

Hobnob Heritage tour set for Thursday

By Ellen S. Willis
Home Economics Agent

Have you purchased your ticket for the Heritage Home and Site Tour Thursday, May 3 beginning at the Presbyterian Church parking lot at 1:30 p.m.?

Tickets are available at Hoke County Library, Calico Corner, Howell Drug and *The News Journal*.

The tour will include the site of the Raeford Institute, McLaughlin-Steven Home, McLean Cemetery and Site of Medical College, Vollers, Bethel Church, Hector McNeill House, Millprong, McPhaul's Mill Site, Antioch Presbyterian Church and one room school house - come join the group.

Extension Homemakers (600) from the seventeen counties in the Southern District enjoyed a program on "Eat Right for Life" at their annual district meeting April 24th in Elizabethtown. Following are some of the recipes for the dishes prepared from North Carolina foods. Note the nutritional information given for each recipe.

Whole Wheat Pita Bread
1 package active dry yeast
1 tablespoon sugar
1 1/2 cups whole wheat flour
1 cup warm water
1 to 1 1/2 cups all purpose flour or bread flour
1/2 teaspoon salt

Dissolve yeast in warm water. Add sugar, whole flour and salt; mix well. Gradually add all purpose or bread flour. Mix flour in well until dough pulls away from the bowl. Place dough on lightly floured surface and knead about 2 to 3 minutes. Divide dough into 8 balls; cover and let rest for 10 minutes. Preheat oven to 500°F. Flatten each ball and roll into a 5-inch circle. (Be careful to avoid creases in dough or it will not separate after baking if they do, flatten them again.) Arrange on lightly greased baking sheet and place on top oven rack. Bake 5 to 7 minutes or until brown. To serve, split one side open to form a pocket and fill with all types of

salad or cut each into half and stuff with filling. Makes 8 whole pitas or 16 pita halves.

Per Whole Pita:
Calories Total 160
Protein Calories 24
Fat Protein 7
CHO Calories 134
Sodium mg 122

Good source of B Vitamins, iron.

Blueberry-Oatmeal Bread
2 cups all purpose flour
1/2 cup sugar
1/2 teaspoon salt
1/2 teaspoon cinnamon
2 eggs, slightly beaten
1/4 cup honey or light corn syrup
1 cup quick-cooking oats
1 tablespoon baking powder
1/2 teaspoon soda
1/2 cup margarine
1/4 cup milk
1 cup fresh blueberries

Combine first 7 ingredients, reserving 2 tablespoons of flour. Cut margarine into flour mixture with pastry blender until mixture resembles coarse meal. Combine eggs, milk and honey or corn syrup and mix well. Add to dry ingredients, stirring just until moistened. Mix 2 tablespoons reserved flour with blueberries and fold into mixture. Pour batter into greased and floured 9" x 5" x 3" loaf pan. Bake at 350° for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Cool loaf pan 10 minutes; remove from pan, and cool completely on wire rack. Yield 1 loaf - 15 servings.

Per Serving:
Calories Total 141
Protein Calories 11.2
Fat Calories 50.4
CHO Calories 8
Sodium mg 138.4

Good source of: Thiamin, Riboflavin, Niacin

Steak Strips on a Stick
2 lbs. top beef round steak, cut 1 1/2 inches thick
15 medium-size fresh mushrooms
1 cup russian salad dressing (low calorie)
2 tablespoons lemon juice
15 cherry tomatoes

Cut steak into strips 1/4 inch

Front Burner

thick or less and place in plastic bag or utility dish. Combine russian salad dressing and lemon juice and pour over meat, mixing to coat strips. Tie bag securely or cover dish and marinate in refrigerator 4 to 6 hours or over-night. Pour off marinade and reserve. Thread strips of beef on six 15-inch metal skewers (weaving back and forth) alternately with mushrooms and cherry tomatoes. Place skewers on grill and broil at moderate temperature 3 minutes, brushing with marinade occasionally. Turn and broil to desired doneness, 3 to 4 minutes, brushing with marinade. 8 servings.

Per Serving:
Calories Total 270
Protein Calories 94
Fat Calories 126
CHO Calories 20
Sodium mg 114

Good source of Vitamin A, Iron, Vitamin C

Broccoli-Stuffed Tomatoes

6 medium tomatoes
1 (10 oz.) pkg. frozen chopped broccoli
1/4 cup mayonnaise (low calorie)
2 tablespoons grated parmesan cheese
salt and pepper (optional)
1/2 cup (2 oz.) shredded swiss cheese

1 cup soft bread crumbs (3 slices)
2 tablespoons chopped onion
green onion fans (optionally)

Wash tomatoes thoroughly. Cut tops from tomatoes; scoop out pulp, leaving shells intact. Reserve pulp for other uses (optional), sprinkle cavities of tomatoes with salt and pepper) and invert on wire rack to drain. Cook broccoli according to package directions, omitting salt; drain well, or cook in microwave oven for 5 minutes on high. Combine broccoli and next 4 ingredients; mix well. Stuff tomato shells with Broccoli mixture, sprinkle with parmesan cheese. Bake at 350°F for 30 minutes. Arrange tomatoes on serving platter and garnish with green onion fans, if desired. Yield: 6 serv-

ings.

Microwave oven: Place stuffed tomatoes in heat resistant dish and cover with plastic wrap. Cook on high for about 6-8 minutes. Rotate after 3 minutes.

Per Serving:
Calories Total 181
Protein Calories 41
Fat Calories 80
CHO Calories 66
Sodium mg 245

Good source of Vitamin A, Vitamin C and calcium.

Yam-apple Squares
1/2 cup brown sugar, packed
1/2 teaspoon nutmeg
1/4 cup margarine or butter, softened
1/2 cup raisins
1 can (19 or 23 oz.) or 3 cups sweet potatoes
1/2 teaspoon cinnamon
3 eggs
1 cup chopped peeled tart apple (about 1 medium)
1/4 cup chopped nuts
2 cups packaged biscuit mix

Glaze (recipe below)
Heat oven to 350°. Grease a 13" x 9" baking pan. Beat together brown sugar, cinnamon, nutmeg, eggs and margarine in large mixing bowl at high speed, scraping bowl occasionally. Add baking mix and mix well. Fold in apple, raisins, nuts and sweet potatoes that have drained and chopped. Spread in pan and bake 30-35 minutes or until mixture tests done. Cool. Drizzle glaze over cake. Cut into squares about 2" x 3". Makes 15 servings.

Glaze
2 tablespoons margarine
1 cup powdered sugar
1/4 teaspoon vanilla
2-3 tablespoons orange juice

Lightly brown margarine over



Taking advantage of weather

Hoke County farmers have been wasting no time lately trying to get fields plowed between rains. This farmer sets a modern dusty contrast to an aging barn in the background as he plows a field in the Dundarach area.

medium heat and cool. Stir in powdered sugar and vanilla. Stir in orange juice to desired consistency.

Per Serving
Calories Total 295
Protein Calories 16
Fat Calories 89
CHO Calories 197
Sodium mg 264

Good source of Vitamin A

Sausage Cheese Toasties
1 lb. hot sausage
*Cheese
6 English Muffins

Calories 1550
* 840

Fry the sausage and drain well. (Each tablespoon of grease drippings is about 125 calories from

fat.) Mix in the selected cheese and spread on the 12 English muffin halves. Broil until bubbly.

If preparing these for the freezer do not broil but place on a cookie sheet and freeze in a single layer. When frozen wrap individually and bag for freezer storage.

Cheese Selections
Calories
8 oz. cheddar, grated 840
8 oz. cheese food, grated 745
8 oz. cheese whiz 610
8 oz. part skim mozzarella, grated 575
12 oz. cottage cheese (240) plus 1/4 cup parmesan cheese (92) 332

Calories per English muffin half with the different cheeses:
With cheddar 270
With cheese food 260
With cheese whiz 250
With mozzarella 245

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