

El cheapo tostada is nutritious and easy on the budget

For new flavor dimension to the usual meat and cheese Mexican tostada, try this version featuring sardines.

Besides offering something tasty, the sardine tostada provides lots of nutrition. One three-ounce serving of sardines contributes 40 per cent of the U.S. recommended daily allowance to protein.

That same serving also provides almost one-third of the recommended amount of calcium, phosphorus and niacin.

Sardine tostada is easy on the meal planner as well as the budget maker, because low-cost sardines wait on the kitchen shelf.

SARDINES AND ONIONS IN MEXICAN HOT SAUCE

- 1 small bermuda onion, sliced into thin rings
- 3 tbsp. olive oil
- 3 tbsp. red wine vinegar
- Tabasco sauce to taste
- 1 can (3½ oz.) sardines, drained

Cover onion slices with boiling water, drain and rinse with cold water. Mix olive oil, vinegar and tabasco in a bowl. Add onions and sardines, marinate at room temperature for three or four hours.

SARDINE TOSTADAS

- 6 corn tortillas, fried in oil and drained
- 1 small head lettuce, shredded
- 2 cups red beans, cooked
- 1 cup rice, cooked
- 1 large, firm tomato
- 1 small avocado, peeled and sliced

Sardines and onions in Mexican hot sauce

Place tortilla on six individual serving plates. Arrange lettuce on each tortilla. Toss beans and rice lightly and place on top of lettuce. Cut tomato into six slices and place on top of beans and rice along with avocado slices. Top with sardines and onions and drizzle hot marinade sauce over all.

It's chili, fair and warmer for newly-crowned world champion chili cook Rufus Valdez, a Ute Indian. He was victorious in the 10th annual world championship chili cookoff at Rosamond, Calif.

Valdez, from Gallup, N.M., represented the Indian Nations in defeating chili champs from 33 states and other nations.

Here is his recipe:

- 4 pounds of flank beef
- 2 pounds of center-cut pork chops
- 1 tsp. of cumin
- 1 tsp. of fresh chopped oregano
- 2 pieces of garlic sections
- 3 fresh white onions chopped
- 4 medium size tomatoes chopped
- ½ cup chopped celery
- 4 cans of 7 oz. chili salsa
- 4 roasted green chilis (Anaheim variety)

- 1 tbsp. of mild, New Mexico ground chili powder

- 1 tbsp. of medium, New Mexico ground chili powder

- 1 tbsp. of hot, New Mexico ground chili powder

One half of flank steak is coarse ground. One half of flank steak is chopped into three-eighths inch pieces, all pork is chopped one-fourth inch. Cook steak and pork separately for 45 minutes each after braising. Then mix meat together, add cumin, cook together for one-half hour. Take two quart sauce pan and saute onions and celery together for 20 minutes.

Add tomatoes and salasa to the onions and celery and cook for one-half hour. Add chili powder, roasted chilis and garlic and cook for 30 minutes.

Take all those ingredients and stir into meat, stirring slowly. Cook all together for one to 1½ hours. Length of time depends on consistency so meat doesn't break down. The last half hour should be just under a simmer. Lot should be stirred every 10 minutes. Makes 1½ gallons.

Zucchini adds zest to pasta



- 1 15 oz. can spaghetti and meatballs

Blanch onions for 10 minutes in boiling water. Cool; hollow onions by removing centers (this is an onion cup). Chop centers and save for spaghetti mixture.

Make cups from aluminum foil. Place in baking dish. Place onion cups on foil. While onions are blanching, cook zucchini and green pepper in margarine. Then add chopped onion centers and combine with spaghetti and meatballs.

Fill onion cups with spaghetti mixture. Bake for 20 minutes in 375 degree oven. Serve on foil. Serves four.

TASTY ZUCCHINI

- 4-medium or 2 large size zucchini
- one-fourth cup chopped onions
- one-fourth cup chopped green pepper
- 3 tbsp. butter or margarine
- 1 15 oz. can meatball and macaroni
- 3 tbsp. parmesan cheese

Slice zucchini lengthwise and scoop out pulp. Chop pulp finely. Saute zucchini pulp, onion and green pepper in butter. Add meatballs and macaroni. Fill zucchini with mixture. Sprinkle with cheese. Place in buttered baking dish. Bake at 350 degrees for 25 minutes. Serves four.

Indian chili smokes tongue

Low in cholesterol

Vegetable protein makes breakfast

Mornings filled with hearty activity call for hearty breakfasts or brunches. Butterfly breakfast patties can be the mainstay of hearty brunches.

These protein-rich patties provide the go-power, without animal fat or cholesterol, since they are made of textured vegetable protein. Enjoy the sausage-like flavor of the patties topped with cinnamon-sugared apple butterflies and serve with hash brown potatoes, corn sticks and a fruit compote.

Breakfast patties are made from a blend of vegetable protein from soy, wheat and oats which is textured and combined with yeast, egg albumen and other ingredients.

Because of this, the patties contain all eight amino acids essential for human needs and also have a favorable ratio of polyunsaturated to saturated fats.

BUTTERFLY BREAKFAST PATTIES

- 1 package breakfast patties
 - 2 small apples
 - 1 tbsp. polyunsaturated vegetable oil
 - 1 tbsp. cinnamon-sugar
 - 6 pecan or walnut halves
- Place breakfast patties on oiled

cookie sheet. Brush with oil. Core each apple and cut crosswise into three one-half inch wide slices. Arrange slices on patties to form wings. Sprinkle with cinnamon-sugar. Place a nut in center for body.

Bake in a 350 degree oven for 20 to 25 minutes until patties are browned and apples are tender and glazed.

Wine and dine at same time

You can improve the flavor of almost any food by adding one ingredient: Cooking wine.

Cooking wine can tenderize meat, give food a fine aroma, and add rich flavor and body to everything from appetizers to desserts without adding any alcohol impact.

Cooking wines are available at food stores. After they're opened, unlike table wines, cooking wines can be stored on the kitchen shelf like salt, pepper and other cooking ingredients.

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