

Recipes



Fresh and light Salad combining beans and vegetables is a perfect warm weather dish filled with nutrition and flavor.

Beans are a wholesome, flavorful food

The search for wholesome, flavorful meals is leading Americans toward fiber-rich foods which are instrumental in meeting many health needs. Beans are an excellent source of fiber and are an integral part of many delicious and interesting recipes.

Beans are low in fat and cholesterol, a good source of thiamin, iron, B vitamins, riboflavin and niacin, and high in protein, fiber and complex carbohydrates. The fiber/carbohydrate combination in beans helps maintain blood sugar levels, lowers cholesterol, delays hunger pangs detrimental to most dieters, provides energy, and may even help prevent heart attacks and strokes.

Beans are rich in flavor, as well as nutrition. They provide a delicious complement to meats, are perfect in salads and side dishes, and are easy to prepare. For excitingly different flavor combinations, why not try these recipes featuring beans?

Dry mustard and garlic add zip to the medley of cauliflower, onion, radish and pork & beans found in this recipe for garden salad. The vegetables are prepared ahead of time and refrigerated, then tossed with spinach right

before serving to yield a fresh dish without last-minute fuss.

The delightful trio of succotash, onion and pork & beans makes this recipe for golden chicken over vegetables a family favorite. Simply arrange browned chicken legs over the vegetables for a light, savory dish.

Baked beans and chicken takes its hearty flavor from the combination of pork & beans, brown sugar, mustard and Worcestershire sauce. Chicken thighs are browned, then added to the bean mixture to produce a luscious poultry feast.

A nutritional tip: For even less fat and fewer calories, skin chicken pieces before adding them to the beans.

To order a free leaflet with other beans recipes and information about their fiber content, write to: Campbell's Beans and Their "Beanfits"-NP, P.O. Box 6235, Philadelphia, PA 19136.

GARDEN SALAD

- 1 can (16 ounces) Pork & Beans in Tomato Sauce
- 1 cup thinly sliced cauliflowererets

Please see page C4



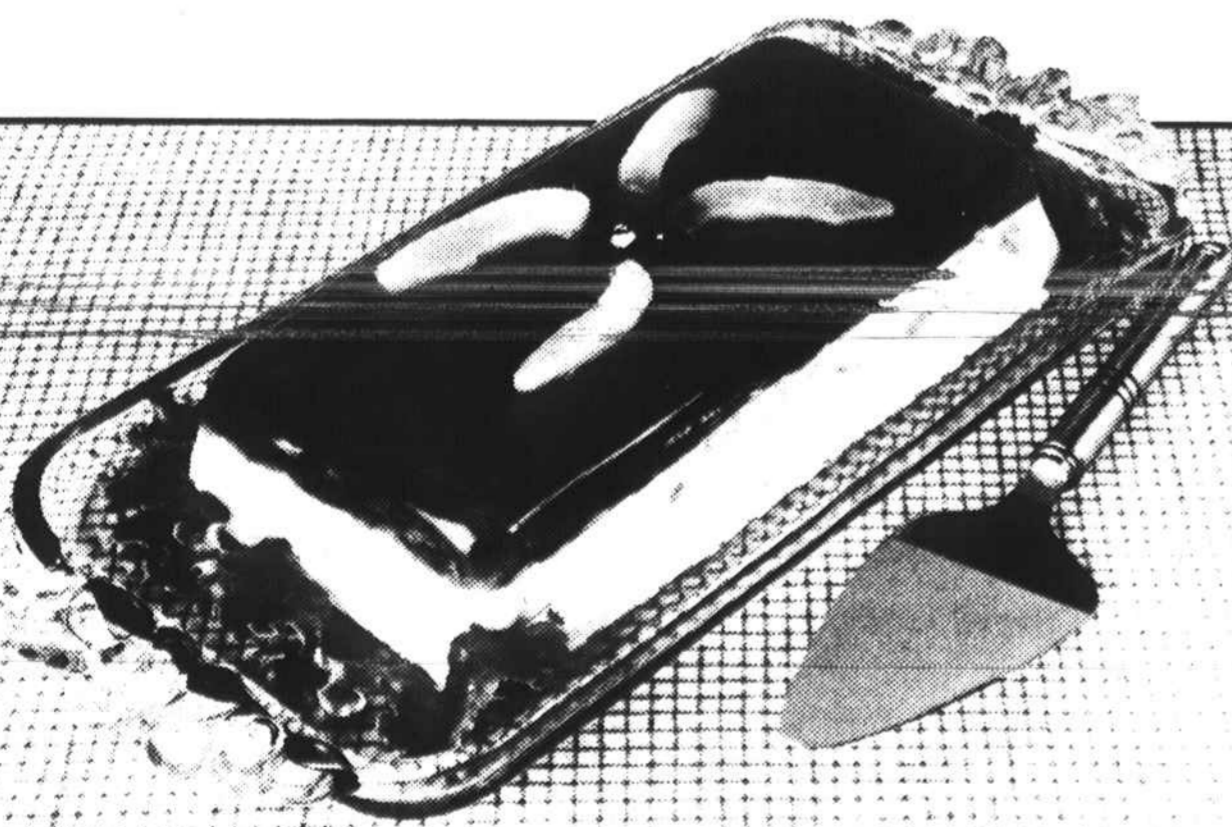
Family Fast Food Fixin's



See what raves you get for this colorful, flavorful Under-the-Sea Salad. Made with JELL-O® Brand Lime Flavor Gelatin! Make it quick 'n easy, by following the recipe below. General Foods recipes keep your family coming back for "more, please!" They're always downright delicious.



© 1984 General Foods Corporation



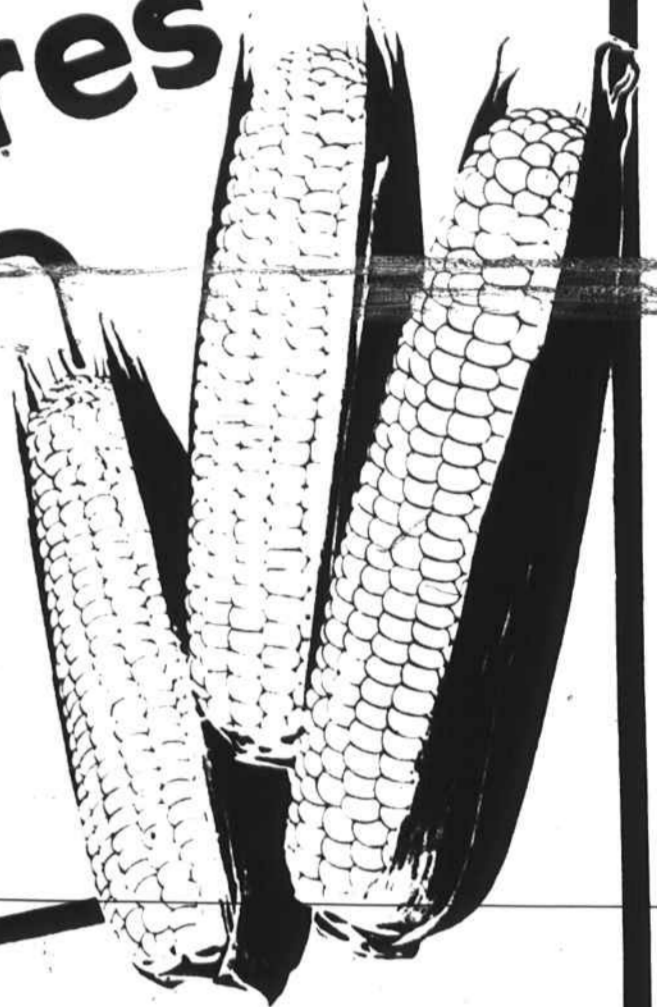
Under-the-Sea Salad

- JELLO**
- 1 can (16 oz.) pear halves
 - 1 package (3 oz.) JELL-O® Brand Lime Flavor Gelatin
 - 1 cup boiling water
 - 1 tablespoon lemon juice
 - 2 packages (3 oz. each) cream cheese, softened
 - 1/8 teaspoon cinnamon (optional)

Drain pears, reserving 3/4 cup of the syrup. Dice pears and set aside. Dissolve gelatin in boiling water. Add reserved syrup and lemon juice. Pour 1 1/2 cups into 8x4-inch loaf pan or 4-cup mold. Chill until set, but not firm, about 1 hour. Meanwhile, beat cheese until creamy. Very slowly blend in remaining gelatin, beating until smooth. Add cinnamon and pears and spoon into pan. Chill until firm, about 4 hours. Unmold. Garnish as desired. Makes 6 servings.

Everyday Low Prices... Plus Weekly Features

NEW SPRING CROP
Fresh Yellow Sweet Corn
12¢
Ear



FIRST OF THE SEASON

Vidalia Onions lb. **89¢**

Clorox Liquid Bleach Gal. Jug **79¢**

KROGER LIMIT 1 PLEASE

Grade A Extra Large Eggs Doz. **79¢**

KROGER GRADE A LARGE BROWN EGGS DOZEN .93¢

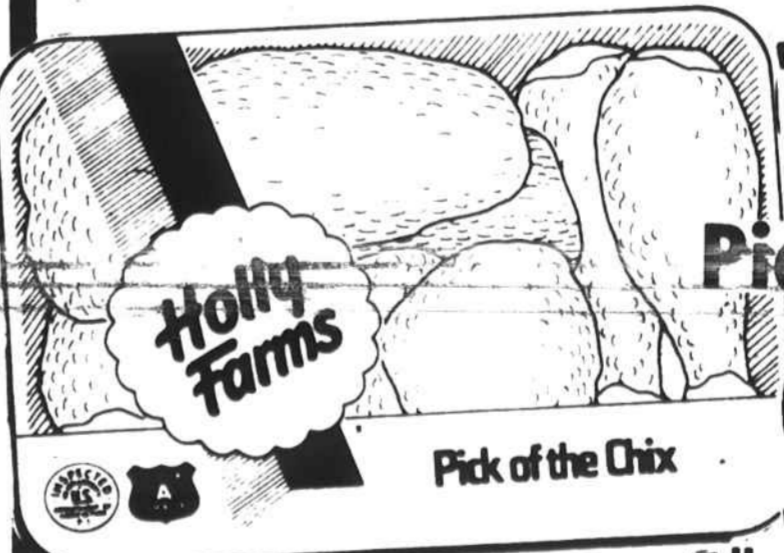
PINT RETURNABLE BOTTLES, SPRITE, TAB,

Diet Coke or Coca Cola

8 Pak \$1.69 PLUS DEPOSIT



Serve 'N' Save Wieners 12-oz. Pkg. **69¢**



U.S.D.A. GRADE A
Holly Farms Pick of the Chix

99¢
lb.

Kroger 0.5% Lowfat Milk Gal. Jug **\$1.49**



ADVERTISED ITEM POLICY
Each of these advertised items is required to be readily available for sale in each Kroger Store except as specifically noted in this ad. If we do run out of an advertised item, we will offer you your choice of a comparable item, when available, reflecting the same savings or a rain check which will entitle you to purchase the advertised item at the advertised price within 30 days. Only one vendor coupon will be accepted per item purchased.

TOTAL SATISFACTION GUARANTEE
Everything you buy at Kroger is guaranteed for your total satisfaction regardless of manufacturer. If you are not satisfied, Kroger will replace your item with the same brand or a comparable brand or refund your purchase price.

COPYRIGHT 1984 - THE KROGER CO. ITEMS AND PRICES GOOD SUNDAY, MAY 13, THROUGH SATURDAY, MAY 19, 1984, IN WINSTON-SALEM

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NONE SOLD TO DEALERS.