

The Cooking Corner

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

CREAMY POTATO SALAD
6 med. unpeeled red potatoes (about 2 lbs.)
1/4 c. chopped green onions
1 (2 oz.) jar diced pimento, drained
1/2 c. reduced-calorie mayonnaise
1/2 c. fromage blanc
2 T. prepared mustard
1 T. sugar
1 T. white wine vinegar
1/2 tsp. salt
1/2 tsp. celery seeds
1/4 tsp. pepper
1/8 tsp. garlic powder
Green onion fans (optional)

Place potatoes in a medium saucepan; cover with water, and bring to a boil. Cover, reduce heat, and simmer potatoes 25 minutes or until tender. Drain and let cool. Peel potatoes, and cut into 1/2 inch cubes. Combine potatoes, green onions and pimento in a large bowl.

Combine mayonnaise and next 8 ingredients in a small bowl; stir well. Add to potato mixture, tossing gently to coat. Cover and chill. Garnish with green onion fans, if desired. Yield: 14 servings.

Calories: 93 per 1/2 cup serving
Cholesterol: 3 mg. Total Fat: 2.5 g. Sodium: 189 mg.

SPINACH SALAD WITH HONEY-DIJON DRESSING
2 c. torn spinach leaves
2 c. torn red leaf lettuce
1/4 c. thinly sliced radishes
1 T. white wine vinegar
1 tsp. water
1 tsp. olive oil
1 tsp. Dijon mustard
1 tsp. honey

Combine spinach leaves, lettuce and sliced radishes in a large bowl; toss well. Combine vinegar and remaining ingredients; stir well. Drizzle over salad; toss well. Yield: 2 servings.

Calories: 57 per 1-1/2 cup
Cholesterol: 0 mg. Total Fat: 2.8 g. Sodium: 126 mg.

SESAME APPLE TOSS
1 c. unpeeled, chopped red apple
1 c. seedless green grape halves
1 c. sliced celery
1/3 c. orange low-fat yogurt
4 lettuce leaves



DR. J.J. LEFCOSKI
Dr. Lefcoski opens new Gaston practice

Dr. Joseph J. Lefcoski, a psychologist in private practice specializing in clinical psychology, has opened new offices in Gastonia at 209 W. Second Avenue.

Lefcoski has worked in the Piedmont area for 10 years and also operates an office at 228 Park Avenue in Charlotte.

His areas of clinical specialization involve the resolution of trauma, anxiety, depression, the treatment of habit disorders, transitional life crises and challenges, performance enhancement and stress and pain management.

Lefcoski holds undergraduate degrees from the Jesuit affiliated University of Scranton in Pennsylvania and a Masters degree in Psychology from Marywood College in Pennsylvania. He is licensed in North Carolina and is a long-standing member of the American Psychological Association, the North Carolina Psychological Association and the North Carolina Society of Clinical Hypnosis.

He completed three years of training in Eriksonian therapy and hypnosis in Chapel Hill and has provided psychological evaluations and consultations to schools in Cleveland, Gaston, Lincoln and Mecklenburg Counties and to the Gaston County cardiac rehabilitation program.

2 tsp. sesame seeds, toasted
Combine first 4 ingredients; toss gently. Spoon over lettuce leaves; sprinkle with sesame seeds. Serve immediately. Yield: 4 servings.

Calories: 77 Cholesterol: 1 mg. Total Fat: 1.4 g. Sodium: 40 mg.

SPICY CHILI-TOMATO SALAD
2 envelopes unflavored gelatin
1 (24 oz.) can vegetable cocktail juice, divided
1 T. lemon juice
1/2 tsp. hot sauce
1/4 c. diced celery
2 T. canned, diced green chilies
Vegetable cooking spray
Lettuce leaves

Sprinkle gelatin over 1 cup vegetable cocktail juice in a small saucepan; let stand 1 minute. Cook over medium heat until gelatin dissolves, stirring constantly; remove from heat. Stir in remaining cocktail juice, lemon juice and hot sauce. Chill until the consistency of unbeaten egg white. Fold in celery and chilies. Spoon into a 4 cup mold that has been coated with cooking spray. Cover and chill until firm. Unmold onto a lettuce-lined plate. Yield: 6 servings.

Calories: 35 Cholesterol: 0 mg. Total Fat: 0.2 g. Sodium: 431 mg.

TUNA-PASTA SALAD
3 c. cooked fusilli (corkscrew pasta), cooked without salt
1 c. frozen whole kernel corn, thawed
1 (2 oz.) jar diced pimento, drained
1/2 c. sliced green onions
1 (6-1/2 oz.) can reduced-sodium tuna in water, drained
1/2 c. plain low-fat yogurt
1/4 c. reduced-calorie mayonnaise
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. paprika
1-1/2 c. sliced unpeeled cucumber

Combine cooked fusilli, corn, diced pimento, green onions, and tuna in a large bowl; toss well. Combine yogurt and next 3 ingredients in a small bowl, and stir well. Pour over pasta mixture, tossing well. Cover pasta mixture and chill.

Spoon pasta mixture into center of a large serving platter, and sprinkle with paprika. Arrange cucumber slices around edge of pasta mixture. Yield: 12 servings.

Calories: 96 per 1/2 cup serving
Cholesterol: 19 mg. Total Fat: 2.3 g. Sodium: 121 mg.



ROSALINE J. HUNT
CCC promotes Rosaline J. Hunt

Rosaline J. Hunt has been promoted to Education Director of the Comprehensive Education Program at Cleveland Community College.

Previously, she was employed as Related Subjects instructor in the Comprehensive Education Program.

KMHS Class of '74 plans 20th reunion

Plans are being made for the 20 year reunion of the Kings Mountain High School Class of 1974. The reunion will be held on Saturday, August 27.

Any members of the class who have not received information should call 739-1935 or 739-7658. Anyone who has received information and is still interested in attending, the deadline for reservations has been extended until July 10.

Addresses of some classmates are still unavailable. Classmates knowing of other classmates who have not been contacted should call the above numbers.

KMH plans support group for anxiety sufferers

Kings Mountain Hospital will offer a support group for those suffering from panic attack or severe anxiety in the hospital board room the first Tuesday of every month.

The first two meetings are scheduled for July 5 and August 2 from 6-7 p.m.

There is no charge for the service. The public is invited.

FIRECRACKER CRAB SALAD
3/4 lb. fresh lump crabmeat, drained
1/3 c. thinly sliced celery
2 T. thinly sliced green onions
2 T. plain non-fat yogurt
2 T. reduced-calorie mayonnaise
2 T. no-salt added tomato sauce
1 T. white wine vinegar
1/4 tsp. hot sauce
1/8 tsp. salt
1/8 tsp. white pepper
1 lg. clove garlic, minced
2/3 c. seeded, diced unpeeled tomato
4 Romaine lettuce leaves
Green onion fans (optional)
1/4 tsp. cracked black pepper

Combine first 3 ingredients in a medium bowl; toss gently and set aside. Combine yogurt and next 8 ingredients; beat with a wire whisk until smooth. Add to crabmeat mixture; stir well. Cover and chill 2 hours. To serve, stir in tomato; serve on lettuce-lined plates. Garnish with green onion fans, if desired. Yield: 4 servings.

Calories: 127 Cholesterol: 88 mg. Total Fat: 3.6 g. Sodium: 389 mg.

BEEF NOODLE SOUP
1 T. vegetable oil
1/2 lb. trimmed of fat, boneless beef sirloin, cut into thin, bite-size

pieces
1/2 c. coarsely shredded carrot
1/3 c. diced celery
1 clove garlic, minced
1 T. all-purpose flour
7 c. water
3 T. low-sodium beef flavor bouillon granules
1 T. Worcestershire sauce
1 bay leaf
1/4 tsp. salt
1/4 tsp. dried basil leaves
1 c. (1/4 inch wide) uncooked egg noodles
1/3 c. chopped green onions and tops
1/4 c. chopped parsley

Heat vegetable oil in large saucepan, on medium-high heat. Add beef. Saute until browned. Add carrot, celery, and garlic. Saute until crisp-tender. Stir in flour. Add water and next 5 ingredients. Simmer 20 minutes, uncovered. Add uncooked noodles, green onions and parsley. Simmer. Follow package directions for cooking noodles. Remove bay leaf before serving. Yield: 6 servings.

Calories: 140 Cholesterol: 15 mg. Total Fat: 6 g. Sodium: 150 mg.

CHICKEN VEGETABLE SOUP
1 (3 lb.) broiler-fryer
6 c. water
1 c. sliced celery
1 c. chopped onion
2 tsp. garlic salt
1/2 tsp. pepper
1 (10 oz.) frozen cut okra
1 (10 oz.) pkg. frozen mixed vegetables
2 (14-1/2 oz.) cans no-salt added tomatoes, chopped
1 (10 oz.) pkg. frozen baby lima beans

Combine first six ingredients in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 30

minutes. Remove chicken and vegetables from the broth; let cool separately. Skin and bone chicken. Discard skin and bones; cut chicken into small pieces. Set aside.

Pour chicken broth through a gravy strainer, reserving 5 cups fat free broth. Combine broth, vegetables cooked with chicken, okra, lima beans, and mixed vegetables. Bring to a boil; cover, reduce heat and simmer 30 minutes. Add tomatoes; cook an additional 15 minutes. Yield: 12 main dish servings.

Calories: 142 Cholesterol: 24 mg. Total Fat: 2.8 g. Sodium: 415.5 mg.

REAL MASHED POTATOES
4 med. unpeeled baking potatoes, cut into 1-1/2 inch pieces
1/3 c. skim milk
1/4 c. plain non-fat yogurt
2 T. reduced-calorie margarine
1/4 tsp. salt
1/8 tsp. pepper

Cook potatoes in boiling water about 30 minutes or until very tender; drain. Combine potatoes, skim milk, yogurt, margarine, salt and pepper in a large mixing bowl; beat at medium speed of an electric mixer about 1 minute or until almost smooth. Yield: 10 servings.

Calories: 85 per 1/2 cup
Cholesterol: 0 mg. Total Fat: 1.6 g. Sodium: 96 mg.

Have A Safe & Happy July 4th!

Save \$1.50 Per Lb.

\$1.99 Lb.

USDA Inspected Beef
Boneless Top Round London Broil

"We Reserve The Right To Limit Quantities." Prices in this ad good Wed., June 29 thru Tues., July 5, 1994.

Great For Grilling!

100% Pure Ground Beef Patties \$1.29 Lb.

Great For Grilling!

Fresh Lean Pork Spare Ribs \$1.49 Lb.

Washington State Red Delicious Apples \$2.99 5 Lb. Bag

USDA Inspected Beef Boneless Top Sirloin Steaks \$3.29 Lb.

Tyson/Holly Farms Grade A Split Chicken Breasts \$1.59 Lb.

Armour All Meat Franks 12 Oz. 69¢

Gwaltney Big 8 Meat Franks 89¢ 1 Lb. **Hot Or Mild Food Lion Roll Sausage 59¢ 1 Lb.**

EXTRA LOW PRICES! EXTRA LOW PRICES! EXTRA LOW PRICES! EXTRA LOW PRICES!

Reg. \$2.59 **\$1.99**

32 Oz. Reg. & Lt. **Kraft Mayonnaise**

Reg. \$3.29 **\$2.99**

10 Lb. **Kingsford Charcoal**

50 Ct. **Hefty Foam Plates** Reg. \$1.29 **\$1.19**

Reg. \$1.25 **\$1.19**

8 Roll - 1 Ply **Page Bath Tissue**

Register To Win One Of Several Trips To Be Given Away To The Brickyard 400
On August 6, 1994. Grand Prize Winner will also win airfare, hotel accommodations & spending money to the race.

\$1.00 OFF ON ANY 2 RED BARON PRODUCTS
COUPON GOOD ONLY AT FOOD LION

Diet Coke, Caffeine Free Diet Coke, Sprite, Diet Sprite Coke Classic \$1.49

6 Pack 12 Oz. Cans
2 Liter Diet Coke, Caffeine Free Diet Coke, Coke Classic, Sprite, Diet Sprite .99
32 Oz. Assorted Flavors **Snapple 1.19**

See Red Baron in-store display for mail-in sweepstakes

MANUFACTURER'S COUPON EXPIRES JULY 10, 1994