

# COMMUNITY SHOPPER'S GUIDE

February 9, 1984/Section C

## Recipes

### 'Classic Updates' entreat eaters

Stir-Fried Vegetables with Cashews is a good tasting, colorful dish that is quick and easy to prepare. The melange of snow peas, fresh mushrooms, red pepper strips and unsalted cashews are quickly stir-fried until vegetables are tender-crisp. A can of condensed chicken noodle soup mixed with cornstarch is added to vegetables; sesame oil gives extra flavor to the dish. An attractive contrast in tastes, texture and colors, the side dish needs only some cheese and bread to become a nutritious main course.

Pasta, is more than spaghetti and macaroni. Today, an almost infinite number of different shapes and varieties are commonplace on supermarket shelves. Homemade pasta is also growing in popularity. A highly versatile food, this complex carbohydrate is delicious in a cold salad. Calico Tortellini Salad combines canned condensed vegetarian vegetable soup with red wine vinegar, olive oil, minced garlic and herbs as an intriguing dressing for cooked tortellini. Mixed with cubes of dry salami, Cheddar cheese and slice ripe olives, the hearty, colorful salad is a perfect lunch or dinner dish, served with crusty Italian bread and topped off with a fruit dessert.

Back in 1934, hamburger Steaks with Mushroom Sauce was considered a classic, satisfying and economical dish. Sweet and Sour Turkey Patties is the updated version, with the ground beef replaced by lean ground turkey. The turkey patties are a traditional mixture of bread crumbs, chopped onions and a beaten egg. After browning, a piquant sauce made with canned condensed cream of mushroom soup spiced with apple jelly and raspberry-flavored vinegar is added, then the dish is simmered for about 20 minutes. Served with rice and a green salad, these patties are every bit as appealing as their antecedents -- and considerably lower in fats.

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#### STIR-FRIED VEGETABLES WITH CASHEWS

- 1 tablespoon salad oil
- 3 cups snow peas, cut in half
- 1 cup sliced fresh mushrooms
- 1/2 cup red pepper strips
- 1/2 cup unsalted cashews

- 1 can (10 3/4 ounces) Condensed Chicken Noodle Soup
- 2 teaspoons cornstarch
- 1/2 teaspoon sesame oil
- Hot cooked rice

1. In 10-inch skillet over medium-high heat, in hot oil, cook snow peas, mushrooms, red pepper and cashews, stirring quickly and frequently (stir-frying) until vegetables are tender-crisp, about 3 minutes.
2. In small bowl, combine soup and cornstarch. Add to vegetable mixture; cook, stirring constantly until thickened. Stir in sesame oil.
3. To serve: Arrange rice on serving platter. Top with vegetable mixture. Makes 3 1/2 cups or 4 servings.

#### CALICO TORTELLINI SALAD

- 1 can (10 1/2 ounces) Condensed Vegetarian Vegetable Soup
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- 2 medium cloves garlic, minced
- 1/2 teaspoon dried basil leaves, crushed
- 1/4 teaspoon dried oregano leaves, crushed
- 1/4 teaspoon pepper
- 2 cups fresh or frozen tortellini, cooked and drained
- 1/2 cup cube dry salami
- 1/2 cup cubed Cheddar cheese
- 1/2 cup sliced pitted ripe olives

1. In 1-quart saucepan over high heat, combine soup, vinegar, oil, garlic, basil, oregano and pepper. Heat to boiling; reduce heat to low. Simmer 2 minutes, stirring occasionally. Cool 5 minutes.
2. In medium bowl, combine remaining ingredients. Pour soup mixture over tortellini mixture; toss to coat. Cover; refrigerate at least 4 hours. Makes 5 cups or 6 servings.

#### SWEET AND SOUR TURKEY PATTIES

- 1 pound ground turkey
- 1/2 cup dry bread crumbs
- 1/2 cup finely chopped onions
- 1 egg, beaten



Stir-Fried Vegetables with Cashews, a light and colorful dish, is one of the recipes in a new booklet.

- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon salad oil
- 1 can (10 3/4 ounces) Condensed Cream of Mushroom Soup
- 1/4 cup apple jelly
- 2 tablespoons raspberry flavored vinegar

1. In medium bowl, mix well turkey, bread crumbs,

- onions, egg, salt and pepper. Shape into 4 patties.
2. In 10-inch skillet over medium heat, in hot oil, brown patties on both sides. Remove patties to plate.

3. In same skillet, combine soup, jelly and vinegar. Heat, stirring constantly until jelly melts. Return patties to skillet. Heat to boiling; reduce heat to low. Cover; simmer 20 minutes, stirring sauce occasionally. Makes 4 servings.

## Coping

# Proper planning is the key to accomplishing long term goals

By DR. CHARLES FAULKNER  
Syndicated Columnist

You can realize your full potential and be everything that you are capable of being. The key to accomplishment is proper planning. An effective plan has the following ingredients:

- 1) A long-range objective that you would like to accomplish five years from today. Ask yourself, "What will I be doing five years from today?"

- 2) An objective that you wish to reach one year from today. This objective must be closely related to your five-year objective. What will you be doing one-year from now?

- 3) A goal which you desire to reach within six months. This goal must be a step in the direction of your one-year goal. Ask yourself, "In six months, what will I have accomplished?"

- 4) In six months, you must have reached a position in life that will help you to achieve your one-year goal.

What will that position be? Will it have brought you closer to your one-year goal? If so, keep on pushing ahead. If not, you must revise that goal or your plan for reaching it so that it will be specifically directed toward and connected to your one-year goal.

- 5) Now, picture yourself 30 days from today. What will you be doing exactly 30 days from now? Will you have accomplished something that will help you to reach your six-month goal? If so, you are on the right track and should continue to progress.

- 6) What will you do tomorrow that will get you started on your 30 day project?

And finally, 7) What are you doing at this very moment to prepare for tomorrow?

As you can see everything that you do, beginning right now, is intended, ultimately, to get you closer to your five-year objective. The major problem that people have in improving their lives is formulating a realistic, workable plan to get them from here to there. Now, that you know what you want to do, how do you get started? What is your strategy?

Another significant problem confronting people is finding the motivation to get started and remaining enthusiastic. You are fortunate if you have friends or fami-

ly who push you and keep you motivated. Most successful people, however, get up off their rear ends and follow their plan through snow, rain, sadness or supreme difficulty. Nothing stops them. Problems are seen as challenges that test their capabilities and help them develop the skills to cope.

Weak people and failures constantly complain, wait for someone to take them by the hand and lead them to the Promised Land, blame other people for their present condition, wallow in self-pity and resign themselves to failure.

You will be strong and self-motivated. You will succeed inspite of difficulties. You will accept sole responsibility for your life. Let's not waste anymore time. Let's bring the success of tomorrow closer by what we do today.

Step one: Prepare your plan in writing and in detail. Step two: Apply each item in the first paragraph of this column to your professional goals, your family goals, your educational goals, your health goals, your financial goals and, if you wish, your spiritual goals. You must have a separate plan for achieving each goal. Step three: Let your mind soar. Be creative in formulating goals. Be realistic.



Watts

Caldwell

O'Neal

Norman

## Chronicle Camera

# Tuning into Black History Month

By AUDREY WILLIAMS  
Chronicle Staff Writer

The Chronicle polled area citizens and asked what they thought could be done to increase awareness and a sense of pride during Black History Month.

**Bobby Thompson, food service specialist:** "There are many ways to go about it. When I was in Germany, the Germans used to celebrate with fests. Maybe black people ought to try doing that, or put on art shows, or exhibit things we created."

**Carl Watts, unemployed:** "There needs to be more advertisement about Black History Month, and the parents should sit down and tell their kids about Black History Month and what it means to be black. If I had any, I'd tell mine."

**Jake Brown, machine operator:** "What about an annual parade or all-black exhibits? At some auditorium there should be plays and films that let people know what we're about and where we came from."

**Ernest Caldwell, unemployed:** "Black people ought to get together and celebrate Black History Month right. I think we should really come together this month and

every month for that matter."

**Sara Sherrill, chore provider at Social Services:** "We should show more interest in Black History Month and not be ashamed to go out and show our black pride."

**Marsha Haggins, teacher:** "I think the media could do more. If we're going to enhance the awareness, the churches and communities could also do more. The church has always had a history of reaching black people, but a lot of it has to come from the home."

**Denise O'Neal, assistant store manager:** "Black people don't stick together like they should. Kids coming up now don't even know who Dr. King is. It would make things a lot easier if the kids would start telling them who these people are and what it means to be black."

**Jeffery Norman, student at WSSU:** "It wouldn't do any harm in broadcasting more on TV about Black History Month. Black colleges could do more to increase awareness and pride by having more events and churches could also get involved. It's a sure way of getting the word around."

**Naomi Bryson, housewife:** "Black people need to start teaching their kids from babes in arms that it's beautiful to be black and that some of the world's greatest leaders are our people."

## Better Living

# Lower blood cholesterol by diet

By JOANNE FALLS  
Home Economics Extension Agent

Federal government scientists have released some important information that all families should seriously consider when shopping for food and planning and preparing meals.

These scientists said that a 10-year study of nearly 4,000 men at 12 major medical centers has furnished "the first conclusive evidence" that lowering blood cholesterol by diet or a drug can help prevent heart attacks. The study cost \$150 million and was financed by the federal government's Heart Institute.

A Washington Post story by Victor Cohn points out these important facts concerning cholesterol that will soon be distributed and explained throughout the country during a nationwide cholesterol education campaign.

As a result of the National Institute of Health's coronary primary prevention trial:

1. The American Heart Association is urging young and old to shun solid fats, shun cholesterol rich foods and live longer. Following this advice means that some

shoppers will have to change their food buying habits to some extent.

2. The National Heart Lung and Blood Institute is telling people to see a doctor and get their blood cholesterol measured, and to move toward the prudent diet if it is too high.

3. Meat and dairy industries are informing people that they sell low fat products.

Scientists say "cholesterol is a thick waxy substance made in the body itself. It is part of the structural material of blood cells. It is also one of the constituents of bile which the liver makes to break up fats." The scientists further stated that "when we eat too much of some kinds of fats or too much cholesterol in our food the body's cholesterol-making apparatus goes out of control and starts pouring out too much cholesterol which builds up on artery walls and gradually chokes off the blood flow to the heart. The result is heart disease."

Dr. Basil Rifkind, the National Heart Institute's study director, says of the kind of prudent diet that seems to make sense is "not a really restrictive diet. It just says put more emphasis on vegetable fats and less on animal fats. It does not say 'Make yourself hungry.'"

Before shopping, list foods that promote good health, inform family members of the study findings and study the labels on food.



Falls