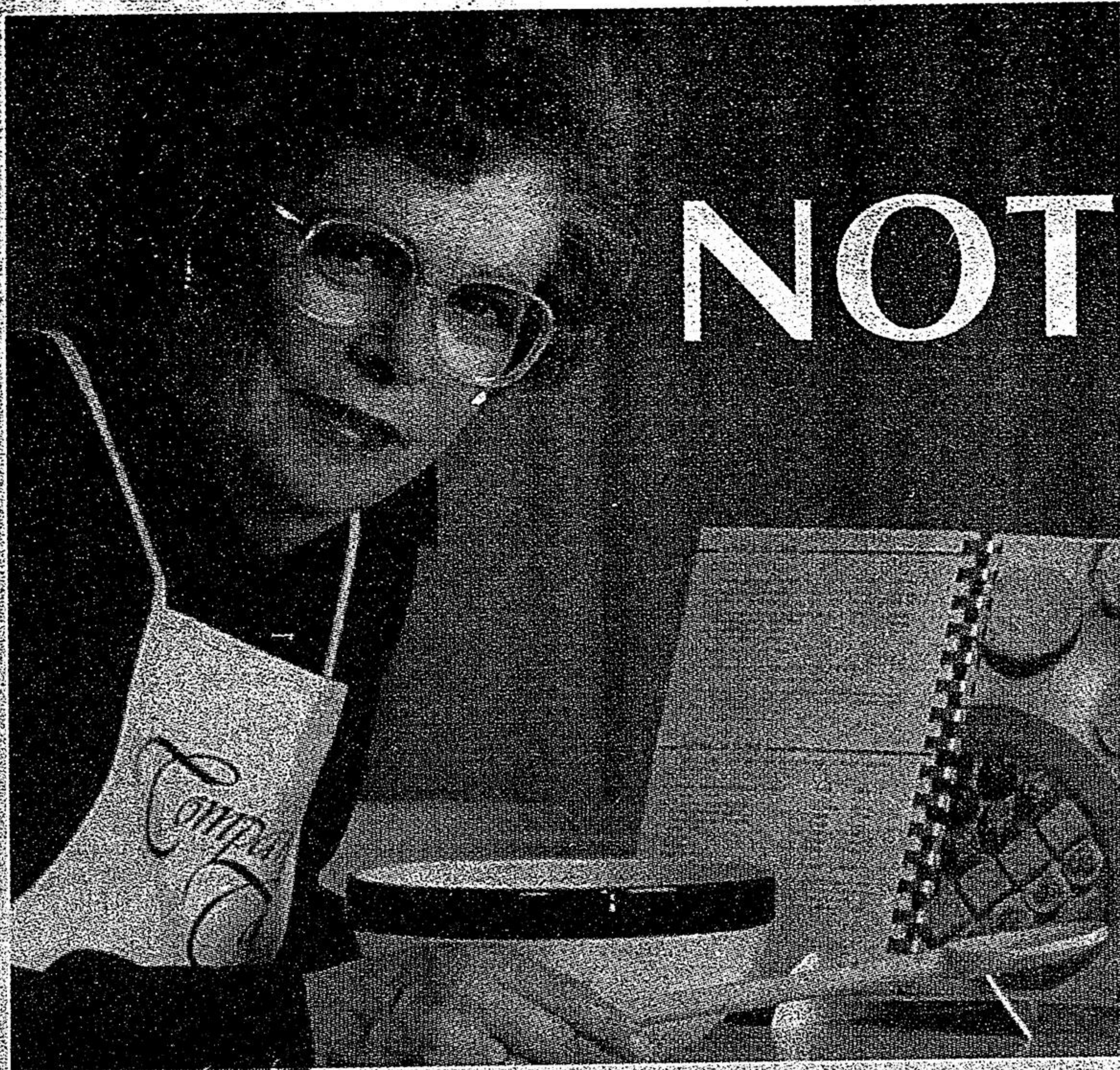


Food & Drink



NOT

Meatless, tasteless

Jean Pare offers healthy and tasty vegetarian options

It was a toss up between cooking for two and meatless cooking, but Jean Pare, author and chairperson of Company's Coming in Alberta choose the latter because so many people are turning to meatless meals. "There are a number of people who are cutting down on meat," she said. "I believe a lot of it is (because) of cholesterol. It also seems to be a trend of the '90s," she said.

And so far, the book that was released at the start of April has sold more than 100,000 copies.

In 1963, Pare's catering career was launched after she volunteered to cater dinner for 1,000 people at the Vermillion School of Agriculture. During her 18-years as a caterer, Pare had many requests for her well-liked recipes.

So, in 1980 - with the help of her son - she launched Company's Coming Publishing Limited and released her first cookbook to an Alberta market - from the back of her car.

Today, the mid-sized publishing company employs 72 people and has published 12 million cookbooks to about 7,000 retailers in Canada, the United States, New Zealand, Singapore, Malaysia and Europe.

The company has published more than 30 English titles from 150 Delicious Squares, Casseroles, Main Courses, Chicken, Etc., Kids Cooking, Fish & Seafood and more.

Pare and her son are also founding shareholders of Comac Food Group Inc., a franchise management company that operates more than 100 locations of specialty food chains. In November 1996, Comac announced the acquisition of the Canadian Domino's Pizza chain.

Pare keeps a running tally of requested book titles. The one that has the most requests is the one she does next.

For Meatless Cooking, many people wrote in because they didn't know what to serve when people who don't eat meat come for dinner, said Pare. Others wrote in and gave her meatless recipes to help her get started on her book.

But the majority of recipes were created in Pare's Recipe Factory, a test kitchen and photography studio in Edmonton.



Food for Thought

Lisa Cartwright

Light dinner simple to shop for

Pasta Primavera

For the vegetarians in the family, this light dish is easy to prepare and uses all the ingredients found at local grocery stores.

Ultra Food & Drug has broccoli on for \$.77 a head. A few heads may have to be purchased in order to get the six cups required for this recipe.

Tender, ripe zucchini is on for \$.79 a pound at The Garden Basket, while fresh, snow-white mushrooms costs just \$1.99 a pound at IGA. Canned tomatoes - which adds color to the dish - are on at Loeb for \$.69 a can.

The recipe calls for linguini, but other types of pasta can be substituted. For a more nutritional meal, use whole wheat pasta. (Just change how long you cook it for.)

Assorted varieties of Primo pasta can be purchased at IGA for \$.99 each. Vegetable oil, which is optional, is on sale for \$2.99 for a three litre jug at Fortinos.

The recipe calls for other ingredients which can be purchased at your local grocery stores.

Large kaisers, warmed in the oven and smothered with butter (or made into garlic bread), can enhance the meal and can be purchased for six for \$1.59 at IGA.

No meal is complete without dessert and Longo's and Fortinos both make it a heavenly affair.

Warm Longo's sweet and tangy bumbleberry pie (on for \$7.99) in the oven for a few minutes and add a generous scoop of either Chapman's or Breyer's Classic vanilla ice cream. (The ice cream is on at Fortinos for \$2.99.) Add a slice of sweet and juicy watermelon.

READY FOR DINNER: Jean Pare, author of the popular Company's Coming series of cookbooks has just released her latest offering, Meatless Cooking. In it she offers a wide variety of recipes which can be made without meat. In today's inaugural Food & Drink section, we offer her recipe for the always popular Pasta Primavera.

Veggies, pasta make nice mix in Pasta Primavera recipe

PASTA PRIMAVERA

A huge, colorful mixture of pasta and vegetables. Makes a great meal.

INGREDIENTS

VEGETABLES

Coarsely chopped broccoli	6 cups	1.5L
Zucchini, cut in thin figures	3 cups	750 mL
Frozen peas	2 cups	500 mL
Boiling salted water		
Cooking oil	1 tbsp.	15 mL
Garlic clove, minced	1	1
Sliced fresh mushrooms	2 cups	500 mL
Canned tomatoes, drained and broken up	14 oz.	398 mL
Chopped fresh parsley	1/4 cup	60 mL

PASTA

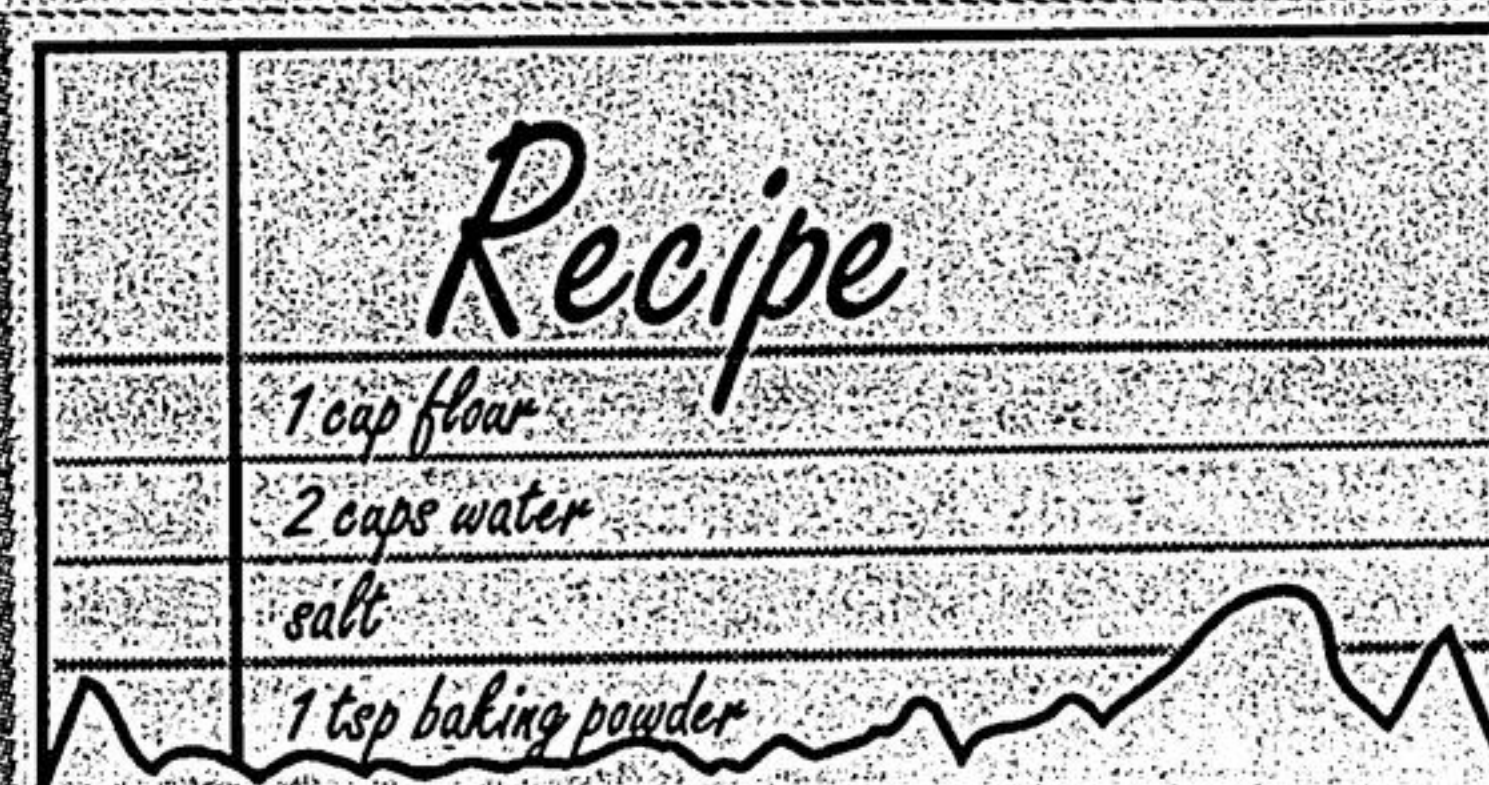
Linguini pasta	1 lb.	454 g
Boiling water	4 qts.	4 L
Cooking oil (optional)	1 tbsp.	15 mL
Salt	1 tbsp.	15 mL
Skim evaporated milk	13 1/2 oz.	385 mL

Grated parmesan cheese, sprinkle

INSTRUCTIONS

VEGETABLES: Cook broccoli, zucchini and peas in boiling salted water in saucepan for three minutes until tender-crisp. Drain. Set aside.

Heat cooking oil in wok or frying pan. Add garlic and mushrooms. Saute until soft and moisture



has evaporated.

Add tomatoes and parsley. Saute for one minute. Remove from heat.

PASTA: Cook linguini in boiling water, cooking oil and salt in large uncovered pot for nine to 11 minutes until tender but firm. Drain. Add to wok. Add vegetables.

Add milk, first amount of parmesan cheese and salt. Heat and stir until mixture simmers. Simmer for about three minutes until it thickens slightly. Turn into large bowl.

Sprinkle with second amount of parmesan cheese. Makes 13 cups (3.25 L).

Note: 1 cup (250 mL) contains 228 calories, 3.5 g of fat, 12 g of protein, 4 g fiber.

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