

SUPER BOWLS OF CHILI!

(NAPS)—When it's play-off time on your TV set, nothing satisfies a football fan more than a hearty bowl of chili, and nothing pleases the cook as much as having it a cinch to make. With Tabasco brand 7 Spice Chili Recipe, you can turn out real homemade-tasting chili in no time since the chunky sauce base contains all the tomatoes, onions, chile peppers, herbs and spices you need.

Brown the beef chunks and add the rest of the ingredients just before the game starts. Let them simmer 'til half time when this super Texas-style chili will be ready and waiting for the hungry horde. Serve it with shredded cheddar, rice olives, chopped onions and tortilla chips, or ladle it over hot steamed rice or cooked pasta. And make sure there is a bottle of Tabasco pepper sauce handy to spike the spice! Umh-umh!



TEXAS-STYLE 7 SPICE CHILI

- 3 tablespoons vegetable oil
- 3 pounds lean beef chuck, cut into 1/4-inch cubes*
- 3 jars (16 ounces) Spicy Tabasco brand 7 Spice Chili Recipe
- 3 cans (16 ounces) red kidney beans, drained and rinsed
- 3 cans (16 ounces) pinto beans, drained and rinsed
- 1 12-ounce can or bottle beer

In 6-quart Dutch oven or saucepot over medium-high heat, in 1 tablespoon hot oil, cook beef, one-third at a time until well browned on all sides. With slotted spoon, remove to bowl. Repeat with remaining beef and oil. Return meat to Dutch oven; add 7 Spice Chili Recipe, beans and beer. Over high heat, heat to boil. Reduce heat to low; cover and simmer 30 minutes or until beef is tender. Serve over rice if desired. Makes 12 servings.

*Or, substitute 3 pounds lean ground beef for chuck. Brown as above. Skim off fat from surface.

Dessert Without Guilt

(NAPS)—Holiday eating has caused you to gain a few extra pounds and you've decided to banish desserts from the house! Wait!

Imagine a moist chocolate cake drizzled with a flavorful raspberry sauce that you can enjoy without guilt, containing less than 2/3 fat and just about 1/2 calories of traditional chocolate cake. When made with KARO corn syrup and ARGO or KINGSFORD'S corn starch, "Light 'n' Luscious Chocolate Cake" has only 5 grams of fat and 210 Calories per serving. Traditional chocolate cake has 15 g of fat and 390 Calories per serving.

For easy and delicious main dish and dessert recipes using KARO corn syrup and ARGO or KINGSFORD'S corn starch, write to: KARO & ARGO Recipes, P.O. Box 307, Department MAT194, Coventry, CT 06238.



LIGHT 'N' LUSCIOUS CHOCOLATE CAKE

- Corn oil cooking spray
- 1 cup flour
- 3/4 cup sugar
- 1/3 cup unsweetened cocoa
- 1/4 cup ARGO or KINGSFORD'S corn starch
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 2/3 cup water
- 1 whole egg
- 1 egg white
- 1/3 cup KARO light or dark corn syrup
- 3 tablespoons corn oil
- Raspberry Sauce, below

Preheat oven to 350 F. Spray 9-inch round or square baking pan with cooking spray. In large bowl combine flour, sugar, cocoa, corn starch, salt, baking soda and baking powder. In medium bowl with wire whisk or fork stir water, egg, egg white, corn syrup and corn oil. Gradually stir into dry ingredients until smooth. Pour into pan.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool on wire rack 10 minutes. Remove from pan and cool completely. Serve with Raspberry Sauce. Makes 12 servings.

- Raspberry Sauce
- 1 package (10 to 12 oz.) frozen raspberries, thawed and drained
 - 1/3 cup water
 - 2 tablespoons sugar
 - 1 tablespoon ARGO or KINGSFORD'S corn starch

Strain juice from raspberries into 1-quart saucepan; set raspberries aside. Stir in water, sugar and corn starch. Stirring constantly, bring to boil over medium heat and boil 1 minute. Gently stir in raspberries. Cool. Makes about 1 1/3 cups.

Each serving provides: 210 Calories, 2 g protein, 41 g carbohydrate, 5 g total fat, 2 g polyunsaturated fat, 1 g saturated fat, 20 mg cholesterol, 170 mg sodium.

Food Facts

By Cheryl Lloyd,
Durham County
Cooperative
Extension Service



Nutrition and health experts are encouraging us to eat more seafood, yet a number of questions have been raised about the safety of our seafood supply. As a result the seafood industry in recent years has had a taste of "Taking the bitter with the sweet."

Fish, being the free swimming animals they are, allow humans little control over the waters in which they choose to swim. This may mean the fish we eat or shellfish we consume have been exposed to the many contaminants that we humans have wasted in our waterways. Currently there are no regulations mandating that seafood or seafood establishments be inspected. Inspection of seafood has been a hot issue among Americans in recent months. This past spring, FDA Commissioner David A. Kessler M.D., announced that FDA would develop regulations for the mandatory inspection of seafood establishments based on the principles of HACCP (Hazard Analysis Critical Control Point). The regulations were completed this past week, however final deadlines for implementing these inspections have not been set.

These developments should not discourage the use of seafood in the diet. Many varieties of fish are good sources of important vitamins, especially the B vitamins: niacin, and B12, major minerals (iron, phosphorus and potassium) and some trace minerals (zinc and iodine). Seafood is a

rich and high quality protein like meat and poultry products, but one of the liabilities — such as fat and cholesterol. However some (shrimp and lobster) are moderately high in cholesterol. Since seafood often have more of the fat that we would prefer to have, and monounsaturated fats and many cold water fish also have Omega 3 fatty acids; seafood can be a very healthful and enjoyable part of our diet.

Most of the seafood consumed each year in the U.S. have at some time been frozen. This includes 95% of the shrimp we eat and all of our food fish and only the chef knows in other types of restaurants.

How can you judge the quality of frozen fish? As with fresh appearance can tell much. Vividly colored flesh that appears bright and glossy indicates that the fish was quick frozen soon after caught. On the other hand, discoloration, darkening or drying at the edges suggest age, mishandling or inferior processing. Packages that feel solidly frozen, with no soft spots, which indicate partial thawing, are the best. The less frost on and in the packaging, the better. Frost indicates that the fish was not properly frozen, the freezing process alters not only the fish's nutritional content nor it's level of Omega 3 fatty acids. Even though fresh fish do not fare well when preserved in supermarket freezers. Such freezers do not get nearly as cold as commercial freezers. Their defrost cycles sometimes allow for partial thawing and refreezing. For the "resident fisherman," to get the most out of your day's catch, contact the Cooperative Extension Service for information and instructions on the best methods of freezing your catch of the day.

The best way to thaw frozen seafood is to transfer it in tightly sealed packages to the refrigerator for 8 to 10 hours. If time is short, frozen package under cold running water. Do not use warm or hot water or you will damage the texture of the flesh. You may also use microwave, following the instructions from the manufacturer for use. Do not thaw the fish completely — only enough to separate portions. Your recipe allows, cook the fish directly from the frozen state, just before the cooking time. This will help to keep the flesh moist and tender. You would like additional information about seafood, contact your Cooperative Extension Service.

The Vice Presidency is sort of like the last cookie on the tin. Everybody insists he won't take it, but somebody always does. —Bill

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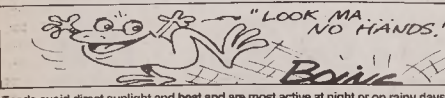
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