

# Eating For Health MENUS

## Crispy Chicken, Tender Biscuits Bake Together In Single Pan



If you like the flavor of crispy fried chicken but don't like the mess of making it, try Country Chicken and Biscuits. This hearty family dinner combines corn flake-coated chicken with tender biscuits—all in one pan.

The chicken bakes for 40 to 50 minutes before you slide it over in the pan and add the refrigerated biscuits. As the biscuits bake, some of the flavor from the savory chicken coating soaks in, making them even tastier.

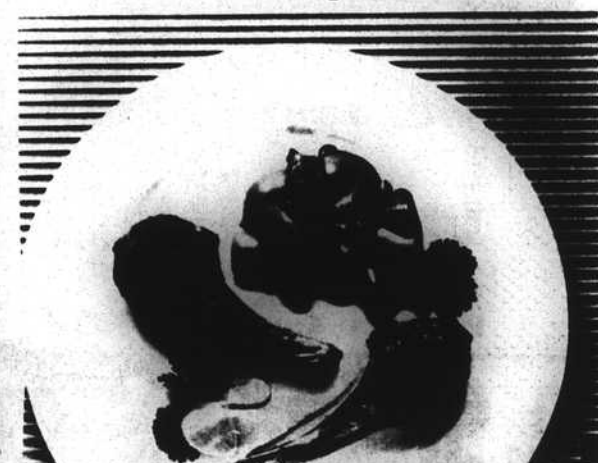
### COUNTRY CHICKEN AND BISCUITS

- 1/2 cup margarine or butter, melted
- 1/4 teaspoon salt, if desired
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder
- 2 1/2 to 3 lb. frying chicken, cut-up
- 1 1/2 cups crushed corn flakes
- 7.5-oz. can Pillsbury Refrigerated Biscuits

Heat oven to 400°F. In shallow bowl, combine margarine, salt, pepper and garlic powder. Dip chicken pieces in margarine mixture, roll in corn flakes. Place chicken, skin side up, in ungreased 13x9-inch baking dish or pan. Bake at 400°F. for 40 to 50 minutes or until chicken is tender.

Remove from oven; drain. Move chicken pieces to one side of baking dish. Separate biscuit dough into 10 biscuits. Place in baking dish next to chicken. Return to oven and bake an additional 13 to 17 minutes or until biscuits are golden brown. 4 to 5 servings.

## Spice Up Meals With Southwestern Apricot Salsa



Today, everyone's goal is to eat better. But all too often, we give up flavor for nutrition. With only 40 calories per serving, this Southwestern Apricot Salsa proves that healthy needn't be boring.

This brightly colored salsa starts with chunks of juicy canned California apricots. Diced red onion, olive oil and a splash of lime juice make it piquant. Southwestern-style seasonings—cilantro, cumin and fiery jalapeno—are added for authentic flavor.

Serve Southwestern Apricot Salsa with grilled or broiled poultry and fish. For a complete meal that is low in calories and fat, add a crisp green salad, steamed rice and sliced pineapple for dessert.

Besides their delicious flavor, apricots are packed with Vitamin A and potassium. They also contribute Vitamin C, iron and fiber, which makes them a great addition to any meal.

For more Apricot recipes, send a self-addressed, stamped envelope to: California Apricot Advisory Board, 1280 Boulevard Way, Walnut Creek, California, 94595.

### SOUTHWESTERN APRICOT SALSA

- 1 can (16 ounces) canned California apricot halves, drained and cut into chunks
- 2 tablespoons chopped red onion
- 1/4 teaspoon olive oil
- 1-2 tablespoons chopped cilantro
- 1/4 teaspoon lime juice
- 1/4 teaspoon white wine vinegar
- 1/4 teaspoon minced jalapeno pepper
- 1/4 teaspoon grated lime peel
- 1/4 teaspoon ground cumin
- Salt and white pepper, to taste

Combine apricots and remaining ingredients in bowl, stirring gently. Cover and refrigerate until served. Makes 6 servings.

## Hawaiian Fresh Pineapple Dessert Tray



Here's a different and delicious dessert that's easy to prepare and fun to serve. "Kona Coast Dessert Tray" features generous slices of Hawaiian fresh pineapple, mixed with a touch of rum and brown sugar, served with a cool coconut cream.

To add interest and make it fun for everyone, pass a variety of "toes" which can include crisp nuts, slivered ginger, toasted coconut, mini chocolate chips, toasted sesame seeds—or anything else that catches your imagination.

If you prefer a warm dessert, lightly broil the marinated pineapple and serve it straight from the oven, topped with the chilled coconut cream. Warm or cold, this dessert makes an unusually nice ending for almost any luncheon or dinner menu.

### KONA COAST DESSERT TRAY

- 1 Hawaiian fresh pineapple
- 2 tablespoons brown sugar
- 2 tablespoons amber rum (OR 1/2 teaspoon rum extract)
- 1 cup heavy cream
- 1/2 cup cream of coconut
- Toasted macadamia nuts or sliced almonds, slivered
- candied or preserved ginger, toasted coconut, other toppings of your choice

Twist crown from pineapple. Peel, cut fruit in half lengthwise and remove core. Cut each half into slices and mix with sugar and rum. Refrigerate. Beat cream until stiff, and gently fold in cream of coconut; refrigerate. To serve, arrange pineapple on serving platter or tray. Serve with Coconut Cream and assorted "toes." Makes 6 servings.

Note: Marinated pineapple may be broiled until heated and tinged with brown, if desired.

## Chicken In Rum Sauce

- 1 1/2 Lbs. skinless, boneless chicken breasts
- 3 Tbsp. butter or margarine
- Salt and pepper
- 2 Tbsp. finely chopped green onions
- 1/2 Lb. mushrooms, quartered
- 3 Tbsp. dark rum
- 1 1/2 Cups heavy cream
- 1 Can (15 oz.) asparagus tips and pieces

Cut each chicken breast into seven or eight strips. Sprinkle with salt and pepper. Heat 2 tablespoons butter or margarine in skillet until hot. Add chicken and cook over high heat, stirring constantly, about four minutes or until raw look is gone. Remove chicken pieces and set aside.

Melt remaining tablespoon butter or margarine in skillet. Add green onions and mushrooms and cook briefly. Sprinkle with rum. Add cream and cook down over high heat about 5 minutes. Add salt and pepper to taste. Add asparagus tips and pieces and chicken; heat gently. Serve with curried rice. Serves 4-6.

## Curry Potato Salad

- 3 Cups diced cooked potatoes
- Hard-cooked eggs, chopped
- 1 Cup sliced celery
- 1/2 Cup shredded carrot
- 1/2 Cup chopped green pepper
- 1/4 Cup chopped onion
- 1/2 Cup mayonnaise
- 1/2 Cup sour cream
- 1/4 Cup sweet pickle relish
- 1 Tablespoon curry powder
- Dash pepper

Combine potatoes, eggs, celery, carrot, green pepper and onion. Blend mayonnaise, sour cream, relish, salt, curry and pepper. Fold into potato mixture. Chill several hours. Makes 6 servings.

**Picnic Tip:** Keep this salad chilled in cooler until ready to use. Return to cooler after serving.

## Chocolate Chocolate Chip Pound Cake

- 1/2 Cup (1 stick) butter or margarine, softened
- 1/2 Cup shortening
- 2 Cups sugar
- 6 Eggs
- 1 Teaspoon vanilla
- 3/2 Cups sifted all-purpose flour
- 1/2 Teaspoon salt
- 1/4 Teaspoon soda
- 1 Cup (8 oz.) dairy sour cream
- 1 Package (6 oz.) semisweet chocolate chips
- 1 Package (4 oz.) German sweet chocolate, melted
- Shiny Chocolate Glaze

Preheat oven to 325°F. Grease and flour a 10-inch tube pan or 12-cup bundt pan. Blend butter and shortening; add sugar and cream until light and fluffy. Add eggs one at a time, beating well after each addition. Blend in vanilla. Sift together flour, salt and soda. Add alternately with sour cream to creamed mixture, beginning and ending with dry ingredients. Stir in chocolate chips and melted chocolate; blend well. Spoon into prepared pan. Bake 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool in pan 5 minutes; turn out onto serving plate and drizzle with Shiny Chocolate Glaze. Good served warm.

## Testing Product

# Root Beer Soda Recalled

A market withdrawal has been called for all Frostie Root Beer brand distributed by Piedmont Cheerwine Bottling Co. of Salisbury. The soft drink is bottled by the Pepsi Cola Bottling Co. of Florence, S.C.

According to state Agriculture Commissioner Jim Graham, the recall resulted from reports by Winston-Salem police of a man being burned after drinking the product Thursday.

"Piedmont Cheerwine is

## Cooking Corner

Tips To Help You

### MAKING CHICKEN EVEN BETTER

Many health-conscious people now enjoy chicken as a substitute for fatty red meats, but most don't realize that the skin of their otherwise healthy poultry choice is high in fat. Fortunately, eliminating the skin need not doom cooks to dry, dull chicken dishes. A low-fat glaze can take the place of skin in retaining moistness and flavor.

Curry Glazed Chicken combines peach preserves, Dijon mustard and Promise\*, a spread with no cholesterol that is low in saturated fat, to create a mouthwatering glaze that keeps the chicken moist and tender. The addition of curry powder and unsalted peanuts heightens the flavor of the chicken without added salt and gives it an unexpected crunchiness.

Served with white rice or noodles, this sweet and spicy chicken dish is fancy enough for company, yet simple enough to please even the most finicky eater in your household.

### Free Leaflet

For a leaflet with more tips on reducing fat in your diet, send a self-addressed stamped business-size envelope to Healthy Heart, Promise Information Service, Dept. M3, Suite 1900, 40 West 57th Street, New York, N.Y., 10019.



### Curry Glazed Chicken

- 2 tablespoons Promise, melted
- 1/4 cup sugar-free peach preserves
- 3 tablespoons Dijon-style mustard
- 1 tablespoon curry powder
- 1/2 teaspoon ground ginger
- 1 chicken, (3 to 4 pounds) quartered, skin removed
- 3 tablespoons finely chopped dry roasted, unsalted peanuts

In small bowl combine

Promise, preserves, mustard, curry and ginger. In shallow baking dish, arrange chicken in a single layer. Pour Promise mixture over chicken. Bake, uncovered, in a preheated 350°F. oven 20 minutes. Turn chicken, brush with glaze, bake 10 minutes. Sprinkle with peanuts. Bake 15 minutes longer or until chicken is done.

Yield: 4 servings. Approximately 380 calories, 19 grams fat, 516 milligrams sodium and 126 milligrams cholesterol per serving.

## Figs Turn Simple Dishes Into Elegant Party Fare

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
- 1/2 pound mushrooms, halved
- 1 teaspoon dried tarragon
- 1/2 teaspoon seasoned salt
- 1 cup heavy cream
- 2 tablespoons all-purpose flour
- 2 tablespoons Dijon mustard
- 1 cup Blue Ribbon California or Mission Figs, halved
- 1/2 cup slivered green onions



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.

## Bottled Water Can Assist In Exercise

ALEXANDRIA, Va.—Getting in shape means more than exercise, it means adopting smart habits that can boost the benefits of solid exercise. And one of those habits is drinking plenty of water.

According to William F. Deal, spokesman for the International Bottled Water Association, water helps to reduce stress on the circulatory system and assists the blood in carrying energy-producing carbohydrates to the body's cells.

"Bottled water is preferred by many exercisers because it is thirst-quenching, has no chlorine, is usually sodium-free and has no calories. Bottled water is a safe, quality regulated food product. Exercisers should drink eight ounces of water 10-20 minutes before exercise, and eight ounces of water every 20-30 minutes during exercise," said Deal.

Larry Lipscomb of Water Resources, Inc., of Charlotte said,

"Dieticians are recommending bottled water as an integral part of a weight loss program." Gail Reider of the Diet Center of Charlotte added, "We recommend that our clients drink eight to 10 eight-ounce glasses of water a day, especially bottled water. Water is one of the main ingredients for success for dieters. In the summer we recommend even greater consumption."

As the health and fitness craze has consumed America—from kids to seniors—bottled water has been "turning on the taste of America." In fact, bottled water usage by seniors increased 33 percent in 1988. People 65 and over now account for 12.3 percent of the bottled water market. Popularity of bottled water among seniors should continue with one out of every three adult Americans now 50 and over, and 40 percent of the population expected to be 50 and over by 2025.

The root beer will not be distributed or sold until the problem is verified and corrected, said Cliff Ritchie, vice president of Piedmont Cheerwine.

"We will continue testing the product to determine the amount of caustic material in it," said Robert L. Gordon, director of NCDA food and drug protection. "We want to find out if the Winston-Salem incident was an isolated case, tampering or a plant problem."

cooperating with the Food and Drug Protection Division of the N.C. Department of Agriculture and the U.S. Food and Drug Administration to protect the public," Graham said. "Anyone having the root beer should not drink it and return it to the place of purchase."

First reports indicate the product may have contained a caustic substance which could cause burning of the mouth and stomach.