend the assorted crackers with some of the cream cheese. Cut thinly sliced ham or turkey into 1 to 2 inch pieces. Place meat piece atop the cream cheese layer. Top meat and cheese with desired herbs and/or edible flowers, such as rosemary blossoms, pinapple, sage, nasturtiums and marjoram. Makes 24 to 30 sandwiches.

Source: www.mdbone.com

CUCUMBER TEA SANDWICHES WITH MINT

1 seedless cucumber, peeled and sliced
1/2 cup fresh mint, chopped
1/2 cup butter, soft
1/2 cup cream cheese
16 slices white bread

Blot cucumber slices to dry them off.

In a mixing bowl, blend mint, butter and cream cheese. Spread mixture on each slice of bread. Lay cucumber slices on 8 slices of bread and sprinkle with salt. Top with remaining bread and remove crusts. Cut into either halves or quarters (diagonally).

SOURCE: WWW.COFFEETEABOUT.COM

PLEASE SEE RECIPES, B3

Woman follows family Mother's Day tradition

BY LANA MINI
STAFF WRITER

Heidy Nance has a can-do attitude. She learned it from her mom.

It's just one good trait a daughter adapts from her mother's personality.

Mother's Day, like many children, is one where Nance works to please her mom, Erna Heck, And, like many of us, Nance of Westland uses food and tradition to show gratitude.

"I am carrying on the tradition my mother started for her mother," Nance said. "My mother always prepared a special Mother's Day dinner in honor of my grandmother - inviting her sister, husband,

her brother and family.

"She'd make a traditional German meal with roast pork, gravy, potato dumplings, red cabbage, tossed salad and rolls. Dessert was homemade cream puffs filled with in-season strawberries and fresh whipped cream. I will always remember those times."

Upon the death in 1973 of Heck's mother, Nance decided to take over the tradition. Nance began making a favorite meal for her mom and kept it a family tradition.

"I include my brother and family, my mother's sister and husband and my husband's sister and family as their

mother is no longer living. The menu has changed from when my mother cooked, and so have the menu items over the years."

For the past 15-plus years the meal has been similar upon Heck's request: pepper steak; rice and baked potatoes; sautéed broccoli; Romaine strawberry salad; fresh bread and lastly strawberry romannoff Jell-O for the kids.

"I look forward to planning and preparing this special meal for my mother," Nance said.

"I'm grateful for the skills she has taught me and the terrific 'can-do' attitude she still has."

The following are

Nance-Heck Mother's Day dish recipes.

SPINACH SPREAD

2 (10-ounce) packages chopped frozen spinach, thawed and drained
1 package dried vegetable soup mix
16 ounces Lite sour cream
1 cup Lite Miracle Whip
1 teaspoon cayenne pepper

Mix all ingredients together. Refrigerate two hours.

Sprinkle top with additional cayenne pepper just before serving.

Crackers or bread slices may be served with spread.

PLEASE SEE TRADITION, B3

Wine glut spawns Three Buck Chuck

On April 23, 2003, Frank J. Prial wine column in *The New York Times* focused on the wine phenomenon Two Buck Chuck. It prompted calls to our voicemail from readers of this column.



Focus on Wine

Ray & Eleanor Heald

Among reader queries were: Have we tasted the wines? Are they any good? Why do they cost more in Michigan? How long will cheap wines last in the market? Should we stock up? What caused the glut that spawned Chuck?

For the last decade, as we've driven through the various wine appellations in California, we'd comment to each other, "If the economy heads south, who is going to drink all the wine from these new vineyards being planted virtually everywhere?"

The bubble burst in summer 2002 when wineries knew they had to empty tanks of unsold wine from vintage 2001 to create space to process grapes from harvest 2002.

Normally, lesser-quality wine that a winery chooses not to use for its label is "bunked" out and sold on the open market to producers of low-priced wines, sometimes under obscure labels.

OPPORTUNITY KNOCKED

An excess of "bunk" wine in 2002 caused prices to plummet and created an opportunity for wine maverick Fred Franzia, an owner of Bronco Wine Company, to make an exclusive deal with Trader Joe's markets to sell wine under the Charles Shaw label, which he bought following the bankruptcy of that winery.

In addition to Charles Shaw, Bronco makes a host of other brands including the very popular Forest Glen. Then there's Cedar Brook, Domaine Napa, Estrella, Forestville, Fox Hollow, Grand Cru, Hacienda, Laurier, Montpeller, Napa Creek, Rutherford Vintners, Salmon Creek and Silver Ridge.

Some are not sold in Michigan. Franzia, highly controversial in the wine industry because he has pushed the envelope on label designations, has no connection to the Franzia brand made by The Wine

PLEASE SEE WINE, B3

WINE PICKS

Prosecco is a delicious and moderately priced celebration sparkler or TGIF pour. Made from prosocco grapes grown north of Venice, the crisp white is wonderful with seafood or a gourmet pizza.

■ Mionetto Prosecco Brut (S11) is the driest of the Mionetto sparklers. With the aromas of yellow apples, pears and citrus, its delicate flavors make it easy to drink.

■ Mionetto Il Prosecco (S11) in a large beer-shaped bottle with crown cap points to a fun sparkler with the same aromas and flavors as the Brut with a touch more sweetness.

■ Mionetto Sergio (S20) is made from 70 percent prosocco and a 30 percent blend of three ancient white varieties. It honors traditions of the Mionetto family which has made wine since 1887. Elegantly fruity and very dry, this wine shouts "celebrate."

■ Mionetto Moscato Leqatura (S11) sports jasmine and honey aromas in a slightly sweet dessert pour, typical of a sparkling moscato. With a unique closure, it must be opened with a waiters-style corkscrew.

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.