

Lifestyles

Diabetic Diners Can Avoid The Hassle Of Eating Out

By Rebecca Smith
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Eating out does not have to be a problem for a diabetic. Once the art of what and how much to eat is learned, eating out can be very enjoyable.

Most restaurants have several things on their menu from which diabetics may choose.

When eating out the diabetic should not be tempted by cakes, candy, cookies and other forbidden sweets.

A diabetic should not feel like it is necessary to have a clean plate, either, and should eat only the amounts allowed according to diet. Extra food can always be taken home in a doggie bag.

Thick gravies and cream sauces on vegetables and meats should be avoided. Meats should be baked, broiled, or boiled.

A big delay in mealtime can upset the balance of insulin and food. Therefore, the diabetic should try to eat at the normal mealtime. If a delay in mealtime cannot be avoided, eat a snack.

The diabetic should stick to individualized meal plans. Diet does not have to be rigid and fixed once food exchanges are learned.

Chicken Cantonese
6 servings = 4½ cups
1 serving = ¾ cup

1¼ pounds chicken breast, without bones or skin
1 tablespoon vegetable oil
½ cup slant sliced celery
¼ cup sliced green onions
1 clove garlic, minced
1¼ cups chicken bouillon
1 teaspoon salt
½ teaspoon ginger
1/16 teaspoon pepper

1 cup sweet green pepper, cut into 2-inch squares
1 package (6 ounces) frozen Chinese pea pods
1 tablespoon cornstarch
¼ cup cold water

Cut boned and skinned chicken breasts into 2-by-½-inch strips. Heat oil in a large, deep skillet. Stir-fry celery, onions, garlic, and chicken strips over medium heat 3 to 4 minutes, turning the ingredients frequently with a large wooden spoon or fork. Add chicken bouillon, salt, ginger, and pepper; cover and bring to a boil. Add green pepper and Chinese pea pods; cover and cook over medium heat 6 to 8 minutes or until green pepper and pea pods are crisp-tender. Meanwhile, combine cornstarch and cold water; stir cornstarch mixture into skillet. Cook over medium heat until thick and

clear, stirring constantly.

Nutritive values per serving:
CHO 7 gm., PRO 31 gm., FAT 8 gm., Calories 235, Sodium 675 mg.

Food Exchanges per serving: 4 Lean Meat Exchanges plus 1 Vegetable Exchange.

Low-sodium diets: Omit salt. Use low-sodium chicken bouillon.

Fresh Strawberry Fluff
6 servings = 4 cups
1 serving = 2/3 cup

¼ cup cold water
1 tablespoon granulated gelatin
1 tablespoon lemon juice
Artificial sweetener to substitute for 10 teaspoons sugar
¼ teaspoon pure orange flavor
1 pint (2 cups) fresh strawberries
3 egg whites
1/8 teaspoon salt
Measure water, gelatin, lemon juice, artificial sweetener, and

orange flavor into a blender. Wash strawberries and remove hulls; set aside ½ cup berries. Cut remaining 1½ cups berries in quarters and add to mixture in blender. Cover; turn blender to high speed for about 30 seconds or until mixture is well blended. In a bowl beat egg whites and salt until stiff but not dry. Fold strawberry mixture carefully into egg whites; blend well. Slice remaining berries. Put a few slices in the bottom of each of 6 individual serving dishes, then more strawberry slices, more mixture, and finish with a few strawberry slices on top as garnish. Chill in refrigerator until firm.

Nutritive values per serving:
CHO 5 gm., PRO 3 gm., FAT 0, Calories 32, Sodium 66 mg.
Food Exchange per serving: 1 Vegetable Exchange

Low-sodium diets: Omit salt.

Champagne Fooler
1 serving = ¼ cup
1 serving

¼ cup chilled, unsweetened apple juice
¼ teaspoon lemon juice
Club soda, chilled
Chill a champagne glass or wine glass. Measure apple and lemon juices into a measuring cup. Add enough club soda to make a total of ¼ cup mixture; stir gently to blend. Pour into chilled champagne or wine glass. Serve immediately.

Nutritive values per serving:
CHO 10 gm., PRO 0, FAT 0, Calories 40, Sodium trace.
Food Exchange per serving: 1 Fruit Exchange.
Low-sodium diets: This recipe is suitable.

On The Front Burner

Ellen S. Willis
Home Economics Extension

Pie vegetables

Those fall vegetables, pumpkins and winter squash, can be used in many ways including pies.

If you enjoy making pie from fresh winter squash, here are some buying tips:

Be sure the squash is fully matured, that is, that it has a tough, hard rind. Also look for squash that is heavy for its size. Avoid squash with cuts, punctures, sunken spots or moldy spots -- these are indications of decay.

Keep in mind that there are many varieties of fresh winter squash to choose from. They include Acorn, Butternut, Buttercup, green and blue Hubbard, green and gold Delicious and Banana.

However, if pumpkins are your choice for pie, you can select them by using the same criteria you did for fresh squash. The pumpkin should be heavy for its size, free of blemishes and the rind should be hard.

A pumpkin should have a bright

orange color. Bruised or injured pumpkins should be examined for evidence that decay may have penetrated the flesh. Decay may appear as a watery or water-soaked area, sometimes covered with a mold-like growth -- that is brown or black in color.

Pumpkins have many uses. Aside from the traditional use in pies, they go well in bread or muffins and various puddings and custards. You may stuff a small pumpkin with meat and vegetables or seafood. Or you may try pumpkin soup.

Winter squash and pumpkins are in good supply so now is the time to use them as well as store them. Following are some recipes for using these foods.

GLAZED BUTTERNUT SQUASH

Cut squash into 3-inch pieces. Pare and parboil until tender. Drain. Place in a shallow baking dish. Pour glazing syrup over squash. (Make syrup from 1/2 cup sugar,

1/2 cup brown sugar, 1/2 cup water, and 2 tablespoons butter. Heat together and pour over squash.) Bake basting with syrup until glazed at 350° for 25 minutes.

BUTTERNUT SQUASH CASSEROLE

2 cups mashed squash
2 whipped eggs
2 tablespoons sugar
1 teaspoon salt
1/2 stick butter or margarine
1 cup grated sharp cheese
Mix ingredients and pour into casserole. Top with 7 or 8 crumbled crackers or crumbled light bread. Put in 350° oven about 20 minutes or until crumbs are brown.

SQUASH SUPREME

3 cups cubed yellow squash or zucchini
2 tablespoons butter
1 can condensed chicken soup (undiluted)
1 1/2 cups chopped toasted almonds

2 tablespoons diced pimento
1/4 cup buttered, dry bread crumbs

Cook squash in salted water for about 5 minutes and drain. Butter medium size baking dish lightly. Alternate layers of squash, soup, almonds, pimento and dot with butter. Cover with bread crumbs and bake in 375° oven for about 20 minutes. Makes 6 servings.

SQUASH CASSEROLE

5 or 6 young yellow squash or 1 medium sized tender zucchini
12 or more saltine crackers
Butter, salt and pepper
1 egg

1/3 cup cream or undiluted evaporated milk
1/2 cup milk or more

Wash squash and thinly slice a fairly thick layer in the bottom of a buttered casserole dish. Sprinkle with salt and pepper. Cover with cracker crumbs. Dot with butter. Slice another layer of squash over this. Season with salt and pepper, top with cracker crumbs and dot.
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Rewarding years of service
Southern National Bank Vice-President Steve Parker (center) recently presented Johnnie Altman (right) and Arlene McCoy (left) pins for their years of service to the Raeford bank. Altman received a 20-year pin. She began working for the Raeford Southern National two weeks before the bank actually opened for business and has been there ever since. She presently works in the operations department. McCoy, who has been a teller for the past five years received her first pin for her years of service to the bank.

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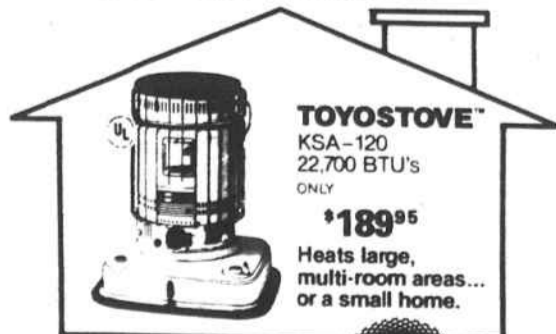
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