

The Herald Kitchen

Spices Replacing Salt In Many Diets

By Mildred Sheehy
One of several concerns today about the American diet is not just too many calories, but too much salt. Fortunately, spices and herbs, with a few exceptions, are negligible in sodium content.

The kitchens of the American Spice Trade Association have tested low-sodium spice blends which may be used in place of salt as all-purpose seasonings for many foods. One such low-sodium blend combines one tablespoon oregano leaves, crushed, 1 1/4

teaspoons ground cumin, 3/4 teaspoon garlic powder and a pinch of black pepper. Crush together with the back on a spoon in a bowl. It's flavorful on hamburgers, chicken, cottage cheese, eggs, raw or cooked vegetables and salads.

Did you know there are only 64 milligrams of sodium in an entire pound of mushrooms? With so many people on low-sodium diets these days, and the rest of us being urged by government nutritionists to cut back on salt, it's comforting to learn that a single portion of

mushrooms only adds a mere 13 milligrams of sodium for a 3-ounce portion. And what's more, there are less than 30 calories in that same portion.

You'll probably never miss the sodium (or meat either) when you fill up your plate with Vegetarian Mushroom Stew. The combination of mushrooms with good late summer vegetables, seasoned with onion, garlic and the blend of Italian seasoning adds up to a flavorful, hearty main dish for lunch or supper.

If you want to get a little fancier and still do some low-sodium entertaining there's Mushroom Spinach Stuffed Chicken Breasts. These can be made early in the day and refrigerated, then baked 20 minutes before serving.

Vegetarian Mushroom Stew
12 ounces fresh mushrooms
2 tablespoons salad oil
1/2 cup chopped onion
1/2 teaspoon minced garlic
1 1/2 lbs. tomatoes, peeled and chopped
2 green peppers, seeded and cut into 1-inch pieces (about 2 3/4 cups)
3/4 lb. zucchini, sliced (about 2 3/4 cups)
1 1/4 teaspoon Italian seasoning, crushed
1/4 teaspoon ground black pepper
2 tablespoons dry white wine

Rinse, pat dry and quarter mushrooms, about 4 cups; set aside. In large saucepan heat oil until hot. Add onion and garlic; saute until tender, about 3 minutes. Add tomatoes, zucchini, green peppers, Italian seasoning, black pepper and reserved mushrooms. Simmer, covered, until vegetables are tender, about 15 minutes. Stir in wine. Continue to simmer, covered, for 2 minutes. Makes 4 portions or 5 cups.

Chicken Breasts
1/2 lb. fresh mushrooms
1/2 lb. fresh spinach
4 tablespoons vegetable oil, divided
1/2 cup chopped onion
1 garlic clove, crushed
1/2 teaspoon oregano leaves, crushed
Pinch ground black pepper
4 boned, skinned chicken breasts
3 tablespoons dry white wine
Chopped parsley
Preheat oven to 375 degrees. Rinse, pat dry and chop mushrooms, about 2 cups; set aside. Wash spinach; place in a saucepan. Cook, covered, only with the water clinging to the leaves until barely wilted. Drain well.

squeezing out excess water; chop (makes 1/2 cup); set aside. In large skillet heat 2 tablespoons of the oil until hot. Add onion and reserved mushrooms; saute until almost tender, about 4 minutes. Add garlic, oregano, black pepper and reserved spinach; cook and stir for one minute; set aside to cool. Meanwhile flatten each chicken breast by pounding with mallet between two sheets waxed paper or plastic. Spoon one-quarter of the mushroom mixture onto center of each chicken breast now about 1/4-inch thick. Roll lengthwise; secure with picks. Repeat with remaining chicken breasts. Place in a 9-inch square shallow baking dish. Combine wine with remaining oil; spoon over chicken. Bake, uncovered, basting frequently, until chicken is tender, 15 to 20 minutes. Sprinkle with chopped parsley before serving. Serve with lemon wedges if desired. Serves four.

Easily prepared just before dinner, Idaho 'N Celery Fry is an earthy recipe calling for enough seasonings so as to make salt nonessential.

Idaho Spud 'N Celery Fry
3 large Idaho potatoes
2 tablespoons vegetable oil
1/2 cup chopped onion
1/2 teaspoon curry powder
1/4 teaspoon pepper
1 1/2 cups diagonally sliced celery
1 teaspoon lemon juice
Peel potatoes; slice crosswise into 1/4-inch slices, about 4 cups slices. Heat oil in large skillet. Add potatoes, onion, curry and pepper; toss potatoes in oil to coat evenly. Cover; cook over medium heat 5 minutes. Uncover, add celery. Cook over medium heat 15 minutes turning with a spatula until potatoes are tender. Sprinkle with lemon juice. Serve immediately. Serves 4.

Baked Lemon Potatoes
are brushed with a mixture of melted butter, aromatic dill, pungent garlic, and tangy lemon and no one will miss the salt. Although the seasonings are potent, the potatoes complement a variety of main course dishes, particularly simple roast meats and poultry.

Baked Lemon Potatoes
one-third cup unsalted butter or margarine
1 small clove garlic, minced
1/4 teaspoon hot pepper sauce
1/4 teaspoon dried dill
1/4 teaspoon lemon rind
1 tablespoon lemon juice
3 large Idaho potatoes
In small saucepan, melt butter over medium heat. Add garlic, hot pepper sauce, dill, lemon rind and lemon juice; mix well. Cut potatoes in half lengthwise; deeply score cut surfaces being careful not to puncture the skin. Place in a shallow baking pan. Brush with butter mixture. Bake at 425 degrees one hour, brushing with butter mixture every 15 minutes. Place potatoes under broiler; brush with remaining butter mixture. Broil until golden brown. Makes six servings.

"Patience is bitter, but its fruit is sweet."
French Proverb



PRACTICAL NURSING GRADUATES—Six Chowan County residents were among 20 students who recently graduated from the Practical Nursing Education program at College of The Albemarle. Belva A. Biggs, Janet Lee Burris, Judy C. Byrum, Deborah Rae Griffin, Beverly T. Koonce, and Denise V. Mack received their caps and pins during a candlelight ceremony which was held recently at Cann Memorial Presbyterian Church in Elizabeth City.

Patrolmen To Lead Campaign For Children's Safety

With the new school year now underway, Colonel John T. Jenkins, Highway Patrol Commander, today announced a program designed to improve safe travel for children commuting to and from school. "The safety of these children is everyone's responsibility, and we're hopeful that parents will assist us in implementing the program", Jenkins said. He pointed out the program will involve members of the Patrol's Traffic Safety Information Unit meeting with as many elementary

school children as possible and discussing pedestrian, bicycle and school bus safety. "Hopefully we'll be able to reach all students in grades 3 and 4 during the school year", Jenkins said. According to Jenkins the program also provides for students to receive a letter for their parents requesting they discuss with their children the safety rules printed on the reverse side. "This is a different approach, but it's an effective way to request and receive the assistance of every parent," he said Jenkins

pointed out that many students will be walking or riding their bicycles to and from school, while approximately three-quarters of a million children will be transported by school bus. Although the Patrol's program concerns the safety responsibilities of students and their parents, Jenkins called on all motorists to be especially alert between 7 and 9 A.M. and 2 till; P.M. "The priceless cargo of these buses and the safety and well-being of all children, warrants every possible consideration on the part of all drivers", Jenkins concluded.

Running For State Office

If you are a high school student in Chowan County and would like to run for state government for a day, now is your chance.

Approximately 125 students in grades 10 to 12 across the state will have an opportunity to serve as governor, lieutenant governor, state attorney general and other state officials during Youth Involvement Day activities in Raleigh, Oct. 6-7.

"This experience gives our young people a firsthand look at the daily operations of state government," said Gov. Jim Hunt. "State officials also learn from them about their concerns and recommendations for young people's programs." The cost per student is \$24.50, which covers a dinner, entertainment, lodging and breakfast.

For registration and information, contact Pam Kohl at 919-733-5966, or write to Youth Involvement Office, Suite 115, Howard Building, 112 W. Lane St. Raleigh, N.C. 27611. The deadline for registration is Sept. 15.

Youth Involvement Day is sponsored by the State Youth Council component of the N.C. Department of Administration's Youth Involvement Office.



King Louis IV of France spent the equivalent of \$600,000 on buttons. His collection included a diamond-studded set valued at \$120,000.

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HOME REALTY

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Valuable Property For Sale
Home Realty submits the following listings of valuable property for sale:

Dutch Colonial Home
Overlooking Albemarle Sound, brick home with beautifully landscaped golf course, boat basin, picnic area. Four-bedrooms, living room with fireplace, den with fireplace, kitchen, utility room, all with central heat and air conditioning.

SOLD
Priced To Sell
Three bedroom frame house priced to sell immediately. Living room, kitchen with equipment, carport. A good investment.

Another Good Location
Brick house with four bedrooms, dining room, kitchen, den with fireplace, living room with fireplace, 1 1/2 baths, central heat, garage. You'll love the way this house and lot have been maintained.

In Historic District
Comfortable home located in historic district within walking distance of downtown Edenton. Four bedrooms, two baths, living room, family room with fireplace, kitchen. The home you have been waiting for.

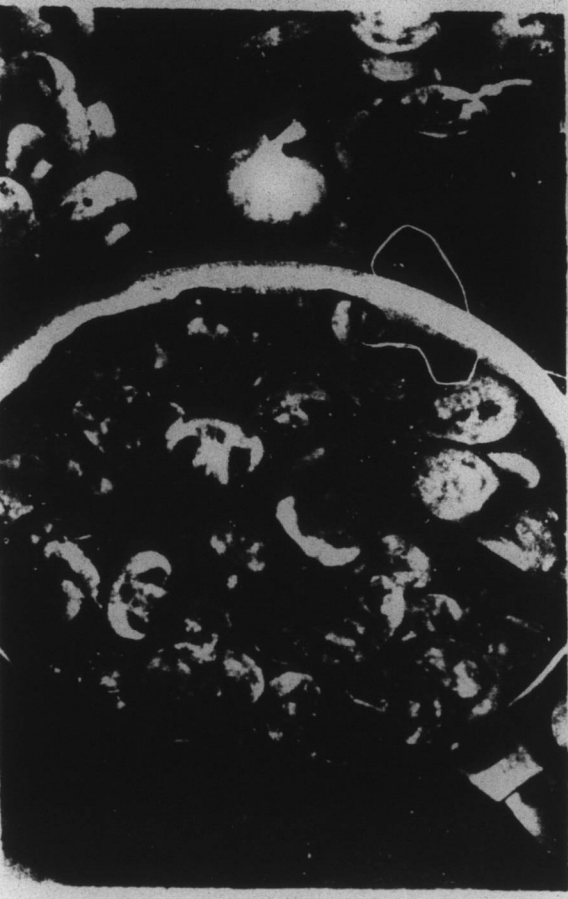
Second Home
This frame home would make a second home. Consists of three bedrooms, living room, kitchen and bath. Priced for immediate sale.

A Family Pleaser
Live in very attractive two-story brick home and enjoy income from adjoining duplex. Consists of 5,500 square feet of living space, including six bedrooms, living room with fireplace, den with fireplace, dining room with fireplace, two full baths, garage with workshop. Completely renovated to include all modern conveniences. In historic district within walking distance to shopping, schools and churches.

Waterfront Lot
This lot contains a bulkhead, and is located on Country Club Drive. Financing is available.

Also available: trailer lots, & homesite lots. Financing available.

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LOW SODIUM STEW — Vegetarian Mushroom Stew is an excellent choice for low sodium dieters. There are only about 13 milligrams of sodium in each three-ounce portion.

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NOTICE

The Chowan County Board of Elections will conduct two EXTRA REGISTRATION DAYS for the convenience of those persons who may not be able to get to the election office during the regular hours or who have not registered at the homes of the registrars or judges.

TIME: Saturday, Sept. 13; Saturday, Sept. 20

PLACE: Assembly Room of the Old Courthouse

HOURS: 10:00 A. M. until 4:00 P. M.

Requirements for registering: Resident of the State and Precinct for 30 days and 18 years of age by the time of the General Election in November. Persons should bring some type of identification.

The registration books will remain open at the regular hours and places until October 4, 1980 for the general election.

E. N. Manning, Chairman
Chowan County Board of Elections