

# Cooking Corner

Tip To Help You

Healthy Ideas



Family and friends will say "C'est si bon" (it's so good!) about this stuffed French toast and berry dish made with evaporated skimmed milk to keep fat and calories down.

(NAPS)—Here's good news for those looking for ways to make fat and calories evaporate from their menus: Evaporated skimmed or reduced fat milks can make a great lowfat substitute for cream or half and half in recipes ranging from soup to side dishes to desserts and much more.

Experts at the International Association of Culinary Professionals

say among the greatest benefits of reduced fat or skimmed evaporated milk is that they retain the consistency, rich taste and high nutrition that milk and cream products possess, without the high fat.

According to the Nestle Food Company's Test Kitchen, a half cup of Carnation Evaporated Lowfat Milk has three grams of fat; Carnation Lite Evaporated

Skimmed Milk has less than one gram of fat. Compare that to heavy whipping cream at 45 grams of fat, or even half and half with 14 grams. Try evaporated skimmed or reduced fat milk in this delicious recipe:

### STUFFED FRENCH TOAST WITH FRESH BERRY TOPPING

(Makes 4 to 6 servings)

- 2 cups mixed fresh berries, e.g. strawberries, raspberries, blueberries or blackberries
- 2 tablespoons granulated sugar
- 3 eggs
- 2/3 cup undiluted CARNATION Lite Evaporated Skimmed Milk or Lowfat Evaporated Milk
- 2 tablespoons brown sugar
- 2 teaspoons vanilla extract
- Strawberry Filling (recipe follows)
- 12 slices French or egg bread
- Vegetable oil or butter for frying
- Powdered sugar
- Maple syrup (optional)

MIX berries and sugar in small bowl; set aside.

COMBINE eggs, evaporated skimmed milk, brown sugar and vanilla in pie plate or shallow bowl.

SPREAD one-sixth of filling on each of six slices of bread. Top with remaining slices to form "sandwiches."

HEAT small amount of oil in large frying pan or griddle. Dip "sandwiches" in egg mixture, coating both sides. Cook over medium heat for 4 to 5 minutes, turning once (cook in batches if necessary).

SPRINKLE with powdered sugar; top with fresh berries. Serve with maple syrup.

STRAWBERRY FILLING BLEND 2/3 cup lowfat ricotta cheese, 2 1/2 tablespoons strawberry preserves and 1 1/2 tablespoons undiluted CARNATION Lite Evaporated Skimmed Milk or Lowfat Evaporated Milk in small bowl.

Serving size: 1 "Sandwich" with 2.4 Tbsp. filling. Calories: 381 Fat: 9 grams

The Present is a point just passed.

—David Russell

## CALORIE COUNTDOWN

News and Tips  
By Susan Duff

\* You may have heard that medical researchers now recommend higher weights for adults over 35 years of age. But you'll probably be surprised to learn how high these weight ranges go. According to the National Research Council, if you're 5 feet 4 inches and over 35 years of age, you can weigh as much as 157 pounds and still be within a healthy range. At 5 feet 5, you can weigh as much as 162, and at 5 feet 6, a top weight of 167 is okay—once you're halfway through your third decade. Experts now tell us that being too thin may pose just as many health risks as being too fat.

The goal of dieting these days shouldn't be to see how skinny you can get, but rather to achieve and maintain the weight that's appropriate to your height and body type. \* Salads are among the healthiest dishes possible and they're often the mainstays of many healthy and successful dieters. Two of the main excuses people give for not eating more salad: 1) it's too time-consuming and labor-intensive to make salads, and 2) raw veggies on their own just aren't appealing and/or satisfying enough. Get rid of those excuses not to eat

salads! You can now buy salad or raw spinach already cleaned and packaged. Extras like carrots, pers., cauliflower and broccoli and cut-up, also are available bagged at most supermarkets. them in the fridge along with tomatoes, small mushrooms, sprouts to throw together in 10 for a no-work, instant salad. You hand several tasty salad variations to toss in a moment's notice: chicken or fish; chick peas or beans (they add protein and fiber to salads); steamed green or chunks of baked winter squash or dunks (for an extra calcium); and low-fat, high-cheese like feta (to add taste and protein).

\* One of the best weight-loss possibilities is readily available, free of charge, and easy to water. Drink a fresh glass of before every meal to give you feeling of fullness. Water may you eliminate retained liquid weight," and it can also help the excess uric acid your body to produce when you reduce calorie intake. Aim for eight glasses a day, and see how easier and more pleasant dieting comes.

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## NEWS

### OF NUTRITION

#### Breakfast Gets A Boost From New Low-Cholesterol Egg

(NAPS)—The reputation of the common egg has taken a beating since the early 1970's when awareness of its high cholesterol content shattered the egg's reputation as the perfect breakfast food. Millions of Americans have resigned themselves to going eggless in the morning or even skipping breakfast altogether. A new product that recently arrived on supermarket shelves, Simply Eggs™, now offers an alternative for egg fans concerned about cholesterol. By delivering all the nutrition of the egg with 80 percent less cholesterol, Simply Eggs is helping re-establish breakfast as the most important meal of the day.

"Research has shown us that people concentrate better and that children perform better in school if they've had breakfast," says Robert Duff, a St. Louis registered dietitian and certified home economist who has written extensively about food and nutrition. "If adults don't eat breakfast they often compensate by buying something from the office vending machine to avoid that mid-morning slump, or they try to get by on coffee alone. Neither is a good alternative to breakfast."

Simply Eggs, the new low-cholesterol liquid egg product, is made from real, whole eggs. The process of retaining the yolk, while removing most of the cholesterol, preserves the true egg flavor as well as all the benefits of shell eggs—including six grams of protein per serving. But while an ordinary large egg has 215 milligrams of cholesterol, a comparable 1/4 cup of Simply Eggs contains only 45 milligrams of cholesterol. Most health care practitioners advise consuming no more than 300 milligrams of cholesterol a day.

With the availability of the low-cholesterol liquid egg, Duff says people can reintroduce eggs into their daily diet and still con-



rol their cholesterol intake. The United States Department of Agriculture recently reissued the Food Pyramid Guide which calls for two to three servings daily from the meat group in which eggs belong. Duff suggests that Simply Eggs can be used in place of shell eggs in the following creative, healthy breakfast ideas for these fast-paced times.

- Scrambled egg tortillas. Top a tortilla with scrambled eggs, fresh tomatoes or salsa, and some cheese. Buy the cheese pre-shredded to save more time. Or use a taco shell instead and you can eat your breakfast during your ride to work. Simply Eggs can be easily scrambled in the microwave oven; place 1/2 cup in a microwave-safe dish, and cook for one to two minutes on the highest setting.

- Portable breakfast sandwiches. Fill an English muffin or two slices of hearty bread with scrambled eggs. Add sliced tomato or low-fat turkey ham.

- Breakfast pizzas. Teenagers will bite at this one made with pita bread. Spread a little pizza sauce on the bread, then top with eggs and leftover cooked vegeta-

bles. Sprinkle with cheese and heat in the oven until the cheese melts.

- Baked potatoes for breakfast. Pop a potato in the microwave oven; cook on high and breakfast will be ready in five minutes while you finish getting dressed. Top with eggs and chopped chives or any other favorite herbs.

- The high-protein breakfast drink. The easiest idea of all is The Eye Opener. Simply Eggs is pasteurized so it is safe to use in this and other recipes that call for raw eggs, such as mayonnaise or Caesar salad dressing.

- The Eye Opener  
1 cup vanilla lowfat yogurt  
1 cup orange juice\*  
3/4 cup fresh or frozen strawberries\*\*  
1/2 cup Simply Eggs™

Process all ingredients together in a blender. Yield: two servings.

\* Nutrition information per serving—Calories: 214, Protein: 13 grams, Carbohydrates: 23 grams, Fat: 7 grams, Cholesterol: 52 milligrams, Vitamin C: 96 milligrams. \*\* May substitute other fruit juices or fruits.

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