

Eats, then treats

Try this simple meal before trick-or-treating

By **SUSAN M. SELASKY**

DETROIT (MCT) — Candy? Check.

Costumes? Check.

But how about dinner?

Halloween falls on a Saturday this year, leaving more time to prepare dinner before trick-or-treating begins — and the kids dive into their candy.

Chef Aaron Wynn of Whole Foods

Market at Cranbrook Village, Ann Arbor, offered this easy meal: a steaming bowl of hearty buffalo chili served with moist cornbread and topped off with some festive lemon cookies.

Buffalo meat can be pricey compared with ground beef, but it's lower in fat and cholesterol. At a local grocery, it was \$6.99 a pound.

"I like the ground buffalo because it is leaner and hearty," says Wynn, who



A steaming bowl of hearty buffalo chili served with moist cornbread and topped off with some festive lemon cookies is just the "trick" for a Halloween supper before sending the children out for treats.

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cautioned that "because it has little fat, you have to be ready for it. If you overcook it, the meat will be dry."

And, he said, it's even better when prepared a day ahead—a bonus for busy families.

A blend of mild peppers makes it kid-friendly. "The adobo gives the chili the smokiness," says Wynn. "But I tend to go mild when serving the masses."

You can't serve chili without cornbread. Wynn's recipe uses buttermilk instead of milk, which makes it super moist.

Finish the meal with Lemony Sugar Monster Cookies. Decorated with dried fruit and nuts, these cookies are ideal for kids who will have their fill of candy later.

You can make the dough for these cookies the day before and chill it. Once chilled, slice, decorate and bake.

"These cookies crisp up really nice," says Wynn.

BUTTERMILK CORNBREAD

Makes: 9 squares

Preparation time: 10 minutes

Total time: 45 minutes

- 1 tablespoon unsalted butter
- 1 cup unbleached pastry flour or sifted all-purpose flour
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup yellow cornmeal
- 1 cup buttermilk
- 2 eggs
- 1 tablespoon honey
- 4 tablespoons melted butter, more for the baking dish

Preheat oven to 350 degrees. Butter an 8-inch-square baking pan.

In a medium bowl, sift together the flour, baking soda, baking powder, salt and cornmeal; set aside. In a small bowl, whisk buttermilk with eggs and honey. Whisk in the melted butter. Mix the wet ingredients with the dry until just combined. Pour batter into the pan. Bake 30 minutes until golden and a toothpick inserted into the center comes out clean.

From Aaron Wynn, chef of Whole Foods Market at Cranbrook Village, Ann Arbor.

190 calories (38 percent from fat), 8 grams fat (4.5 grams sat. fat), 23 grams