

Monthly program encourages seniors to share recipes

By Sharon Dargay
Staff Writer

Strawberry Smoothies and BLT Pasta Salad made for a tasty lunch-time snack last week at Canton's Senior Center.

Mike Kobylarek of All Generations Home Care whipped up the beverage and salad during the monthly Recipe Roundup program at the center.

Each month, Kobylarek or his daughter, who works as a chef for the Dearborn Inn, demonstrate a recipe or two based on a theme. Seniors also bring their own recipes to the meeting.

This month's theme was favorite summer recipes. Next month is "Red White and Blue: Strawberries and Blueberries."

"My thoughts were summer is the time of year you want to be quick, something fast and still good," said Kobylarek, explaining his choice of a smoothie and pasta salad.

Cooking meals is among the many services that All Generations Homecare offers its customers, along with housework, gardening, and other chores.

Susan Doughty, senior specialist at the center, created Recipe Roundup earlier this spring and had planned to demonstrate food preparation herself, with the help of her staff.

Then she met Kobylarek. They agreed that All Generations Home Care would lead the monthly presentations.

"I'm trying to make nutrition one of my headlines for the year," Doughty said. "This particular program wasn't so much to talk about nutrition, but to get people interested in food."

She said some participants have brought in their own recipes and food to share, although most simply enjoy watching the demonstration and sampling its results.

The last Recipe Roundup for the year is 11 a.m.-noon, Monday, July 8, at Canton Club 55+, the Senior Adult Program at The Summit on the Park, 46000 Summit Parkway, Canton. Call (734) 394-5485 for more information.



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Today's recipe is Debbie Chamulak's Easy Lemon Panna Cotta.

Debbie Chamulak attended Recipe Roundup and shared this recipe:

Easy Lemon Panna Cotta

Serves 5-6

- 1 3-ounce package of lemon gelatin
- 1 cup boiling water
- ½ cup whipping cream or buttermilk
- ½ teaspoon of vanilla
- ½ cup of sour cream

Seasonal fruit, such as berries, cherries and peaches

Dissolve gelatin in boiling water. Add heavy cream/buttermilk and vanilla. Blend in sour cream. (Mixture will appear slightly curdled). Chill until slightly thickened. Beat until mixture is smooth. Pour into 3-cup mold. Chill until firm, about 3-4 hours. Unmold and serve with seasonal fruit.

These recipes are from All Generations Home Care:

Strawberry Smoothie

- 8 strawberries hulled
- ½ cup skim milk

- ½ cup plain yogurt
- 3 tablespoons white sugar
- 2 teaspoons vanilla extract
- 6 cubes crushed ice

In a blender combine strawberries, milk yogurt, sugar and vanilla. Toss in the ice. Blend until smooth and creamy. Pour into glass and serve.

BLT Pasta Salad

Serves 10

- 1 package medium bow tie pasta
- 1 pound sliced bacon
- 1½ cups Ranch dressing
- 1 small onion
- 2 tomatoes

Cook pasta 8-9 minutes, drain and cool. Cook bacon until brown and crisp. In a large bowl, stir together Ranch, onion and tomatoes, mix in cooled pasta. Refrigerate overnight. Crumble bacon over top just before serving.

Fennel & Asparagus Frittata

- 1 teaspoon olive oil
- 4 tablespoons fennel (sliced)



Michael Kobylarek, owner of All Generations Home Care demonstrates how to make a smoothie.

- 1 small red potato (diced)
- 3 tablespoons Parmesan cheese
- 1 shallot (diced)
- 4 whole eggs
- 8 asparagus (sliced)
- Salt and pepper to taste

Beat together eggs and cheese, set aside. Heat olive oil in a small skillet; sauté potato and shallot until tender. Add asparagus and fennel, cook for about 2 minutes. Add egg and cheese mixture, stir gently and set heat to low. Cover pan and cook until eggs are set, about 10 minutes

Curried Egg Salad

- 6 hardboiled eggs (chopped)
- 1 teaspoon curry powder
- ½ cup Greek yogurt (plain)
- ½ teaspoon honey
- 6 tablespoons diced red pepper
- ½ teaspoon garlic powder
- 2 tablespoons sliced green onion
- Salt and pepper to taste

Combine all ingredients in a bowl and mix well. Serve on your favorite bread.