

The Cooking Corner

The following recipes are taken from "Heart Healthy Cooking" a cookbook by The Heart Society of Gaston County.

MEXICALI DIP

1-1/2 c. 1% low-fat cottage cheese
1 T. Chili powder
1/4 c. plain low-fat yogurt
1 T. minced fresh onion
1 (4 Oz.) can chopped green chilies, drained
Corn tortilla wedges, toasted (optional)

Position knife blade in food processor bowl; add cottage cheese and chili powder. To with cover, and process 15 seconds. Stop processor; scrape sides of bowl with rubber spatula. Process 15 seconds.

Place mixture in a small bowl; add next three ingredients, stirring well. Cover and chill. Serve with tortilla wedges, if desired. Yield: 2 cups plus 2 tablespoons.

Calories: 10 per tablespoon
Cholesterol: 0 Total Fat: 0.2 g. Sodium: 47 mg.

GARDEN VEGETABLE DIP

1 (8 Oz.) carton plain low-fat yogurt
2 T. reduced-calorie mayonnaise
3 T. finely shredded carrot
1 T. minced fresh onion
1 clove garlic, minced
1 tsp. dried whole dill weed
1/8 tsp. salt
Dash of pepper
1 lg. head of cabbage, untrimmed (optional)
Chopped fresh parsley (optional)

Combine yogurt and mayonnaise in a small bowl; stir well. Add carrot and next 5 ingredients, stir well. Cover and chill 2 hours.

To make a cabbage bowl, if desired, trim core end of cabbage to form a flat base. Fold back several outer leaves of cabbage. Cut a crosswise slice from top, making it wide enough to remove about one-fourth of the head; then lift out

enough inner leaves from the cabbage to form a shell about 1 inch thick. (reserve sliced inner leaves of cabbage for another use.)

Spoon dip into cabbage cavity, and sprinkle with parsley, if desired. Serve with assorted vegetables. Yield: 1 cup plus 1 tablespoon.

Calories: 14 per tablespoon
Cholesterol: 1 mg. Total Fat: 0.7 g. Sodium: 40 mg.

ORIENTAL CRAB SPREAD

1/3 c. process light cream cheese product
1 tsp. sugar
1/8 tsp. white pepper
1 T. 62% less-sodium soy sauce
6 oz. crabmeat

1 (8 oz.) can whole water chestnuts, drained and coarsely chopped
1/3 c. diced green bell pepper
1 T. thinly sliced green onion

Combine first 4 ingredients in a medium bowl; beat at medium speed of an electric mixer until light and fluffy. Add remaining ingredients; stir well. Cover and chill. Serve with unsalted crackers. Yield: 2 cups.

Calories: 17 per tablespoon
Cholesterol: 5 mg. Total Fat: 0.9 g. Sodium: 77 mg.

PARMESAN CHIPS

1 (16 oz.) pkg. lasagna noodles
1/4 c. vegetable oil
1/4 c. water
Vegetable cooking spray
1/3 c. grated Parmesan cheese
2 tsp. dried whole basil, crushed
2 tsp. dried whole oregano, crushed
2 tsp. dried parsley flakes, crushed
3/4 tsp. garlic powder

Cook noodles according to package directions, omitting salt. Drain well. Separate noodles carefully, and blot excess moisture with paper towels.

Combine oil and water in a small bowl; stir well, and brush

both sides of lasagna noodles with oil mixture. Cut each noodle crosswise into 2 inch pieces, and arrange in a single layer on baking sheets coated with cooking spray. Set aside.

Combine Parmesan cheese, basil, oregano, parsley flakes, and garlic powder in a small bowl; stir well. Sprinkle a rounded 1/8 teaspoon herb mixture over each chip. Bake at 400 degrees for 16 minutes or until crisp and golden. Cool and store in an airtight container until ready to serve. Yield: 12 dozen.

Calories: 16 per 1 chip serving
Cholesterol: 0 mg. Total Fat: 0.5 g. Sodium: 4 mg.

CHICKEN PATE'

1-1/2 lbs. boneless uncooked chicken breasts, ground
1 c. finely chopped peeled apple
1 c. dry bread crumbs
1/2 c. finely chopped onion
1/2 c. egg substitute
3 T. margarine
3 T. brandy
1/2 tsp. thyme leaves
1/2 tsp. basil leaves
1/4 tsp. crushed fresh garlic
1/8 tsp. ground black pepper

Thoroughly combine ground chicken, apple, bread crumbs, onion, egg substitute, 2 tablespoons margarine, brandy, thyme, basil, garlic and pepper. Grease an

8-1/2x4-1/2x2-1/2 inch loaf pan with 2 teaspoons margarine. Press chicken mixture into pan. Dot with remaining margarine. Set in shallow pan of water and bake at 350 degrees for 1 hour or until firm and pulling away from sides of pan.

Drain excess liquid from pan. Cover and weight down pate' while it is very hot. Cool slightly and then refrigerate, weighted, until well-chilled.

Calories: 50 Cholesterol: 12 mg. Total Fat: 1 g. Sodium: 42.

HOT N SPICY TOMATO SIPPER

1-1/2 c. no-salt added tomato juice
1 T. lemon juice
1/4 tsp. celery salt
1/8 tsp. hot pepper sauce
Lemon slices (optional)
Lemon rind strips (optional)

Combine first 4 ingredients in a small non-aluminum saucepan; place over medium heat, cook 10 minutes or until thoroughly heated. Garnish with lemon slices and lemon rind, if desired. Yield: 1-1/2 cups.

Calories: 39 per 3/4 cup serving
Cholesterol: 0 mg Total Fat: 0 g. Sodium: 283 mg.

FRENCH TOAST

4 eggs, beaten or 1 cup frozen egg substitute, thawed

1 c. skim milk
2 tsp. vanilla extract
1/4 tsp. ground ginger
Butter-flavored vegetable cooking spray

8 (1 oz.) slices French bread
Combine eggs, milk, vanilla, and ginger in a shallow bowl, and beat mixture well with a wire whisk.

Coat a large skillet with cooking spray; place over medium heat until hot. Dip each slice of bread into egg mixture, coating both sides well. Arrange in skillet; cook 3 minutes on each side or until browned. Serve warm. Yield: 8 servings.

Calories: 138 per serving
Cholesterol: 138 mg. Total Fat: 3.6 g. Sodium: 215 mg.

VEGGIE OAT BISCUITS

1 c. oats, uncooked
1 c. all-purpose flour
1 T. baking powder
1/2 tsp. Italian seasoning, dill weed or basil
1/8 tsp. pepper
3 T. margarine
1 (7 oz.) can whole kernel corn, drained
1/2 c. chopped tomato, seeded
1/4 c. sliced green onions
1 (8 oz.) carton (1 c.) plain low-fat yogurt
1 egg white

Heat oven to 400 degrees. Spray

cookie sheet with vegetable oil cooking spray. Combine oats, flour, baking powder and seasoning. Cut in margarine until mixture resembles coarse crumbs. Stir in corn, tomato and onions. Add combined yogurt and egg white, mixing with a fork just until dry ingredients are moistened. Drop by 1/3 cup onto prepared cookie sheet. Bake about 25 to 30 minutes or until golden brown. Remove immediately from cookie sheet; serve warm. Yield: 10 servings.

Calories: 140/biscuit
Cholesterol: 5 mg. Total Fat: 5 g. Sodium: 190 mg.

CRUNCHY BREAD STICKS

2 T. margarine
1/2 tsp. dried dill weed
Dash onion powder
2 slices white bread

Melt margarine and mix in dill weed and onion powder. Trim crust from bread and brush both sides of slices with margarine mixture. Cut each slice into 4 strips.

Set on an ungreased baking sheet and bake at 350 degree for 12 to 15 minutes, turning once, or until golden brown and crisp.

Calories: 41 Cholesterol: 0 mg. Total Fat: 3 g. Sodium: 31 mg.

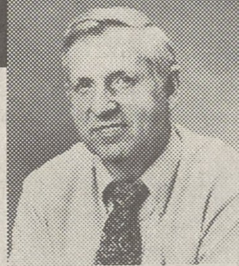


NEW ROTARY PRESIDENT - Darrell Keller, right, new president of the Kings Mountain Rotary Club, accepts the gavel from past president Bob McRae during recent meeting.

A Few Who Care



Mary Clemmer, Computer Science



Harry Runyon, Automotive Technology



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