

Tomato pasta with lamb zesty

There are several reasons for trying lamb this fall. American lamb is mild, offers a new spark for tired menu plans, and is easy to prepare. Demands for boneless, lean lamb have created some new cuts which are much more consumer-friendly.

For an extra special treat, nothing is more tender than a loin or rib chop grilled with a basting of garlic seasoned marinade or a simple seasoned bread crumb coated rack of lamb.

For those unfamiliar with lamb, the rack of lamb is a section of rib chops. It serves one to two, depending on size, and is on the table in an hour or less.

Ground lamb has been gaining in popularity as customers

are looking for a change from the ground poultry, beef and pork they use most often. Well-trimmed ground lamb is excellent as a sandwich or in favorite dishes such as lasagna.

Remember to cook your ground lamb until no pink remains or 160 degrees, if you are using a meat thermometer. Ground lamb should be frozen if not used within 24 hours of purchase.

Try this easy zesty tomato pasta for a fall dinner treat. It has no secret ingredients and will find favor with all of the pasta lovers at the table. Basil gives it that authentic Italian flavor and the prepared diced tomatoes make it time efficient.

PASTA WITH RUSTICA LAMB TOMATO SAUCE

- 12 ounces boneless American leg of lamb or shoulder, sliced in thin strips (12 ounces lean ground lamb may be substituted)
- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 1/4 cups thinly sliced zucchini
- 1 cup (4 ounces) sliced mushrooms
- 1 can (14.5 ounces) diced tomatoes and juice
- 3 tablespoons fresh chopped basil leaves or 1 tablespoon dried basil leaves, crushed

- 1/2 teaspoon ground black pepper
- 1/4 teaspoon seasoned salt, optional
- 8 ounces pasta, cooked and drained
- 1/4 cup sliced and drained ripe olives, optional

In large skillet with cover, heat oil and saute onion and garlic for 2 minutes. Add lamb and saute 4 to 5 minutes, stirring occasionally, until meat is cooked. Drain well, set aside. Add zucchini, mushrooms, tomatoes and juice, basil, pepper, and salt. Cover and cook for 5 minutes until vegetables are crisp-tender. Mix in cooked lamb and onions, pasta and olives. Heat through and serve. Serves 8.



Fall feast: Try this zesty easy tomato pasta with lamb dish. Basil gives it authentic Italian flavor and the prepared diced tomatoes make it time efficient.

Score a touchdown with healthy tailgate picnic

LITE SUCCESS



FLORINE MARK

Even if you're not a football "junkie" you probably love a good tailgate picnic. Whether you prefer professional or college football (or neither), the time before and after the game is perfect for joining together with family and friends to celebrate the fall season.

For many, a great tailgate picnic includes lots of socializing, sandwiches, drinks and a chance to toss around the football. This year, why not be a little more creative, and healthier, with the pregame picnics?

By-pass the chips and dip and start your tailgate with a tasty, nutritious appetizer. To celebrate National Seafood Month, serve crisp, fresh vegetables with Hot Crabmeat Dip.

Even though it's getting chilly outside, don't put away that barbecue — you'll want to use it for Mushroom-Turkey Kabobs. Kabobs are so easy to prepare and eat, especially at tailgates. Make them ahead of time and marinate at home. Once you get to the picnic, they'll be ready to throw on the grill.

Instead of pulling out the potato salad, laden with fat and calories, try serving up a low-fat version of Macaroni Salad. Made with non-fat yogurt, this salad has only 2 grams of fat per serving.

A nice addition to any tailgate is bringing along a thermos filled with hot vegetable or chicken soup. The soup will not only fill you up, but help keep your hands warm, too! Happy tailgating, and may the best team win.

HOT CRABMEAT DIP

- 6 ounces drained canned crabmeat
- 1/2 cup low-fat (2 percent) cottage cheese
- 3 tablespoons light sour cream
- 2 tablespoons fresh lemon juice
- 1 tablespoon chopped scallion
- 1 teaspoon Worcestershire sauce
- Pinch paprika

Set aside several large pieces of crabmeat for garnish; flake remaining

ing crabmeat.

In medium saucepan, heat cottage cheese until softened. Add flaked crabmeat, sour cream, lemon juice, 2 teaspoons of the scallion, the Worcestershire sauce and paprika; stir thoroughly to combine.

Continue stirring until mixture is heated through. Transfer to serving bowl. Arrange reserved crabmeat over cottage cheese mixture; sprinkle with remaining 1 teaspoon scallion. Makes 8 Servings.

Each serving provides: 1/4 Protein, 10 Optional Calories on Weight Watchers Food Plan. Per serving: 38 calories, 1 g fat

Recipe from "Weight Watchers Magazine Light & Easy New Family Classics, 1993"

MUSHROOM-TURKEY KABOBS

- 3/4 cup plain nonfat yogurt

- 2 tablespoons ketchup
- 2 teaspoons sweet pickle relish
- 1 teaspoon drained white horseradish
- 10 ounces boneless skinless turkey breast, cut into 1-inch cubes
- 1 cup trimmed shitake mushrooms
- 1 medium green bell pepper, cut into 1-inch pieces

To prepare marinade, in large glass bowl, combine yogurt, ketchup, relish and horseradish. Add turkey; toss to coat well. Cover and refrigerate 30 minutes.

Spray grill rack with nonstick cooking spray. Place grill rack 5-inches from coals. Prepare grill according to manufacturer's directions.

Thread equal amounts of turkey, mushrooms and bell pepper alternately onto 4 metal or soaked bamboo skewers. Spread any remaining marinade over kabobs.

Grill kabobs 10-12 minutes, or until turkey is cooked through, turning once. Makes 4 Servings. Each serving provides: 1/4 Milk, 2 Proteins, 1 Vegetable, 15 Optional Calories on Weight Watchers Food Plan. Per serving: 126 calories, 1 g fat.

Recipe from "Weight Watchers Magazine Low-Calorie Barbecue Cookbook, 1992."

MACARONI SALAD

- 2 1/2 cups cooked penne or ziti
- 3/4 cup plain nonfat yogurt
- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 1 hard-cooked egg, finely chopped
- 1 tablespoon prepared mustard
- 1 tablespoon sweet pickle relish
- Granulated sugar substitute to equal 2 teaspoons sugar
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon freshly ground black pepper
- Chopped fresh parsley for garnish (optional)

Directions In large bowl, combine all ingredients until blended. Cover and refrigerate several hours, or overnight. Garnish with parsley, if desired. Makes 4 Servings.

Each serving provides: 1/4 Milk, 1/4 Protein, 1/4 Vegetable, 1 1/4 Breads, 5 Optional Calories on the Weight Watchers Food Plan. Per serving: 181 calories, 2 g fat. Recipe from "Weight Watchers Favorite Homestyle Recipes Cookbook, 1993"

Florine Mark is president and CEO of the WW Group, Inc., the largest franchise of Weight Watchers International.

COOKING CALENDAR

To get your classes or events listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, the Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150. Or fax to 591-7279.

■ ETHAN ALLEN

Ethan Allen is presenting a free seminar on creating the kitchen of your dreams, 7-8:30 p.m. Tues-

day, Oct. 5 at 15700 Middlebelt, Livonia. For reservations, information, call 261-7780.

■ CHEF LARRY JAMES

The women at St. Kenneth Parish, 14951 Haggerty, Plymouth present Chef Larry James in a program featuring quick, healthy holiday appetizers, 7:30 p.m. Oct. 12. Limited seating. Call 420-3335 or 464-2598 for reservations.

■ KITCHEN GLAMOR

Cater Nancy Bayer shares information on a variety of potatoes. Learn which potato is good for stews and casseroles, mashed or fried, Oct. 5-8 at Kitchen Glamour stores. Call 537-1300 for times and class location.

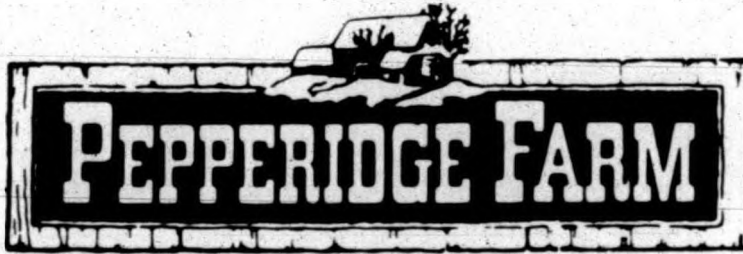
■ SCHOOLCRAFT COLLEGE

Schoolcraft College in Livonia is accepting registrations for culi-

nary arts classes that begin in October. Call 462-4448 for information.

■ LENORE'S NATURAL CUISINE

Sauerkraut and quick meals are some of the classes being offered this fall at Lenore's Natural Cuisine, 22899 Inkster Road, Farmington Hills. Call 478-4455, 10 a.m. to 5 p.m. weekdays for information.



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