

ECONOMY

IS ALWAYS IN STYLE HERE

Ham with Peach Chutney

- 1 4-l. fully cooked boneless ham
Peach Chutney (recipe follows)

Place ham in shallow pan and roast in a 325°F oven until meat thermometer reads 140°F (about 1 1/2 to 2 1/4 hours). Slice ham thinly to serve; serve with Peach Chutney on the side.

Peach Chutney:

- 1 1-lb. can peach slices in natural juices, drained
- 3/4 Cup cider vinegar
1/2 Cup brown sugar
1 Apple, peeled, cored, chopped
1 Teaspoon pickling spices
Juice of 1/2 lemon

Chop peaches coarsely. Combine all ingredients in large saucepan; simmer 20 minutes until thickened slightly. Cool and refrigerate. Serve at room temperature with baked ham. Makes 3 cups.

Fresh Pea Soup

- 1 Lb. fresh peas, shelled (or 10-oz. pkg. frozen green peas)
2 Green onions, chopped
1/8 Teaspoon thyme
Pinch of sugar
2 Cups chicken broth (made from bouillon cubes)
1 Cup milk
Salt and pepper, to taste
- Nutmeg, shredded carrot (garnish)

In large saucepan, bring first five ingredients to a boil. Reduce heat, cover and simmer 20 minutes. Let mixture cool slightly. Puree, in batches, in food processor or blender. Stir in milk, season with salt and pepper. Cover and refrigerate. Serve garnished with grated nutmeg and shredded carrot, if desired. Makes about 4 cups.

Mustard New Potatoes

- 12 Small red potatoes
2 Tablespoons butter
2 Tablespoons mustard seed
1/2 Teaspoon curry powder

are tender (10 to 15 minutes). Drain. Melt butter in large skillet, stir in mustard seed and curry powder. Add potatoes to skillet, toss 2 to 3 minutes, until potatoes are well coated. Serves 4.

In large saucepan, cover potatoes with water. Bring to a boil; cook until potatoes

Spinach Custard

- 4 Eggs
1 Cup milk
1/2 Teaspoon seasoned salt
1/2 Teaspoon ground black pepper
1/4 Teaspoon nutmeg
1/4 Cup Parmesan cheese, grated
1 Pkg. (10 oz.) frozen, chopped spinach, thawed

In large bowl, thoroughly beat together all ingredients except spinach. Squeeze all liquid from spinach, stir into egg mixture. Pour into greased 12-quart casserole. Bake at 350°F for 30 to 35 minutes, until custard is set (knife inserted midway between center and outer edge comes out clean). Let rest 10 minutes before serving. Serves 4.

Sensational Seafood

Helpful Hints on Health and Happiness

Surimi Seafood Is Soup-er Convenient

Wonderfully delicious—and wonderfully convenient for many home-makers with hectic schedules—is a seafood from Japan called surimi that makes marvelous quick and healthy meals.

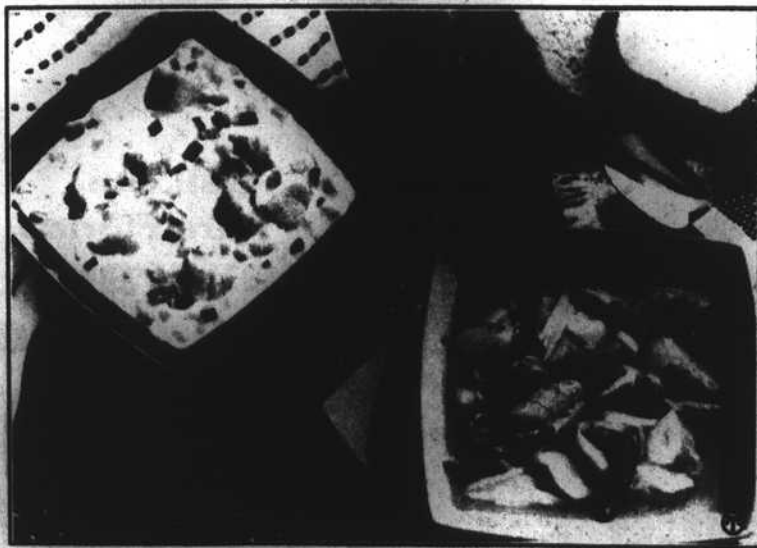
Surimi Seafood is made from high quality lean, mild-tasting white fish, usually Alaska pollock. It's shaped and flavored to resemble crabmeat, shrimp tails, lobster, and other seafoods. It is nutritious, convenient, reasonably-priced, endlessly versatile, and available all year round in the fresh seafood case at local supermarkets.

Soups made with Surimi Seafood make a hot satisfying meal—and since the seafood is completely cooked it only needs reheating; add it to the soup during the last five to ten minutes of cooking.

Here are two soup recipes you might like to try. Add a whole grain bread, a vegetable plate and perhaps an inexpensive wine and you have a memorable and cozy meal.

SEAFOOD CORN CHOWDER

- 1 tablespoon margarine
1 cup chopped onion
1/3 cup chopped celery
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1 tablespoon all-purpose flour
1 can (10-1/2 oz.) low sodium chicken broth
2 cups skim milk
1 can (12 oz.) evaporated skim milk
8 to 12 ounces Surimi Seafood, crab flavored, chunk style
2 cups fresh of frozen whole kernel corn
1/2 teaspoon black pepper
1/2 teaspoon paprika



Soups made with surimi make a delicious hot meal in minutes.

Melt margarine in large saucepan over medium heat. Add onion, celery and green and red pepper. Cook uncovered on moderate heat for 4 to 5 minutes or until vegetables are soft. Add flour to vegetable mixture, cook and stir constantly for 2 minutes. Gradually add chicken broth and bring to a boil. Add milk, evaporated milk, Surimi Seafood, corn, black pepper and paprika. Heat, stirring occasionally, 5 minutes or until chowder is hot. Serve.

Yield: 6 main-dish servings, about 8 cups.

ASPARAGUS AND SURIMI SEAFOOD SOUP

- 3 cans (10-1/2 oz. each) low-sodium chicken broth (about 4 cups)
2 thin slices fresh ginger

2 cups diagonally sliced asparagus (1/2" long) (about 3/4 pound)
1/4 cup sliced green onion, including part of green tops
3 tablespoons rice vinegar or white wine vinegar
1/4 teaspoon crushed red pepper
8 to 12 ounces Surimi Seafood, crab flavored, chunk style or leg style, cut diagonally

Bring chicken broth and ginger to boil in large saucepan. Add asparagus, green onion, vinegar and crushed pepper. Simmer 5 minutes or until the asparagus is crisp tender. Add Surimi Seafood and simmer 5 minutes longer or until seafood is hot. Remove and discard ginger. Serve hot.

Yield: 4 main-dish servings or 6 appetizer servings, about 6 cups.

Lower Fat Entrees At Your Fingertips



Almost daily you hear advice to "cut the fat" from your diet...but how can you do it without giving up everything wonderful?

For starters, rethink the kind of fat you use to prepare your meals. If you're cooking with butter, lard or bacon fat, all high in saturated fat, it's time to make a change because saturated fats raise blood cholesterol levels which contribute to the risk of heart disease.

Low in saturated fat and light in flavor, corn oil cooking spray is an excellent choice in a healthy diet. By using the spray you spare the fat and the calories too!

For inspiration, try Orient Express Shrimp. Spiked with ginger and garlic and dressed with a sauce delicately thickened with corn starch, this dish makes a delicious and oh-so-easy lower fat meal.

For additional entree recipes write to: MAZOLA No Stick and ARGO Corn Starch, Box 307, Dept. NS, Coventry, CT 06238.

Orient Express Shrimp

- 1/4 cup light teriyaki sauce
2 tablespoons cider vinegar
1 tablespoon ARGO Corn Starch
MAZOLA No Stick Corn Oil Cooking Spray
2 cloves garlic, minced
3/4 pound shrimp, shelled and deveined
1 bag (16 oz) frozen mixed vegetables, (such as broccoli, red peppers, bamboo shoots and mushrooms) thawed, undrained

In small bowl stir teriyaki sauce, vinegar and corn starch until smooth; set aside. Generously spray large skillet with cooking spray. Heat over medium heat. Add garlic, shrimp and vegetables. Cook, stirring constantly, 3 to 4 minutes. Stir sauce mixture; add to skillet. Stirring constantly, bring to a boil over medium heat and boil 1 minute. Makes 4 servings.

Each serving provides: 190 Calories, 22 g protein, 20 g carbohydrate, 2 g total fat, 1 g polyunsaturated fat, 0 g saturated fat, 130 mg cholesterol, 670 mg sodium.

ON SALE TODAY By Carol Sherman



"I'm gonna try some. When it comes to seafood, usually the uglier it is, the better it tastes."



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