

Holidays Mean Good Cooking

For most of us, the holidays always include lots of tempting, rich foods — and the temptation to overeat.

Besides just refusing to indulge, there are several things the chef of the house can do to help with calorie counting. Try some of these ideas for "light" cooking.

The major role of herbs is to enhance food's natural flavor, but many also add visual interest to food. Use chopped fresh parsley or chives in pale-colored foods such as rice and potatoes. Sprinkle chicken, fish and egg dishes with paprika before serving. When food looks attractive, mealtime will be more satisfying to dieters and non-dieters alike.

Unsweetened fruit juice is used as a sweetener in many reduced-calorie dessert recipes. Fruit juice does contain calories, but it also provides vitamins and minerals.

Vanilla extract, a popular flavoring for sweets, helps make up for decreased amounts of sugar in low-calorie desserts. A few drops will give a pleasant flavor to unsweetened hot tea. Almond extract added to low-sugar fruit desserts helps to bring out the fruit's natural sweetness without adding extra calories.

When preparing meat dishes, cut back on calories by draining the browned meat in a colander. To soak up even more fat, pat the meat dry with a paper towel.

Try chilling homemade broth so that the fat will rise to the top; after the fat hardens, just lift it off. What's left is a delicious, fat-free broth to use in soups, stews and even for cooking vegetables.

ALMOND FLAVORED COFFEE

1 c. ground coffee (not instant)
1/2 c. coarsely ground blanched almonds
1 tsp. ground nutmeg
1/2 tsp. vanilla extract
1/4 tsp. almond extract

Combine all ingredients, mixing well. Brew as desired at 1/2 times the normal strength. Yield: 14 servings (about 18 calories per serving.)

VEGETABLE-PORK CHOP DINNER

6 (1/2-inch thick) lean pork chops (about 2 lbs.)
1/2 tsp. salt
1/4 tsp. pepper

Vegetable cooking spray
1/2 tsp. dried whole savory, crushed
1 bay leaf
2 c. tomato juice
1/2 c. water
1 (1-1/2 lb.) cabbage, cut into 6 wedges
6 carrots, scraped and cut into 1-inch slices
1 1/2 c. coarsely chopped onion
6 small new potatoes (about 1/2 lb.), halved

Trim excess fat from chops; sprinkle with salt and pepper. Coat a Dutch oven with cooking spray; place over medium-high heat until hot. Add pork chops and cook until browned on both sides. Remove chops and drain on paper towel; wipe pan drippings from Dutch oven with paper towel. Return chops to Dutch oven. Add savory, bay leaf, tomato juice and water; cover and simmer 30 minutes. Add remaining ingredients; cover and simmer 30 minutes. Add remaining ingredients; cover and simmer 35 minutes or until vegetables are tender. Remove bay leaf before serving. Yield: 6 servings (about 271 calories per serving.)

SPICED FRUIT
2 med. apples, cored and sliced
2 med. oranges, peeled and sectioned
2 med. bananas, sliced
1/2 c. unsweetened orange juice
1 Tbsp. pumpkin pie spice
Combine all ingredients; cover and chill 2 hours. Yield: 6 servings (about 85 calories per serving.)

THE NEWS RECORD IS AVAILABLE IN WEAVERVILLE AT THE WEAVERVILLE DRUG CO.



Ed Fender, left, and Joe Griffey directed the Marshall Christmas pageant.

The Madison County Dept. of Social Services offices in Marshall will be closed from 4:30 p.m. on Dec. 21 until Dec. 27 at 8 a.m.
Madison County residents who face heating emergencies during that time and need assistance through the Crisis Program should call 649-3782 for help. The program is open to low-income residents in a health-endangering situation who need help heating their homes.

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Merry Christmas

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Merry Christmas & Thank You! Ralph & Sadie Woodard & Family wish at this joyous time of year to say "Merry Christmas" & a special thank you for all of the kindness expressed during our loved one's sickness.

Dr. LeRoy S. Roberson, Optometric Office
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COUPON COOKBOOK CORNER Marion Joyce

Enjoy pickles as a side dish but also use pickles to perk up many dishes that would otherwise be very ordinary. Using leftovers in creative ways makes them very appealing to the palate and pocketbook, too. Use leftover holiday turkey for this crunchy Claussen salad. • USE COUPON BELOW •

CRUNCHY TURKEY SALAD
(6 salads or sandwiches)

1 pound cooked turkey (about 3 cups)
1-1/3 cup Claussen Kosher dill pickles, well drained
1 cup mayonnaise
3 tablespoons chopped onion
1/4 teaspoon garlic powder
pepper

Combine ingredients in bowl, seasoning with pepper to taste.
Salad: Serve chilled salad mounded on a plate of crisp salad greens and fresh tomato wedges.
Sandwich: Spread 1/4 cup salad on bread. Top with American cheese and another slice of bread. Wrap in foil. Bake in 375° F. oven 15 minutes.

*Here's a great gift idea! At your bookstore: THE COUPON COOKBOOK, by Marion Joyce (McGraw Hill, \$8.95). Easy gourmet recipes and 88 top brand coupons worth almost twice the book price. Or write COOKBOOK, POB 116, Tuckahoe, NY 10787.

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