

COMMUNITY SHOPPER'S GUIDE

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Recipes

Entertain with a salt-free flair

Is it possible to suitably entertain company, and still serve a menu that is tailored to a low salt diet? Some of the finest restaurants in the country are doing it, including New York's Four Season's Restaurant. They're offering high caliber cuisine with less cream, butter and salt, primarily because of this country's increased health awareness and the specific dietary needs of certain customers.

If they can do it, so can you! It is possible to take classic continental and American ethnic dishes and deliciously adapt them using less salt. Some tips are to cook with wine...use less cream and cream based dishes...and call on piquant ingredients such as spices or lemon juice as salt substitutes. Here are three recipes developed with entertaining and low sodium in mind.

One menu for four might revolve around Marinated Chicken Kabobs that take only 10 minutes to broil. The key here is to permeate the chicken cubes before cooking with a marinade of dry sherry, fresh garlic and ginger, combined with a carefully blended low sodium ready to serve French onion soup. Not only does the marinade flavor the chicken, but the remaining marinade along with reserved juices from the pineapple cubes serves as the cooking liquid for the accompanying rice. The recipe registers a low 93 mg. sodium per serving.

A Rolled Sole Florentine might normally be engulfed in a heavy cream sauce. A lighter version, and one low in sodium is built upon new low sodium ready to serve cream of mushroom soup. First a filling is made with sauteed spinach and garlic, a portion of the soup, fresh bread crumbs and grated lemon rind. Each flounder fillet is rolled in jelly-roll fashion around the spinach filling and then topped with a sauce of the remaining soup, lemon juice and onion powder. Ready to serve low sodium soups make sauce preparation easy and delicious.

Ethnic cooking in the form of Cajun Shrimp Okra Gumbo adapts beautifully to the low sodium style of cooking. The inherently spicy nature of the dish allows for salt reduction without flavor loss. This particular gumbo is chock full of shrimp and okra in a rosy soup base of low sodium ready to serve chicken broth and

tomatoes. Chopped onion, garlic and green pepper add interest along with the unmistakable accent of hot pepper sauce. Each portion is spooned into a large bowl filled with rice to form a thick soup-stew type dish.

There's no need to curtail your entertaining or creative talents when a low sodium menu is called for. Just plan ahead and choose your recipes wisely.

MARINATED CHICKEN KABOBS

- 2 whole chicken breasts, skinned boned and halved (about 1 pound)
- 1 can (10 1/2 ounces) Low Sodium Ready to Serve French Onion Soup
- 1/4 cup sliced green onions
- 1/4 cup dry sherry
- 1 tablespoon brown sugar
- 1 medium clove garlic, minced
- 1/8 teaspoon grated fresh ginger root
- 1 can (8 ounces) pineapple chunks in juice
- 1 cup uncooked long-grain rice
- 1 medium, green pepper, cut into 1-inch squares
- 12 small whole white onions

1. On cutting board, cut chicken into 1 1/2-inch cubes.
2. Prepare marinade: In medium bowl, combine soup, green onions, sherry, brown sugar, garlic and ginger; stir in chicken. Cover; refrigerate at least 3 hours.
3. About 30 minutes before serving, drain pineapple; reserve liquid. Drain chicken mixture; reserve marinade.
4. In 4-cup glass measure, combine pineapple liquid, remaining marinade and enough water to measure 2 1/2 cups. Pour into medium saucepan over high heat; heat to boiling. Stir in rice; reduce heat to low. Cover; simmer 20 to 25 minutes or until liquid is absorbed and rice is tender.
5. Meanwhile, preheat broiler if manufacturer directs. On each of four 12-inch skewers alternately thread chicken, pineapple, green pepper and onions.

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Marinated Chicken Kabobs, permeated with a blended sherry, garlic, ginger and low sodium ready to serve French onion soup marinade, take only 10 minutes to broil.

Better Living

Additional income tax deductions could save you more money

By JOANNE FALLS
Home Economics Extension Agent

These are some possible income tax deductions that you may want to ask your tax preparer to check before sending in your income tax this year:

1. Did you make a personal loan that you later found you had now way of collecting? Do you have proof or papers to show that you are telling the truth? If so, you might be able to list it as a short-term capital loss on Form 1040.
2. Did you know that it is possible for you to list the cash or price value of items donated to charitable organizations such as clothes or household items given to

Goodwill?

You might also be able to deduct 9¢ per mile for your driving expenses to and from places where you go to do charitable work.

3. If you have to have your clothes cleaned and pressed while on a business trip, you can list this as a business expense. Be sure to save receipt and have proof.

4. If you do not take your grandparents as dependents on your tax return, the money you pay the babysit-

ting can qualify for child care credit on your income tax return.

5. Don't fall into a trap trying to deduct expenses for maintaining a business office in your home.

The room you designate for business must be used exclusively for business. You cannot use it as a part-time den or living room. However, you can use the home business office as a part-time business place.

6. If you paid employment agencies or job counselors to help you get a job, you can deduct those fees plus your postage, cost of telephone calls or travel expense.

7. If you get a new job in another city, you can deduct: -- House hunting expenses -- Lawyer's fees

-- Real estate fees for buying or renting your old home -- Moving expenses for relocating your family and possessions.

Income Tax Form 3903 gives details.

8. If you hire help to get your income tax prepared, or buy books and magazines to help you fill out your own income tax, you can deduct the fee in either case.

9. Do you share the support of your parent with a brother or a sister? Children who share this cost can: -- Carry the parent as a dependent and deduct \$1,000 on your income tax. One of the children can take the entire exemption one year and another can take the exemption next year. Be sure to read Multiple Support Declaration Form 2120.



Falls



Bostic



Moyer



Barr



Womack

Chronicle Camera

Does sex education promote promiscuity?

By AUDREY L. WILLIAMS
Chronicle Staff Writer

The Chronicle polled area citizens and asked if they think sex education in the public school system promotes promiscuity and teen-age pregnancies.

Teresa Moyer, secretary at N.C. Baptist Hospital: "No. I think the more kids learn about sex, the more it helps them in learning how to wait for the right person."

Danny Womack, employee at Martin Luther King Recreation: "No. When kids learn about sex at school, they learn what to do and what not to do, as well as the after-effects of having to support a child if they get pregnant."

Art Kinzel, minister: "No. I think it would be stupid if they didn't teach sex education in the schools. It's better to know about something rather than be ignorant. The only question I have is when do you start teaching it?"

Willie Bostic, retired: "No. They should teach sex education. I have four daughters and we teach them about sex. If you get pregnant and know about the consequences before you take the chance, then that's your own fault."

Princella Barr, employee at Arby's restaurant: "No, I

don't think it hurts. In school you learn about sex one way, but in the streets you learn it the other way -- the hard way."

Wanda McIntyre, student at Rutledge College: "No. Sex education helps you prepare for what you could be getting into because a lot of times kids can't get sex education at home."

Gail Wilson, employee at AT&T: "I think sex education prevents promiscuity and teen-age pregnancies. If the kids are aware of the consequences then they know how to avoid sex."

Carolyn Taylor, housewife: "What they teach in schools is not really sex education. What they do need to teach them is how to deal with the pressure. I don't think they're telling the kids you have to love someone first."

Anthony James, custodian: "Yes, I think that sex education in school tells the kids that it's all right to have sex. There's enough sex on television now and I don't want the teachers telling my daughter about it."

William Bright, math and health teacher at Kernersville Junior High School: "No, I teach it myself and I think when children are made aware of sex scientifically, instead of what they may learn in the streets, they have a better means of controlling themselves."

Coping

Utilize the 'total person' concept

By DR. CHARLES FAULKNER
Syndicated Columnist

In the past month I have sent hundreds of Career Planning Action Guides to readers. It is now up to you to put them to use and improve your life. You can easily work out your own plan.

Utilize the "total person" concept which helps you to improve every significant aspect of your life: Your career, your financial condition, your health, your family, your education, your psychological condition and your spiritual life. Each item has a place in the total episode of your life and should be developed simultaneously. Let's examine each of these important categories so that you may begin to determine how and why they are important to yourself.

1. Your Career. It is actually possible for you to be almost anything that you want to be if you plan for it properly and work for it hard enough. Are you satisfied with your professional status? Do you really want to get ahead or simply change careers? Establish an objective for five years from today. Now, work out a logical step-by-step plan for achieving your objective. Choose a career in which jobs will be available when you have completed your preparation.

2. Your Financial Condition. You can earn as much money as you wish. But you must prepare yourself to earn it by getting the appropriate profession and education, and getting started now. Choose the profession that will allow you to advance. Don't expect to earn \$100,000 a year as a clerk. Avoid dead-end jobs.

3. Your Health. Is your health excellent, good, or not so good? You can easily improve your health and lift it to the category that you desire. Good health is important in every endeavor. The proper foods, exercise, rest and the ability to cope with stress are the ingredients of a long, healthy life and happiness. Don't expect to lose weight if you continue to eat the same foods. Prepare a long-range exercise plan and healthful diet. Now is the time to work out a logical plan to obtain good health. It won't happen

overnight, but you can start the process today.

4. Your Family. Perhaps you are single and want to get married and raise a family. Or you are already married and want several children. Or perhaps you do not want a family of your own, but wish to improve relations within your family. If you are lonely, find out where the people you want to meet congregate and go there. You won't meet a princess or a prince at the drugstore lunch counter or at a disco.

5. Your Education. The formal education that you have may be suitable for your career pursuits. Usually, however, people who wish to improve their lives can do so with more education, a high school diploma or a college degree could help you achieve your goal if it is in the profession in which jobs are available. You must plan ahead to get the education that you need.

6. Your Psychological Condition. You are probably quite normal but perhaps you would like to be more confident, relaxed or have a better memory. Maybe you want to lose weight, stop smoking or become less irritable. A stress management seminar or a course on how to study may help you achieve your other objectives. Be honest with yourself. If your temper is a problem, correct it. If studying is a problem, learn to concentrate.

7. Your Spiritual Life. Is a Supreme Being important in your life? For some people, yes. Others, no. It is entirely your decision. But if this is an important category you should determine if you want to become a minister, deacon or just closer to your church. You must plant your future and then act accordingly.

Now establish a five-year plan for each of these categories. What will you do each day to advance yourself toward your five-year objective? Put all of the pieces of your life together as you work out a step-by-step program to reach your goal. A career-action plan is a necessity.

Once you have worked out your career plan, stick to it. If you do stick to it, give yourself all of the credit. If you don't stick to it, blame yourself. And try again.