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Not Responsible for Typographical Errors

Be-Lo's Consumer Corner By Marie Cox

Cutting Calories?...

Did you know that chicken skin is about 17% fat? Remove the skin from poultry before cooking and season with:

- Lemon Juice
- Tomatoes Herbs & Spices
- Wine

Curried Chicken (Makes four servings at 290 Calories Per Serving)

2': Ibs Chicken skinned

- and cut up
- 1/2 C flour
- 1/2 tsp_pepper 1/8 tbs sait
- 4 T oil (high
- polyunsaturated)
- small onion, chopped

- Skin chicken and coat with seasoned flour. Brown chicken in oil

1 small green pepper chopped 1 clove garlic, minced

- 1, 6 oz can tomato paste
- 2 C water 1's tsp curry powder
- 1/2 tsp_thyme

3 t raisins (optional)

Add onion, green pepper, and garlic and cook until soft. Drain off fat. Add tomato paste, water, and remaining seasonings. Simmer 30 minutes or until chicken juices run yellow when flesh is poked with a fork. Add raisins and hear for another 5 minutes



Tender Lean Boneless Chuck Roast 16.

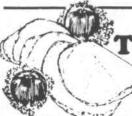


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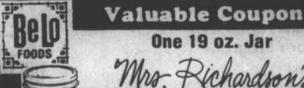
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