

Fun With Food

From The Herald Kitchen



VEGETABLE MUFFINS -- Spicy Carrot Raisin Muffins and Zucchini Nut Muffins start with a convenient good-for-you oat bran muffin mix. Make a batch today for dinner and some for the freezer.

By MILDRED HUSKINS
How about vegetable muffins?

Well, why not! Vegetables like zucchini and carrots are favorites in cakes and sweet breads; so why not in muffins, too?

If your family is not too keen on eating vegetables, you might just tuck them in the muffin batter. Try it, they'll like it and never think they are good for them. Spicy Carrot Raisin Muffins and Zucchini Nut Muffins, developed by the Martha White Kitchen, start with a convenient and good-for-you oat bran muffin mix. The tender, moist muffins are reminiscent of your favorite carrot cake and zucchini nut bread and add the nutritional benefits of oat bran, too.

We are all looking for new and interesting ways to include oat bran in our diets. "Recipes that simply add a few ingredients to the basic oat bran muffin mix offer a wide range of options beyond the morning bowl of oat-

meal," says Linda Carman, Director of Consumer Affairs for Martha White Foods.

Great-tasting Zucchini Nut Muffins are chock full of grated zucchini, chopped nuts and cinnamon. And the oat bran muffin mix adds a nutty whole-grain flavor as well as four grams of soluble fiber to each serving. Spicy Carrot Raisin Muffins are just as easy to prepare. The recipe combines the oat bran muffin mix with grated carrots, naturally sweet raisins and cinnamon. For those watching their cholesterol intake, the muffins can be prepared, using the convenient low-cholesterol variation, which substitutes skim milk for whole milk and two egg whites for the whole egg.

Remember, when preparing muffins in dark, non-stick pans which absorb more heat than shiny pans, reduce the oven temperature by 25 degrees, from 450 to 425. The lower temperature will ensure

perfectly baked muffins.
Zucchini Nut Muffins
1 egg or 2 egg whites
1/2 cup milk or skim milk
1 pkg. (7 oz.) Oat Bran Muffin Mix
1/2 teaspoon cinnamon
1/2 cup grated zucchini
1/2 cup chopped walnuts

Preheat oven to 450 degrees. Grease muffin cups. Beat egg or egg whites in medium mixing bowl. Stir in milk until blended. Add muffin mix and cinnamon, stirring just until blended. Gently fold in zucchini and nuts. Spoon batter into prepared muffin cups, fill each 2/3 cup full. Bake for 14 or 15 minutes or until golden brown. Makes 6 to 9 muffins.

Spicy Carrot Raisin Muffins
1 egg or 2 egg whites
1/2 cup milk or skim milk
1 pkg. (7 oz.) Oat Bran Muffin Mix
1/2 teaspoon cinnamon
1/2 cup grated carrots
1/2 cup raisins

Preheat oven to 450 degrees. Grease muffin cups. Beat egg or egg whites in medium bowl. Add milk and stir to blend. Add muffin mix and cinnamon; stir just until blended. Gently stir in carrots and raisins. Spoon batter into prepared cups, filling each 2/3 full. Bake 14 to 15 minutes or until golden brown. Makes 6 to 9 muffins.

Recipe Contest
There isn't much time but if you are a pretty great grits cook, you may enter Martha White's Grits Festival Recipe Contest and win a cash prize. The contest closes March 31 so there is still time. Recipes may be entered in any of three categories: Cheese and Grits; Other Grits and Youth Grits, for contestants under 18 years of age. Send as many entries as you wish to: Festival Recipe Contest, P.O. Box 58, Nashville, Tenn., 37202, with your name and address. The festival will be held April 20-22 in St. George, S.C.

Anniversary Celebrated

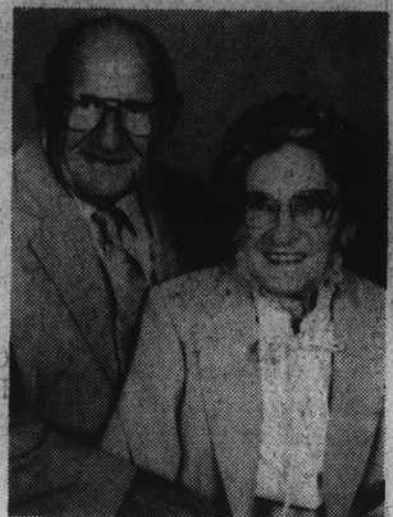
Mr. and Mrs. Clemon Elton Bass Sr. of Edenton celebrated their 50th wedding anniversary on March 2. About fifty friends and relatives surprised the couple with a special dinner in observance of the joyous occasion on February 28 at the Golden Corral in Edenton.

The couple received a variety of gifts from those assembled. A golden anniversary clock was given to them by their five children: Elton Bass Jr. of Plano, Texas;

Mrs. Jerry Taylor of Brandon, Florida; Mrs. Billy Hollowell of Tyner; Jimmy Bass of Edenton; and Ronnie Bass of Charlotte. Mr. and Mrs. Bass also have ten grandchildren and two great-grandchildren.

Dinner and cake were enjoyed by all.

Mr. and Mrs. Bass have spent the past two weeks in Florida on their second honeymoon.



Mr. and Mrs. C.E. Bass Sr.

Homemakers Met

The Center Hill Extension Homemaker's Club met at the home of Mrs. Kathleen Byrum on March 20.

Mrs. Gladys White, president, called the meeting to order with a devotion taken from the Upper Room and prayer.

Mrs. Fran Ward, county extension agent, was welcomed and as club business was being transacted, Mrs. Ward was preparing white and sweet potato rounds for all to sample. She said that potatoes are very good for you and high in vitamins. Low calorie potato recipes were handed out.

An announcement was made concerning the Health Fair which is scheduled for March 29 (today) at D.F. Walker gym. The district EHA meeting is planned for April 18 in Plymouth.

The Center Hill club will host their annual Senior Citizens Luncheon on April 20. It was also noted that the District Workshop will be held May 23-24 at the American Legion Building.

Tips were offered to help women keep their handbags organized, including how to clean up and cast out unneeded items.

The meeting closed with the Homemakers Creed.

Mrs. Byrum served delicious refreshments during the social hour.

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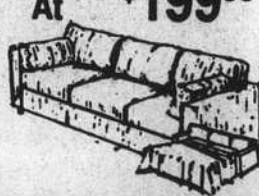
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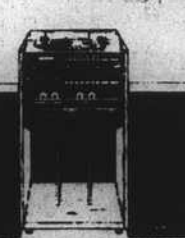
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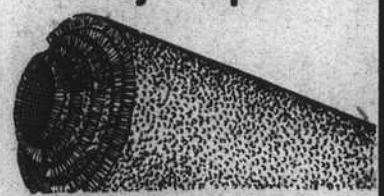
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