

Tofu, bok choy and water chestnuts add exciting taste and adventure to Pork Balls Lo Mein, a quick-to-fix dish that's also low in calories.

Ethnic dishes are simple and tasty

Do you ever stop to marvel at all the exotic foods that are now routinely stocked in most supermarkets? It's a fairly recent development, yet already we take for granted that tofu, water chestnuts, bok choy and other once strange and foreign ingredients will be readily available at our local stores. It's our growing fondness for ethnic cooking that created the demand, of course. And what a pleasure it is to find these foods so easily. They bring a spirit of adventure to all cooking and especially to the quickly fixed and low calorie varieties.

Ethnic dishes add interest to weekly menus and as can be seen in the three recipes that follow, many can be surprisingly simple to prepare. All these dishes can be cooked up in short order and will satisfy dieters as well.

Pork Balls Lo Mein, with only 388 calories a serving is a recipe to treasure. The balls are a mixture of ground

pork, crumbled tofu, bread crumbs, chopped green onions and water chestnuts, seasoned with soy sauce and ginger. After browning pork balls, stir-fry chopped bok choy until tender-crisp, then add a can of chunky vegetable soup and cooked linguine noodles to the skillet.

This delectable one skillet dish has another plus--the meatballs can be prepared ahead and frozen.

A good pasta dish is always welcome and Spaghetti with Sirloin Burger Sauce is one to add to your repertoire of quick and easy meals. The sauce is a melange of stir-fried sliced fresh mushrooms and zucchini flavored with minced garlic and Italian seasoning. A can of chunky sirloin burger soup is added along with cubes of mozzarella cheese and tomato wedges. Heat through until the cheese melts and serve over cooked spaghetti. Delicious

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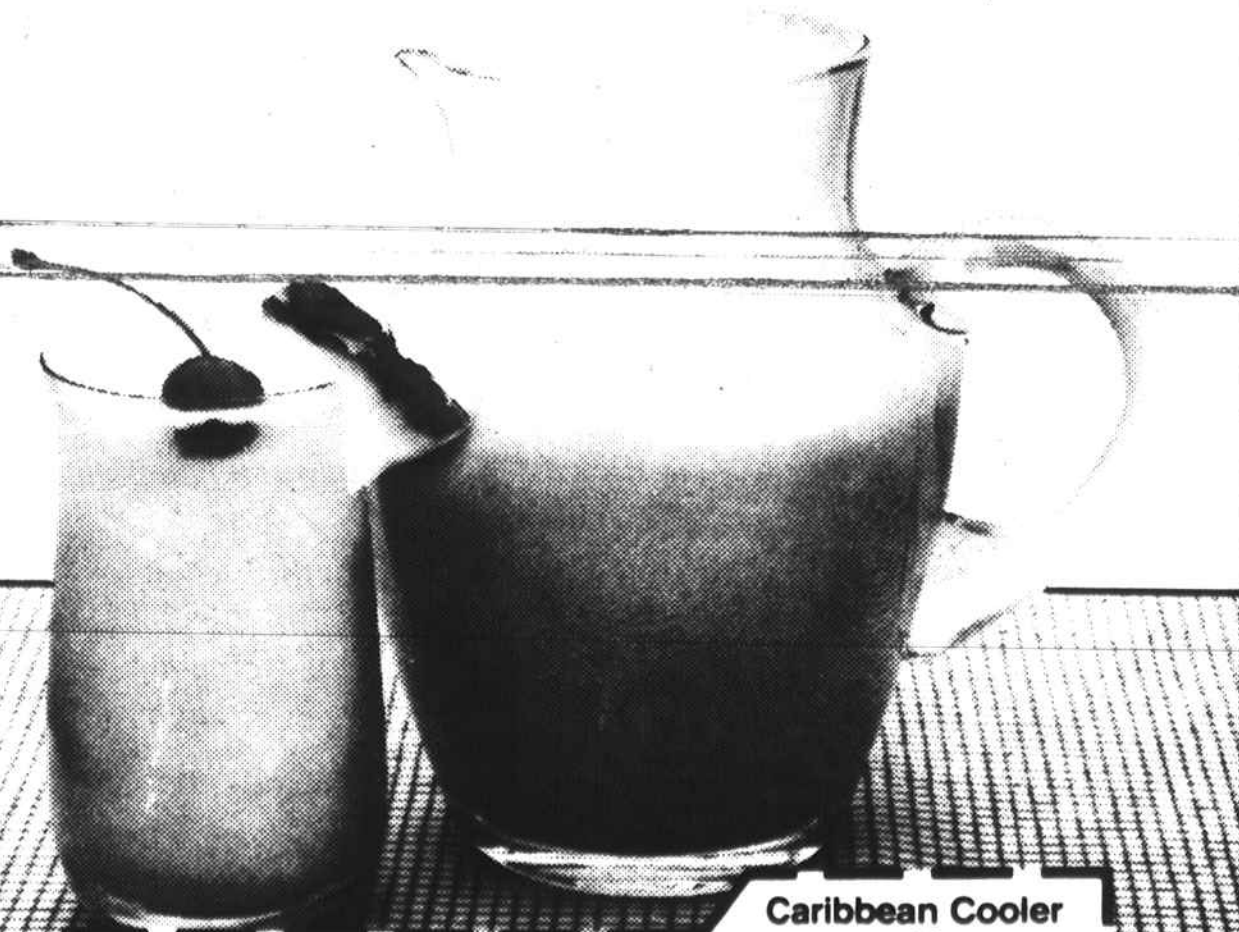
Family Fast Food Fixin's



A luscious lemonade treat for kids and parents alike. Your Caribbean Cooler. Quick 'n easy to make with COUNTRY TIME® Lemonade or Pink Lemonade Flavor Drink Mix. Just follow the recipe below and please your family's taste buds. General Foods quality is always downright delicious.



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Caribbean Cooler

4 scoops (about 1 cup) COUNTRY TIME® Lemonade or Pink Lemonade Flavor Drink Mix
1-1/4 cups water
2 cups unsweetened pineapple juice
1/2 cup cream of coconut
1/2 cup vodka or rum (optional for adults)
Crushed Ice

Combine drink mix and water in non-metal container; stir until dissolved.
Add pineapple juice, cream of coconut and optional vodka or rum.
Chill and serve over crushed ice.
Makes 12 servings.

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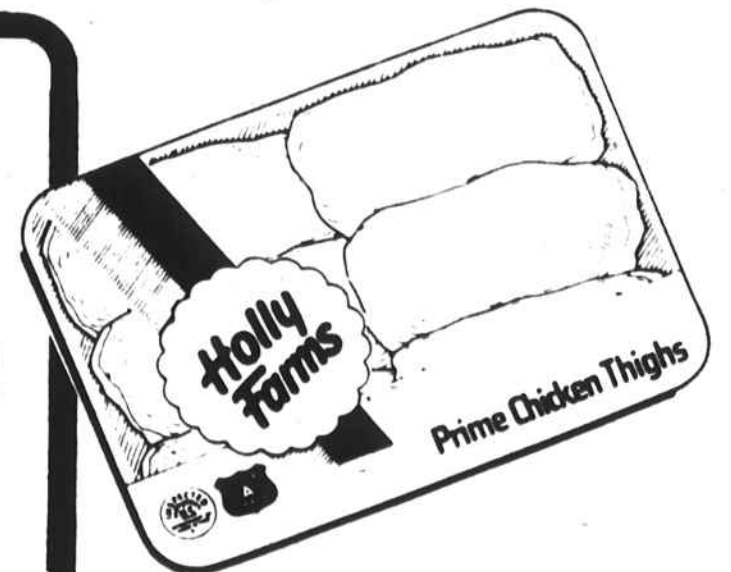
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