

Keep Football Fans Cheering With Change-of-Pace Dips

Football season is a great time to take a dip... to the living room, family room or wherever armchair athletes gather to watch the game. Armed with chips and vegetable dippers, they can dip, dunk and munch as they please without missing a bit of the action.

This fall, fuel football fans with two fast and far-from-hum dips created by PACE® picante sauce home economists. Great served hot or at room temperature, both dips take their garden-fresh flavor and spicy jalapeno "heat" from versatile PACE® picante sauce, in the cook's choice of mild, medium or hot.

Black Bean-Bacon Dip is a crowd-pleasing blend of beans, bacon, garlic, cream cheese and picante sauce that's especially good with vegetable dippers such as carrots and bell peppers. **Crabby Con Queso** is a richly flavored mix of cheese, veggies, picante sauce and imitation crab meat that tastes great with tortilla chips.

Expecting a crowd? No problem! Both recipes are easily doubled.

Black Bean-Bacon Dip
6 slices bacon, diced
1 medium onion, chopped
2 cloves garlic, minced
1 can (16 ounces) black beans, drained
2/3 cup PACE® picante sauce
1-1/2 ounces cream cheese, cubed
1-1/2 teaspoons cumin
Chopped cilantro



Cook bacon in skillet until crisp; remove and reserve. Pour off all but 1 tablespoon drippings. Add onion and garlic; cook until tender. Transfer to food processor; add beans and process until smooth. Return to skillet; add remaining ingredients. Cook until cheese melts; stir in bacon. Sprinkle with cilantro to serve. Makes 1-3/4 cups.

Crabby Con Queso
3/4 cup chopped onion
3/4 cup chopped green pepper

1 garlic clove, minced
1 tablespoon vegetable oil
1/2 cup PACE® picante sauce
1/2 pound process cheese spread, cubed
1/4 pound imitation crab meat, finely shredded
1/2 cup chopped tomato

Saute onion, green pepper and garlic in oil until tender. Add picante sauce and cheese; cook and stir until cheese melts. Stir in crab and tomato. Makes 2 cups.

Peaches Offer Year 'Round Summer Sweetness

It's summertime, and the pleasures of the season are at their peak — warm weather, sunny skies, the smell of freshly cut grass and the taste of juicy, fresh fruit. Golden bluish in color and delightfully firm-packed, ripe summer peaches are truly a "seasonal" treat.

Or are they? While it may seem a far cry from winter, the weather will eventually turn cold, leaving most summer joys far behind. With a little planning — and the help of your freezer — the juicy sweetness of summertime peaches can be enjoyed by you and your family year 'round. By freezing fresh peaches now, anyone can savor the great taste of a warm, fresh baked peach tart, pie or cobbler on a cold winter day.

Freezing is the perfect way to preserve the nutrients, color and fresh taste of harvest-time peaches. Why not take advantage of this season's abundant crop by visiting a nearby roadside stand, farmers' market or local supermarket? With minimal preparation, you'll be ready to freeze!

Before packing the peaches to freeze, wash them under cold water (be sure to choose well-ripened fruit and handle with care to avoid bruising). To peel, submerge the peaches for 30 seconds in boiling water, then plunge them into ice water so the skin can be removed easily. After removing the skin, slice the peaches in halves or in sections, removing the stones. Then, place them in a mixing bowl. In a separate bowl, thoroughly mix 2/3 cup sugar and 1/2 teaspoon ascorbic acid for each quart of fruit. Sprinkle the sugar-ascorbic acid mixture over the peaches and toss to make sure each fruit section is coated. Allow the peaches to stand until the sugar dissolves (about ten minutes).

While waiting for the sugar to dissolve, you'll want to label several Ziploc® brand freezer bags — the clear, resealable zippered bags have an easy-to-use write on label that allows you to label and date everything you freeze. It's always a good idea to freeze peaches, and other



sliced or chopped fruit in amounts called for in your favorite recipes. For instance, the "Freeform Peach Almond Tart" (recipe follows) requires 3 cups sliced, frozen peaches. A quart size Ziploc freezer bag will hold this quantity nicely. Gallon size bags are more suitable for bulk freezing.

To freeze, place the peaches in several freezer bags, press out as much air as possible and seal the zipper, leaving a 1-inch opening. Then, press out any remaining air with your hands before sealing completely. Ziploc freezer bags with the Gripper® Zipper are the easiest closing bags you can buy. You can actually feel the zipper grabbing hold for a tight, secure seal. Fresh frozen peaches will keep in your freezer for 6 to 8 months.

Fresh frozen peaches transformed into a warm, flaky tart simply can't be beat. "Freeform Peach Almond Tart" is a sure-fire crowd pleaser. Ziploc brand freezer bags is the proud sponsor of the National 4-H Food Conservation, Preservation and Safety program. The goal of the program is to help 4-Hers appreciate food as a resource, learn about nutrition and health and develop skills in preserving and preparing food.

Freeform Peach Almond Tart

2 pie crust sticks
1/3 cup finely ground almonds or pecans
2 tablespoons sugar
1/4 cup plus 4 teaspoons hot water
3 cups sliced frozen peaches, thawed
Ground cinnamon
Ground nutmeg
1 tablespoon butter or margarine, cut into small pieces
1/4 cup apple jelly, melted

Preheat oven to 450°F. Crumble pie crust sticks into small bowl; mix in almonds and sugar. Add water, mixing to form dough. Roll dough on floured surface into 14-inch circle; carefully transfer to ungreased cookie sheet. Arrange peaches on dough in circular pattern, leaving 1-inch border around edge of dough. Sprinkle peaches lightly with cinnamon and nutmeg; dot with butter. Fold edge of dough over peaches. Bake until crust is golden, about 15 minutes. Cool tart on pan on wire rack 10 minutes; transfer to serving plate. Brush peaches with melted jelly. Makes 12 servings.

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DEAR BETTY CROCKER

Q. Because I live in a warm climate, I need a way to stabilize non-dairy toppings and whipping cream so I can keep my beautifully decorated cakes out to show for the longest possible time. What will prevent them from dripping at room temperature?

B.M. Casseberry, Fla.

A. Neither non-dairy toppings nor whipped cream hold well beyond 30 minutes at room temperature. Whipped cream will hold longer at room temperature if each cup of chilled cream is whipped with 1/4 cup of sugar and mixed with a teaspoon of unflavored gelatin that has been dissolved in cup hot water and thoroughly cooled to room temperature. Toppings whipped from a powdered mix can be held a bit longer if you use slightly less milk in preparation.

For both food safety and taste,

you'll do best keeping them refrigerated until serving.

Q. What can I do so my cheesecake doesn't crack?

E.P. Plains, Pa.

A. A cheesecake that's baked in too hot an oven, or overbaked, is likely to crack. A small oven thermometer will help you gauge oven temperature more accurately. And, it helps to place cheesecake on the middle rack of the oven so the heat flows evenly during baking.

Q. Do I have to add salt when I can

vegetables? Does it affect the safety of using them?

G.B. St. Joseph, Mo.

A. You can leave the salt out. Any amount for seasoning is too small to stop food from spoiling. Be sure to process correctly.

Do you have a cooking question? Write "Dear Betty Crocker," Box 1113, Dept. Betty, Minneapolis, Minn. 55440.

Tip of the week: The microwave makes fast work of fruit desserts. Try baked apples or pears poached in wine.

KALEIDOSCOPE OF DREAMS

If a dream's significance is too painful to admit during waking hours, you may need some help in analyzing what it really means. Try talking about a puzzling or frightening dream with a trusted friend or professional to discover whether you are unconsciously "blocking" the message.

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Rx FOR HEALTHY LIVING

Recipe for a Healthy Breakfast: Just Add Water

By James M. Rippe, M.D.



(NU) - Morning... 365 chances a year for you to start your day off right — do something good for yourself....

Most Americans already know that doctors and nutritionists consider breakfast the most important meal of the day. We've all heard the old saying, "Eat breakfast like a king, lunch like a prince and dinner like a pauper."

That's because beginning the day with a healthy breakfast gives us the energy to perform at our peak all day long. Even if our busy daily schedules mean we don't always follow this advice, we at least know that's the routine we're supposed to follow. However, many people don't know that starting off the day with a good, healthy breakfast is important for another reason: proper hydration. Hydration, or meeting the body's constant need for water, is an important health issue because every day, we lose between 2.5 and 4 quarts of water, plus another quart for every hour of vigorous exercise.

It is essential that we replace water that is lost because water is necessary to keep virtually every biological function and process in our bodies

running smoothly. In addition, it is important to remember that proper hydration mixed with a daily routine of regular exercise and good nutrition will lead to a healthier lifestyle.

But, while hydration is important all day long, it's especially important first thing in the morning. That's because overnight, our bodies don't take in any fluids. So in the same way that eating breakfast breaks our food fast, it also breaks our hydration fast.

Our need for water starts first thing in the morning, so we should start drinking water first thing. Drink an 8-ounce glass of water along with a regular low-fat breakfast, such as cereal with skim milk, fruit, juice and coffee or tea.

Drinking water with breakfast not only gets you off to a healthy start each day, it also gets you into the habit of drinking water early in the day, so you're more likely to drink it all day long.

If you make a conscious effort to drink one 8-ounce glass of water with every meal, you're already almost half way to the eight 8-ounce glasses per day rule suggested by doctors. You should also keep a bottle of

water — such as Evian natural spring water — on your desk at work so you can drink periodically throughout the day.

Before you know it you'll be drinking the recommended eight glasses a day without giving it a second thought. Best of all, you'll feel better, your body will operate at its peak, and you'll also find it's easier to control your weight.

With so much in our lives beyond our control, it's nice to know that drinking water first thing in the morning with your breakfast is one easy way to make sure your day gets off on the right foot.

(This is one of a series of monthly columns by Dr. James M. Rippe, a cardiologist, director of the Exercise, Physiology and Nutrition Laboratory at the University of Massachusetts Medical Center and Hydration Advisor for Evian Waters of France, Inc.)



Bits of teak wood more than 2,000 years old have been found in Indian caves.