

Eating For Health

MENUS

Quick & Easy Meals

by Mildred
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TOMATOES MAKE IT BETTER

Pump, red tomatoes are one of the most familiar ingredients in any kitchen, especially when spring rolls around. Though tomatoes are delicious all by themselves, they add distinctive flavor and eye-appeal to sandwiches, soups, salads, sauces and entrees.

Succulent "Zucchini and Tomato Skillet" is a refreshing way to serve tomatoes as a main dish. And, it's ready in only six minutes. If you enjoy nibbling tomatoes hot, try sweet "Gravy N' Fried Tomatoes" and luscious "Stuffed Tomatoes" for a unique baked treat.

Remember to store tomatoes properly for best taste and texture. Exposure to direct sunlight softens tomatoes instead of ripening them. Just leave the tomatoes, stem-up, in any spot where they will be out of direct sunlight to preserve their natural crispness.

STUFFED TOMATOES

8 large firm tomatoes
2 bunches fresh broccoli flowerettes
1/2 cup butter or margarine
Salt and pepper, to taste
1 teaspoon sweet basil
1/4 teaspoon thyme
1 (9 ounce) can Frito-Lay's® brand Mild Cheddar Flavor Cheese Dip
Preheat oven to 350° F. Cut a 1" slice off the stem end of each tomato and remove center core and seeds. Turn upside down on paper towels to drain; set aside for 2 hours. Steam broccoli 4 or 5 minutes. Toss with butter or margarine and herbs. Set tomatoes upright and top each with broccoli mixture. Top with cheese dip. Sprinkle with more herbs. Bake until soft, about 12 to 15 minutes. Makes 8 servings.

GRAVY N' FRIED TOMATOES

4 large ripe tomatoes
1/4 cup plus 2 tablespoons all purpose flour, divided
1/4 cup plus 2 tablespoons butter or margarine, divided
1/4 teaspoon pepper
1/4 teaspoon garlic salt
2 teaspoons brown sugar
1 cup milk
Cut tomatoes into 1/4-inch slices; coat in 1/4 cup flour. In a large skillet, melt 1/4 cup butter over medium heat. Add tomatoes and cook until golden brown, turning once. Arrange tomatoes on a serving platter; sprinkle with pepper, salt and brown sugar. Set aside and keep warm.

To make gravy, melt remaining 2 tablespoons butter in pan drippings; add remaining 2 tablespoons flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk. Cook over medium heat; stirring constantly, until thickened. Spoon over tomatoes. Serve immediately. Makes 8 servings.

ZUCCHINI AND TOMATO SKILLET

1 cup fresh or frozen corn
2 tomatoes, chopped or 1 (7 1/2 ounce) can tomatoes
1/4 teaspoon Italian seasoning, crushed
1/4 teaspoon onion powder
1/2 teaspoon pepper
1 medium zucchini, sliced 1/4" thick
In a heavy skillet combine corn, undrained tomatoes and seasonings. Bring to boil. Reduce heat; cover and cook 2 minutes. Stir in zucchini. Cook uncovered 3 minutes. Makes 4 servings.

Looking for cool summer recipe ideas? Call 1-800-352-4477 and ask for your free summer dessert recipes and picnic tips.

COOKIN' GOOD

By Mrs. Douglas
Veal Cutlets

Clay pot cooking is an exciting and healthy method of preparing foods. Romertopf is known worldwide for its modern and high-quality clay cookware. This authentic German recipe will serve four. You'll need:

- 1 lb. veal (4 cutlets)
- 4 tomatoes
- 1/4 lb. small white onions
- 1 lb. zucchini
- salt and pepper
- 3 apples
- 1/4 tsp. sweet Hungarian paprika
- few rosemary leaves and sage
- salt, pepper, oregano
- 1 tsp. flour
- 1/4 cup sour cream
- 4 slices breakfast bacon
- 1 1/4 cups white wine

pot in water 10-16 minutes. Drain. Skin tomatoes and quarter. Peel onions, slice zucchini, peel and slice apples. Mix well. Add salt, pepper, paprika, rosemary and sage. Spread slices of breakfast bacon on bottom of Romertopf. Add mixed vegetables. Pour wine into clay pot. To prepare cutlets: Sprinkle salt, pepper, paprika and oregano on both sides of cutlets. Sprinkle chopped parsley only on top. Arrange in clay pot over vegetables, overlapping slightly. Place covered Romertopf in cold oven. Set oven at 450° F. Bake for 75 minutes. Remove cutlets. Keep warm. For gravy: Mix 1/4 cup sour cream and 1 tsp. flour. Mix with vegetables. Cook for additional 5 minutes. (Reprinted with permission of Reco International Corp.)

Cooking for

HEALTH & FITNESS

The Microwave Way



Sweet And Sour Chicken

- 4 Chicken breasts, skinned, deboned and cut into strips
- 2 Tablespoons butter or margarine
- 1 Medium onion, cut into thin strips
- 1 Green pepper, cut into thin strips
- 1 Tablespoon cornstarch
- 1/2 Cup frozen concentrated orange juice
- 1/4 Cup vinegar
- 2 Tablespoons soy sauce
- 1 Can (20 oz.) pineapple chunks, drained

Saute chicken strips in butter or margarine until golden brown; add onion and green pepper and cook until onion is translucent. Stir in cornstarch, orange juice concentrate, vinegar and soy sauce and cook, stirring constantly, until mixture boils. Reduce heat and simmer 15 minutes. Drain pineapple and add to mixture; heat thoroughly. Serve over cooked rice or chow mein noodles.

Sweet Milk Corn Cakes

- 1 Egg
- 3/4 Cup milk
- 1 Tablespoon vegetable oil
- 1 Cup self-rising cornmeal mix
- 1/2 Teaspoon sugar

Preheat lightly greased skillet or griddle on medium heat (350° F). Lightly beat egg in mixing bowl. Add remaining ingredients; stir until well blended. Pour batter onto hot skillet or griddle; 1/4 cup batter makes a nice size corn cake. After cake is brown on one side, turn and brown on other side. For thinner corn cakes, add a little more milk. Makes 6 corn cakes.

Note: These corn cakes are good topped with barbecue or may be buttered and served with any meal.

Coffee Pecan Pie

- 1 1/2 Tablespoons instant coffee
- 3/4 Cup sugar
- 1 Cup dark corn syrup
- 1/4 Teaspoon salt
- 3 Eggs, slightly beaten
- 3 Tablespoons butter
- 1 Cup chopped pecans
- 1 Teaspoon vanilla
- 1 Unbaked 9-inch pie shell

Combine instant coffee, sugar, corn syrup and salt in saucepan. Bring to a boil over high heat, stirring until sugar is dissolved. Reduce heat and continue to boil gently for two minutes, stirring occasionally. Remove from heat. Pour slowly over eggs, stirring constantly. Stir in butter, pecans and vanilla. Pour into pie shell. Bake at 375° F for 45 minutes, or until top is completely puffed. Cool. Serve with whipped topping, if desired.

Chili and cold weather make such a compatible pair. But, is chili a food that fits into diets aimed at good nutrition and into lifestyles that don't have time to simmer it all day, the old-fashioned way.

"Yes," say home economists from Whirlpool Corporation who report that most chili recipes can be improved nutritionally by using lean ground beef, adding more vegetables and substituting favorite seasonings for salt.

They also note that the microwave oven can make quick work of most any chili recipe.

For a truly nutritious and speedy recipe with a flavor all its own, Whirlpool home economists suggest meatless chili. It features a host of economical, healthy and tasty ingredients and instructions for microwave cooking.

Kidney beans, the recipe's sole source of protein, contain complex carbohydrates and dietary fiber, a winning combination that provides the body with energy and aids digestion. High in complex carbohydrates, beans are naturally low in fat, sugar, calories and cholesterol.

The chili's flavor and texture are enhanced by the addition of canned corn, celery, chopped tomatoes, green pepper and onion. These ingredients also provide fiber (or roughage), which is deficient in most of our diets, according to nutritionists.

This recipe is a snap for any chili lover in the family to prepare. And, with help from the microwave oven, it's ready to serve in less than 30 minutes. Try meatless chili as a hearty, satisfying warmer-upper for blustery winter days.

MEATLESS CHILI

(Total cooking time: 22-27 min.)

- 1/4 cup chopped onion
- 1/4 cup chopped green pepper

- 1/4 cup sliced celery
- 1 can (7 oz.) corn, drained (reserve liquid)
- 1 cup chopped tomatoes
- 1/4 tsp. cumin
- 1 can (40 1/2 oz.) kidney beans (reserve liquid)
- 2 cups vegetable stock (use tomato juice, reserved liquids)
- 1/4 tsp. chili powder
- 1 tsp. oregano
- 1/4 tsp. garlic powder

Microwave onion, green pepper and celery at HIGH for 2 minutes. Add corn, tomatoes and stock. Mash half of kidney beans and add to pot along with remaining beans and seasonings. Cover and microwave at HIGH for 20 minutes, stirring after 10 minutes. If too watery, crack cover slightly and cook another 5 minutes.

*Chili can be frozen in 1-cup portions. To defrost and heat, microwave at HIGH, covered (1 cup: 4-5 minutes, stirring once; 2 cups: 9 minutes, stirring twice).

Nutrient Information

(per serving)

Calories	239
Protein	13g
Fat	1.5g
Cholesterol	0
Carbohydrates	49g
Sodium	638mg

For additional information, write for a free copy of the three-part *Nutrition for Fitness and Health* brochure series, to Whirlpool Corporation, Appliance Information Service, Box 5551, Kalamazoo, MI 49003-5551.

Microwaved Rainbow Trout Makes Elegant Party Fare

Parties are a snap with rainbow trout dishes that cook in the microwave. Because microwave ovens vary, start with the shortest cooking time suggested in the recipe. When done, trout will flake easily with a fork, but remain moist and succulent.

For your next party, try this simple recipe for Greek-style Rainbow Trout. Because it takes less than ten minutes to assemble and cook, it's a boon to busy hosts.

A colorful mixture of chopped ripe tomatoes, pungent basil, olives and feta cheese tops delicate rainbow trout filets. Drizzle with olive oil and lemon juice, then quickly cook in the microwave and serve.

For a luscious feast reminiscent of the sunny Mediterranean Isles, accompany Greek-style Rainbow Trout with lemony chicken and rice soup, marinated zucchini, and warm honey-nut sundaes for dessert.

For more rainbow trout recipes, send a self-addressed, stamped envelope to: Trout Party Recipes, C/O SY&T, 460 Boulevard Way, Suite 200, Oakland, California, 94610.

GREEK-STYLE RAINBOW TROUT

- 4 Idaho Rainbow Trout filets (4 ounces each)
- Dash of pepper
- 1 medium tomato, chopped
- 1/4 cup crumbled feta cheese
- 2 tablespoons sliced Greek or black olives
- 2 teaspoons chopped fresh basil or 1 teaspoon dried basil
- 2 teaspoons olive oil
- Juice of 1 lemon

Place trout in microwavable dish. Season with pepper. Sprinkle tomato and next 3 ingredients over filets; drizzle with olive oil and lemon juice. Microwave on high power, covered, for 2 minutes. Rotate dish; cook 2 to 4 minutes longer, or until fish flakes with a fork. Garnish with lemon slices. Makes 2 to 4 servings. About 227 calories per 4 ounce serving.

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