



Sale thru June 6, 1987
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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 1/2 lbs. Chicken, skinned and cut up | 1 small green pepper, chopped |
| 1/2 C flour | 1 clove garlic, minced |
| 1/2 tsp. pepper | 1 6 oz. can tomato paste |
| 1/8 tbs. salt | 2 C. water |
| 4 T. oil (high polyunsaturated) | 1 1/2 tsp. curry powder |
| 1 small onion, chopped | 1/2 tsp. thyme |
| | 3 t. raisins (optional) |

Skin chicken and coat with seasoned flour. Brown chicken in oil. 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 heat for another 5 minutes.



Tender Lean Boneless Chuck Roast
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1b.



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