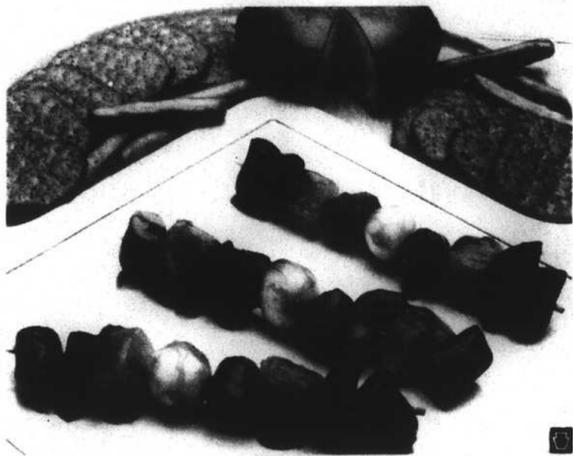


IT'S BIBO TIME



GLAZED FRANK KABOBS
(8 servings)

- 1/4 cup apricot preserves
- 1/4 cup Russian dressing
- 16 cocktail-size frankfurters
- 16 pineapple chunks
- 1 small green pepper, cut into 16 pieces
- 8 pearl onions
- 8 6-inch bamboo skewers

1. Stir together preserves and dressing. Set aside.
2. Cut each frankfurter in half. Assemble kabobs by threading ingredients alternately onto skewers, using 4 frankfurter halves, 2 pineapple chunks, 2 green pepper pieces, and 1 onion for each. Place side-by-side in glass baking dish. Brush with about half of the apricot mixture.
3. Microwave at HIGH (100%) for 1 1/2 minutes. Rotate dish. Microwave at HIGH for 1 minute. Brush with remaining apricot mixture. Microwave at HIGH for 1 1/2 to 2 minutes longer or until vegetables are crisp-tender. Serve warm.

Nutrient Information (per serving)	
Calories	113
Protein	2 g
Fat	6 g
Cholesterol	11 mg
Carbohydrates	14 g
Sodium	257 mg



Looking for a delicious, satisfying and healthful way to reduce fat and calories in the daily diet?

For starters, reach for the corn oil cooking spray. A single serving contains no cholesterol and is low in saturated fat. Used in place of 2 teaspoons butter for sauteing or pan frying, cooking spray can save as much as 7 grams of fat.

Corn oil cooking spray lets you enjoy low fat, one-dish meals like this great tasting Ginger Beef. Distinctively spiced with ginger, this easy-to-fix stir fry recipe features plenty of crunchy vegetables including broccoli, cauliflower and colorful red pepper. For added convenience, you can use frozen vegetables. The beef is cut into bite-size pieces and marinated in a light soy/corn starch sauce. In just five minutes, you'll have an oriental feast! Each generous serving contains only 260 calories and just 9 grams total fat.

For a free recipe leaflet featuring additional light entree recipes, write to Mazola/Argo, Box 307, Dept. NS, Coventry, CT 06238.

GINGER BEEF

- 1/2 cup water
- 1/3 cup light soy sauce
- 2 tablespoons ARGO Corn Starch
- Dash crushed red pepper
- MAZOLA No Stick Corn Oil Cooking Spray
- 3/4 pound flank steak cut diagonally into thin strips
- 1 medium onion, sliced
- 1 clove garlic, minced
- 1 teaspoon minced fresh ginger or 1/4 teaspoon dry ginger
- 1 bag (16 oz) mixed frozen vegetables (such as broccoli, cauliflower and red pepper) thawed, undrained

In small bowl stir water, soy sauce and corn starch until smooth. Add crushed red pepper; set aside. Generously spray large skillet with cooking spray. Heat over medium heat. Add beef and onion. Cook, stirring constantly, 2 minutes. Remove beef and onion. Add garlic, ginger and vegetables. Cook, stirring constantly, 5 minutes. Stir sauce mixture; add to skillet. Stirring constantly, bring to a boil over medium heat and boil 1 minute. Return beef and onion; heat through. Makes 4 servings.

Each serving provides: 260 calories, 22 g protein, 22 g carbohydrate, 9 g total fat, 1 g polyunsaturated fat, 1 g saturated fat, 45 mg cholesterol, 610 mg sodium.

Golden Hearty Cornbread

- 1 1/4 Cups cornmeal
- 1/2 Cup all-purpose flour
- 1/2 Teaspoon baking soda
- 1/8 Teaspoon salt
- 1/2 Cup bran cereal
- 3/4 Cup skim milk
- 2 Egg whites, slightly beaten
- 3 Tablespoons vegetable oil
- 1/2 Cup reduced-fat cheddar cheese
- 1 Cup no-salt-added whole kernel corn, drained
- 1/2 Cup chopped green onions
- Vegetable cooking spray

Stir together cornmeal, flour, soda, and salt; set aside.

In large mixing bowl, combine cereal and milk. Let stand 2 minutes or until cereal is slightly softened. Add egg whites, oil, cheese, corn and green onions. Add flour mixture, stirring just until combined. Spread batter into an 8x8x2-inch baking pan coated with cooking spray.

Bake at 400°F about 40 minutes or until golden brown. Serve warm.

Makes 9 servings.

Pizza Margherita

- 1 Pkg. (6.5 oz.) Martha White Pizza Crust Mix
- 1/2 Cup hot tap water
- Olive oil
- 1 Can (14.5 oz.) whole peeled tomatoes, crushed to release juices and well drained
- 1 Large clove garlic, minced (about 2 teaspoons)
- 3 Tablespoons coarsely chopped fresh basil, or 1 teaspoon dried basil
- Salt and pepper to taste
- 4 Oz. mozzarella, Monterey Jack or Muenster cheese, thinly sliced and cut into 1-inch pieces

Preheat oven to 500°F. Grease a large baking sheet. Combine pizza crust mix and hot water in mixing bowl. Stir vigorously with a fork until blended (about 30 strokes). Form into a ball and grease with about 1 teaspoon olive oil. Cover and set in a warm place for 5 minutes. Press dough evenly into a 12X9-inch rectangle on prepared baking sheet using greased hands. Pinch edges to form a rim. Drizzle olive oil lightly over dough using about 2 teaspoons; spread evenly with fingertips. Sprinkle with garlic. Gently tear tomatoes into pieces and arrange over dough. Sprinkle with basil and salt and pepper, to taste. Top with cheese. Bake on lowest oven rack 10 to 14 minutes or until crust is golden brown and cheese is melted. Remove from baking sheet onto wire rack to cool completely. Cut into slices on board.

Makes 6 to 8 servings.

Three Cheese and Herb Pizza

- 1 Pkg. (6.5 oz.) pizza crust mix
- 1/2 Cup hot tap water
- Olive oil
- 1 Large clove garlic, minced (about 2 teaspoons)
- 2 Oz. Feta cheese, crumbled
- 1 Tablespoon grated Parmesan cheese
- 1/2 Teaspoon dried basil
- 1/2 Teaspoon dried thyme
- 1/2 Teaspoon dried rosemary, crushed
- 1/4 Cup slivered ripe olives

Preheat oven to 500°F. Grease a large baking sheet or pizza pan. Combine pizza crust mix and hot water in mixing bowl. Stir vigorously with a fork until blended (about 30 strokes). Form into a ball and grease with about 1 teaspoon olive oil. Cover and set in a warm place for 5 minutes. Press dough evenly into 11-inch circle on prepared baking sheet with greased hands. Pinch edges to form a rim. Drizzle olive oil lightly over dough using about 2 teaspoons; spread evenly with fingertips. Sprinkle garlic over dough. Arrange cheeses over dough. Sprinkle with herbs. Top with olives. Bake on lowest oven rack 10 to 14 minutes, or until crust is golden brown and cheeses are melted. Remove from baking sheet to wire rack to cool slightly. Cut into slices on board.

Makes 6 to 8 servings.

Peaches 'n' Cream Cheesecake

Sponge Cake Base:

- 1 Egg
- 1/3 Cup granulated sugar
- 1/4 Teaspoon vanilla

Cheesecake Filling:

- 2 Lbs. cream cheese
- 1 Cup granulated sugar
- 4 Eggs
- 1 Teaspoon all-purpose flour
- 1 Teaspoon vanilla

- 1/4 Teaspoon baking powder
- 1/4 Cup all-purpose flour
- 1 Pinch salt
- 2 Tablespoons water
- 1 Cup sour cream
- 1/4 Cup peach liqueur, peach schnapps, or reserved peach juice from canned or fresh peaches
- 2 Cups canned or firm, ripe, fresh peaches, sliced and well drained

Topping:

- 1 Pint whipping cream or equivalent

Base: Preheat oven to 375°F. Lightly grease base of 10-inch springform pan. Beat whole egg in 1 1/2-quart bowl with mixer on high speed—4 minutes—to a thick yellow foam. Mix in sugar on low speed until smooth. Add water, vanilla, baking powder and salt. Mix on low speed until fully blended. Pour into springform pan, roll around until level. Bake 16-18 minutes on lowest oven rack. Cool to room temperature.

Filling: preheat oven to 325°F. Mix cream cheese, sugar, eggs and flour with electric mixer on high until smooth. Add vanilla, sour cream and peach flavoring, and mix on medium speed until a smooth, thick consistency is obtained. Fold in peach slices carefully—distribute evenly. Pour cheesecake filling onto cooled sponge cake base. Bake 70 minutes on lower oven rack, turn off oven, open oven door to broil position and let cake remain 40 minutes. Cool to refrigerated temperature.

Topping: Top with fresh whipped cream or equivalent and serve. Store up to 2 days in refrigerator.