

From The Herald Kitchen

By MILDRED HUSKINS
Let us call this piece "what's new!"
Don't let anyone tell you there is nothing new under the sun. We read about new development in the food business almost every day. Many of these new product "blurbs" come to our desk and we like to pass them along to you.
The newest bit of news has

come to us from General Foods in the form of Shortcuts, a concise (30 minute) home video cassette filled with information today's consumer needs. There are quick supper ideas, good-health tips, shopping how-to's and more. All of these are clearly demonstrated right on the television screen. It's the perfect solution for anyone who wants quick and easy ways to

turn food into interesting and imaginative meals.

The story of the video cassette is fascinating. In early 1980 General Foods Corporation, aware of the changing profile of the '80's consumer, looked for new ways to meet changing consumer demands. Starting in October, 1984, General Foods put the series on five cable television channels, chosen to reach a variety of consumers with busy lifestyles. The response was enthusiastic. Soon the editorial segments were channeled into 30-second spots and placed on local TV stations and this also made an instant hit. So, they put short presentations into a video cassette form that homemakers could keep at home and turn to when needed. The resulting 30-minute Shortcuts, Meals in Minutes, is full of ideas and recipes. We include some examples here. You can order your cassette by toll-free phone 1-800-472-7777 (if you have a credit card) or by mail write to: Shortcuts from General Foods, Box 6355, Kankakee, Ill. 60902. The price is \$14.95 plus \$1.75 for shipping and handling.

If you're watching your family's fat intake these days, have you discovered how many times simple yogurt can fill in for oils, and with delicious results? Even if you don't especially love yogurt (and we are one of those), you can enjoy tasty low-fat recipes. Yogurt takes on many roles and does it without adding a lot of fat to your family's diet. With garlic and dill added, it becomes a flavorful salad dressing, perfect with fresh cucumbers, green beans and cherry tomatoes. With honey, ginger and sesame seed, it turns into a piquant dip for fresh vegetables or fruits and with soy sauce and ginger, it can be used as an easy, flavor-adding marinade for chicken and vegetables to be grilled or broiled for savory Oriental kebobs.

Honey Yogurt Sauce

- 1 cup plain yogurt
- 2 tablespoons honey
- 1 tablespoon sesame seed, toasted (optional)
- 1 tablespoon chopped fresh ginger

Combine all ingredients in small bowl. Cover and chill until ready to serve. Use as dip with fresh fruit or vegetables. Makes about 1 1/4 cups.

Cucumber-Dill Yogurt Salad

- 1 cup plain yogurt
- 1 clove garlic, minced
- 3 tablespoons fresh snipped dillweed
- 2 cucumbers, thinly sliced
- 1 cup cut-up fresh green beans
- 1 cup cherry tomatoes, cut in half

Combine yogurt, garlic and dill in bowl. Fold in cucumbers, beans and tomatoes. Cover and chill at least 1 hour. Makes about 3 1/2 cups.

Oriental Broiled Chicken

- 1 cup plain yogurt
- 2 tablespoons finely chopped fresh ginger
- 2 tablespoons soy sauce
- 2 chicken breasts, skinned, boned and cut in 2-inch pieces

Combine yogurt, ginger and soy sauce in bowl. Fold in chicken. Cover and let stand 1 hour. Alternately thread chicken and vegetables on 4 skewers. Grill or broil 8 to 10 minutes, turning once. Makes 4 servings.

Suggested vegetables: red or green pepper chunks, zucchini chunks, mushrooms, cherry tomatoes.

Mid-Eastern Broiled Chicken

Prepare Oriental Broiled Chicken as directed above, substituting 2 tablespoons chopped fresh dillweed, 1 teaspoon curry and 1 clove garlic, minced, for ginger and soy sauce.



GOOD EATING TIP—Yogurt triples as a low-fat salad dressing, kebab marinade and a dip. This tip comes from Shortcuts meal-planning video cassette from General Foods.



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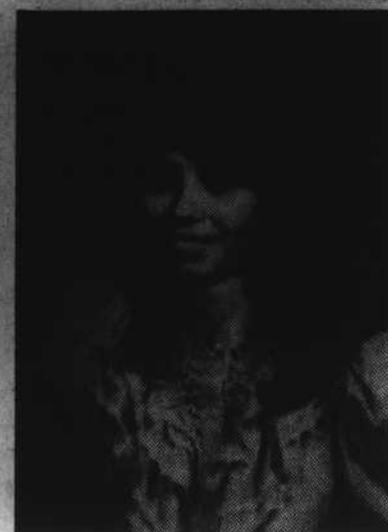
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Weddings & Engagements



Pamela Jean Malloy



Lydia Diane Rollins



Amanda Bunch

Malloy - Jernigan

Mr. and Mrs. Charles D. Malloy of Sneads Ferry, N.C., announce the engagement of their daughter, Pamela Jean, to Mr. Dean A. Jernigan, son of Mr. and Mrs. Charlie J. Leary of Edenton.

The bride-elect is a graduate of Dixon High School and North Carolina Central University. She is employed by Y.E. Smith Elementary School of Durham.

The prospective bridegroom is a graduate of John A. Holmes High School and North Carolina Central University. He is employed by Duke University Medical Center, Durham.

The wedding is planned for 2 p.m. on Saturday, June 27, in Jenkins Chapel Missionary Baptist Church.

Rollins - Holland

Rev. and Mrs. Albert Rollins of Gainesville, Florida, announce the engagement of their daughter, Lydia Diane, to Mr. Troy Wayne Holland, son of Mr. and Mrs. Cliff Holland of Edenton.

The wedding is planned for June 20 at 3 p.m. at the Mount Olive Free Will Baptist Church on Long Ridge Road in Plymouth. Friends and relatives are invited. No local invitations will be sent.

Bunch - Hansen

Mr. and Mrs. George W. Bunch, Jr. of Edenton announce the engagement of their daughter, Amanda, to Mr. Steven Elliott Hansen, son of Mr. and Mrs. LeRoy Hansen of Potsdam, N.Y.

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