



Dei Fratelli In The News

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Junior League event helps kids get healthy

Junior League of Toledo expanded its annual event Kids in the Kitchen last Saturday to include more children. More than 350 Toledo-area children ages 6 to 12 attended the free event designed to teach how to eat healthy and have an active lifestyle.

Celebrity chef George Stella taught them how to create delicious, healthful snacks. Chef Stella is the author of Eating Stella Style Low Carb Recipes for Healthy Living.

Some took part in Iron Kids Chef Challenge. Chef Stella had a "name that fruit" contest on the stage for selected participants, according to Christine Mayle, chairperson of the event.

Two teams of three middle-school students and three young judges were selected to prepare smoothies and flax seed pancakes. The pancakes won.

Mario League-Stein of Toledo was selected as emcee to interview the teams during the heat of the battle.

"The kids learned about nutrition in a fun way," says Ms. Mayle. "That's the idea behind the Kids in the Kitchen initiative. It helps them to learn to make healthy snacks and healthy food choices."

Last year, the Junior League Kids in the Kitchen was held at Fifth Third Field with 60 children from Boys and Girls Club and Adelante LRC youth programs.

From the 4 Your Heart Coalition at the Toledo-Lucas County Health Department comes this partial list of nutrient-rich foods that are needed by area food banks:

- Canned or dried fruits, diced tomatoes, spaghetti sauce, fruit juice, and canned vegetables;
- Shelf-stable whole grains such as oatmeal, whole grain crackers, pasta, and low sugar and high fiber cereals;
- Proteins such as canned tuna, salmon, chicken, bean soup, baked beans, and dried or canned beans or peas, and
- Low-fat dairy products such as dry milk, evaporated milk, boxed shelf-stable milk, and canned parmesan cheese.

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Second-year culinary arts students and chefs at Monroe County Community College have created a fine dining international menu at the on-campus Cuisine 1300 restaurant.

The menu includes six cuisines from around the world with appetizers and entrees. Prices for lunch, which includes one appetizer and one entree, range from \$15.50 to \$18. Among the selections is Taste of Germany with German beer soup, shrimp croquettes, chicken with wild mushrooms and garlic, and rubbed pork loin with apricot glaze and sauerkraut. Taste of France includes lobster bisque, crab crostini, steak au poivre, and cognac shrimp. Other cuisines include Mexico, Thailand, Mediterranean, and Taste of Home with baked macaroni martini, crab cakes, the Philly Cheese Steak, and Southern Cornmeal Crust Catfish.

Under the direction of chefs Kevin Thomas and Vicki La Valle, the students will prepare lunch on Monday, Wednesday, Thursday, and Friday through Dec. 11. Seats at 11:30 a.m. and 11:45 a.m. are by reservation only. The restaurant will be closed Nov. 24-28 and Dec. 1. For reservations call 734-384-4272 between 9 a.m. and 4 p.m. Monday through Friday.

The grand prize winner of the All-American Apple Pie Contest at Mac Queen Orchards on Oct. 4 was Kelli Lafrance of Toledo with Apple Pie with Pecan-Cinnamon Streusel and Spiced Whipped Cream.

Mireille Jansen of Swanton was second; Erin Morley of Maumee, third; Phyllis Szymanek of Toledo, fourth; Amy and Samantha Gill of Monclova, fifth, and Bobbi Beagle of Holland, sixth.

To celebrate National Tomato Month, Dei Fratelli has launched the Dei Fratelli Ripened Recipe Contest. Consumers can submit an original recipe using any variety of Dei Fratelli products for a chance to win free Dei Fratelli products for a year.

Ten Grand Prize winners will be chosen, and their recipes will be featured at DeiFratelli.com. Deadline for recipes is Nov. 30. For more information visit the Web site.

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