

Eating For Health MENUS

Figs Turn Simple Dishes Into Elegant Party Fare



It takes just minutes to put together elegant Fruited California Chicken Scallops for company. Blue Ribbon Figs give this simple dish special flavor.

Melt butter in 10-inch skillet. Stir in garlic. Add chicken, mushrooms, tarragon and seasoned salt. Cook until golden, about 5 minutes. Combine cream, flour and mustard. Stir into skillet along with figs. Cook until thickened, about 2 minutes. Sprinkle with green onions. Makes 4 servings.

If you don't care to slave all day in the kitchen just because company is coming, think California figs for instant elegance. Dried figs, bursting with sweet, sun-ripened flavor, give even the simplest of dishes that festive party air.

For example, a quick entrée of sautéed chicken chunks and mushrooms simmered in a creamy tarragon-mustard sauce would be a welcome family meal; but when you add Blue Ribbon Figs, the dish grows suddenly more elegant—definitely more chic.

Fruited California Chicken Scallops introduces chewy dried figs to chicken chunks for a delectable surprise. The mellow sweetness of the figs blends with the cream sauce, imparting a fruity taste. Dinner guests would find it hard to believe that you took less than 30 minutes to make this impressive entrée.

Flavorful California figs are a

delicious way to get more fiber into your diet. They are also high in potassium, a good source of calcium, iron and other nutrients, and low in sodium.

FRUITED CALIFORNIA CHICKEN SCALLOPS

- 2 tablespoons butter or margarine
- 2 cloves garlic, minced
- 4 halves chicken breasts, skinned, boned and cut into chunks
- ½ pound mushrooms, halved
- 1 teaspoon dried tarragon
- ½ teaspoon seasoned salt
- 1 cup heavy cream
- 2 tablespoons all-purpose flour
- 2 tablespoons Dijon mustard
- 1 cup Blue Ribbon Calimyrna or Mission Figs, halved
- ½ cup sliced green onions



It's No Lie— Cherry Turnovers Are A Favorite

If the following recipe for Cherry Turnovers had been around in George Washington's day, neither George nor his mother could have told a lie. George would have loved the flavor combination of cherry pie filling and buttery-sweet biscuit dough, and his mother would have loved the ease with which they can be prepared.

Turnovers are tasty little treats that are filled, folded and baked. Turnovers make quick desserts as well as easy after-school snacks and lunchbox treats.

Cherry Turnovers are a toothsome delight of sweet biscuit dough folded over a spoonful of cherry pie filling and baked. Heated cherry pie filling is spooned over the warm turnovers, but a basic confectioners' glaze is also suggested for a taste change. Or, top the turnovers with both the warm pie filling and glaze for a winning treat.

- #### Cherry Turnovers
- 2 cups sifted Martha White Self-Rising Flour
 - 3 tablespoons sugar
 - ½ cup (5½ tablespoons) butter or margarine, softened
 - 1 egg

About ½ cup milk

1 can (21 ounces) cherry pie filling
Preheat oven to 400° F. Grease a large baking sheet. Add sugar to flour and cut in butter. Beat egg in measuring cup; add enough milk to make ½ cup. Add to flour mixture and stir with a fork only until dough leaves sides of bowl. Turn out onto lightly floured board or pastry cloth; knead just until smooth. Roll out dough in large rectangle, ¼-inch thick. With sharp knife or pizza cutter, cut into twelve 4-inch squares. Place squares on prepared baking sheet. Spoon about one tablespoon pie filling in corner of each square. Fold opposite corner over, forming triangle. Press edges together with floured fork and prick tops to vent. Bake 15 to 18 minutes. Heat remaining filling and spoon over warm turnovers. Makes 12 turnovers.

NOTE: You can substitute peach, blueberry or apple pie filling for the cherry, if desired.

For additional recipes using a basic biscuit dough, write for "Basically Biscuits" at the Martha White Kitchen, P.O. Box 58, Dept. BB1, Nashville, TN 37202.

Baked Beans With Glistening Glaze

- 1 Pkg. (1-lb.) dried marrowfat beans or great northern beans
- 1 Teaspoon salt
- 2 Slices salt pork, cubed (½ cup)
- 2 Medium onions, coarsely chopped
- ½ Cup dark molasses
- ½ Cup tomato ketchup
- ¾ Teaspoon dry mustard
- ¼ Teaspoon ground ginger
- 1 Tablespoon sugar

Wash and sort beans; place in medium saucepan with 4 cups water. Bring to boil. Turn off heat; cover and let stand 1 hour. Add 2 cups water, bring to boil; lower heat, simmer 2 hours. Stir in salt and 1 cup water. Turn into 3-quart casserole or bean pot. Cook salt pork and onion. Stir beans, sprinkle with sugar and bake 30 minutes or until beans are tender and top is bubbly and shiny. Makes 8-10 servings (8 cups).

Variation: Quick Baked Beans with Glistening Glaze: Prepare above recipe substituting 3 cans (20 oz. each) cannellini (white kidney beans) or 6 cups and any other canned kernel beans, without sauce, for the dried beans. Omit 1 teaspoon salt. Prepare sauce according to above directions, using salt pork, onion, dark molasses, ketchup, dry mustard and ginger. In 3-quart casserole, mix drained beans, saute until beans are bubbly and top is shiny.

Apple-Q Ribs

- ¼ Cup oil
- ½ Cup chopped onion
- 1 Can (16 oz.) applesauce
- ½ Cup tomato ketchup
- ½ Cup chopped parsley
- 2 Tablespoons honey
- 1 Tablespoon prepared mustard
- 1 Tablespoon Worcestershire sauce
- 2 Teaspoons lemon juice
- 1 Teaspoon salt
- ½ Teaspoon ground ginger
- ¼ Teaspoon pepper
- 5-6 Lb. spareribs, split

In hot oil, cook onion until tender. Add remaining ingredients except spareribs. Simmer, uncovered, 15 minutes. Place ribs on broiler pan. Brush with half of sauce. Bake at 400° F 20 minutes. Turn and brush with remaining sauce. Reduce heat to 300° F; continue baking 1½ to 2 hours or until done. Makes 6 servings (approximately 2½ cups sauce).

Variation: To barbecue: make sauce as above. Place ribs in boiling water 5 minutes. Place on grill about 5-6 inches above hot coals. Grill approximately 35 minutes, turning every five minutes. Brush with sauce and continue grilling 10 to 15 minutes or until done.

Golden Apple Turnovers

- 2 Cups diced Golden Delicious apples (about 2 apples)
- ¼ Cup raisins
- 2 Tablespoons grated orange peel
- 2 Tablespoons chopped walnuts
- ½ Cup sugar
- Pastry for 2-crust pie
- Orange Glaze

Combine apples, raisins, nuts, orange peel and sugar. Roll pastry 1/8-inch thick and cut 4½-inch circles. Divide apple mixture among pastry circles. Fold over and seal edges with fork. Cut steam vents in top of each. Bake at 400° F 25 to 30 minutes or until golden. Drizzle with Orange Glaze while still warm. Makes 10 to 12 turnovers.

Orange Glaze: Combine ¼ cup powdered sugar, 1 tablespoon orange juice, ¼ teaspoon grated orange peel and dash salt.

Energy Plus Prune Bars — Best Snack for the Pack



Tennis, backpacking, hiking, bicycling—there are so many ways to unleash pent-up winter energy and relish a return to the warm outdoors. But remember to replenish all that expended energy by packing delicious and nutritious take-along snacks.

Wholesome, readily-available ingredients give Energy Plus Prune Bars high marks for nutrition, delicious flavor and easy preparation. Prunes team with orange juice and honey to add moisture, natural sweetness and rich, chewy texture. Nuts, rolled oats and wheat germ add crunch.

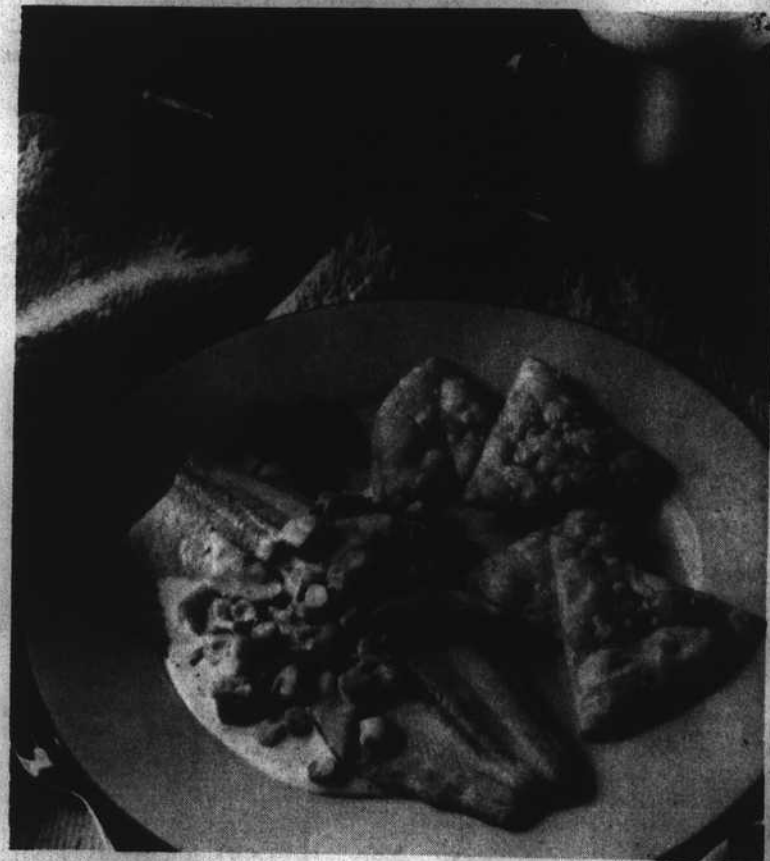
Tangy, high-fiber prunes are also a concentrated source of vitamin A, potassium and iron. So just as Energy Plus Prune Bars make a healthful snack, don't forget pitted prunes, straight from the package, as another delicious portable treat. Since they're dried, there's no need for refrigeration and when purchased in convenient plastic packages, prunes take little room in the pack.

ENERGY PLUS PRUNE BARS

- 12 ounces (about 2 cups) pitted prunes
- ¾ cup orange juice
- ¼ cup chopped walnuts
- ¼ cup butter or margarine, softened
- ¼ cup packed brown sugar
- ¼ cup honey
- 1 egg
- 1½ cups flour
- 1½ cups rolled oats
- ¼ cup wheat germ (optional)
- 1 teaspoon baking soda
- ¾ teaspoon salt

Combine prunes and orange juice in container of electric blender. Blend until almost smooth, turning on and off and scraping sides of container as needed. Stir in nuts. Set aside. In large bowl cream butter, sugar and honey. Beat in egg. Mix in flour, oats, wheat germ, baking soda and salt to blend thoroughly. Evenly spread a scant half of the flour mixture on bottom of greased 9-x 13-inch baking pan. Spread evenly with reserved prune mixture to within ½-inch from edges. Crumble the remaining batter over top to cover prune mixture. Pat down gently. Bake in 350-degree oven 30 to 35 minutes until browned and springy to the touch. Cool on wire rack. Cut into bars. Makes 48 bars (about 1-x 2-inches each).

Rainbow Trout With A Southwestern Flair



- ¼ teaspoon salt
- Dash white pepper
- ¼ cup heavy cream

Homemade or purchased flour or corn tortilla chips

Heat oil over medium-high heat in large skillet. Sauté trout 1 to 2 minutes on each side until done; set aside. Melt butter over medium heat. Sauté garlic and green onion, about ½ minute. Add tomato and next 7 ingredients. Simmer about 2 or 3 minutes. Stir in cream; gently simmer about 1 minute more. Top trout with sauce. Serve immediately with tortilla chips. Makes 2 to 4 servings. About 331 calories per 4 ounce serving. Kitchen-tested recipe courtesy of Clear Springs Trout Company.

From San Francisco to New York, one of today's hottest food crazes is Southwestern cuisine. Influenced by foods from New Mexico and Texas as well as the cuisines of Mexico, Spain and Native America, Southwestern recipes take advantage of the bounty of fresh produce, meats and fish available.

Here's a rainbow trout recipe that features fresh corn, tomatoes, cilantro, tortillas, and jalapeno pepper for a distinctive Southwestern flavor. A splash of cream and snow peas make it unique.

First the trout is quickly sautéed. Next, the vegetables are simmered for just a moment or two with a splash of cream. When done, the rainbow trout is topped with this almost-fry cream sauce and garnished with homemade tortilla chips for a festive meal that is ready in just minutes.

For more rainbow trout recipes, send a self-addressed, stamped envelope to: Recipes of the South, c/o SY&T, 1000 Sansome Street, Suite 375, San Francisco, California, 94111.

RAINBOW TROUT SANTA FE

- 2 tablespoons olive oil
- 4 Idaho rainbow trout fillets (4 ounces each)
- 2 teaspoons butter
- 2 cloves garlic, minced
- ¼ cup chopped green onion
- 1 small tomato, peeled, seeded and diced
- ¼ cup fresh or frozen corn kernels
- ¼ cup snow peas, cut in half, diagonally
- 2 tablespoons chopped cilantro or parsley
- 1 to 1½ teaspoons finely chopped jalapeno pepper
- 1 teaspoon fresh lemon juice