

NO COOK-LITE BITES

Mother's Day 1980 -- a time to make living easier by planning to serve light, simple-to-prepare fare, designed to satisfy appetites, nutrition needs and waistline watchers.

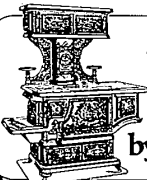
There's eye appeal in a menu of chilled soup, low-in-calorie salads and sandwiches, and an array of crisp, fresh vegetables accompanied by dilled yogurt for dipping. Set the foods on an attractively arranged buffet table. With this informal setting, family and guests can select those foods which appeal to their individual appetites.

Well in advance of mealtime, make and thoroughly chill the soups. Let it chill for several hours to let the flavors mingle. And if Sunday turns out to be a chilly day, serve the soup hot, in mugs.

Beef-flavor bouillon, tomato juice, dry roasted peanuts, yogurt and lemon juice make this 215-calorie per cup soup which is almost a meal in itself.

Salad makings should be fresh, cold and crisp. Chilled bowls preserve the freshness and salad dressings can be served on the side. Strips of or julienned cheese should be added just before serving.

If your pleasure is packing a picnic, these foods will pack and travel. In fact, some of them could easily make it to the office for a controlled calorie luncheon.



The Warming Oven by Emily Watson

May is mushroom month in Michigan and the most prized of all is the morel. Old-timers say the morel appears in the hardwood forests "when the leaves on the red oak are the size of a mouse's ear."

And each spring, the department of information services at Michigan State University sends out bulletins with suggestions and warnings to those susceptible to the annual May mushroom madness.

The morel has the texture of a sponge and the shape of a Christmas tree. They range in color from creamy-white to nearly black. The attachment of the bottom of the cap to the stalk is the acid test. You know it's a morel if it has a deeply pitted, hollow top portion attached at its base to a hollow stem.

Once you reach promising mushroom country, the most difficult task is finding the first morel. Until your eye becomes adept at spotting the mushrooms against the mottled brown tones of last year's fallen leaves, you can literally be walking on morels yet not see them.

Some old hands suggest getting as close to the ground as possible and looking into the sun so as to throw the mushrooms into silhouette.

"Doing the mushroom squat," they call it.

TO KEEP YOUR harvest fresh, stow it in shallow baskets or cardboard boxes. Do not use plastic bags - they do not protect the mushrooms against breakage and they promote hot, moist conditions that lead to rapid spoilage. Keep the mushrooms cool and well-ventilated until you get them home.

Clean and process or cook your mushrooms as soon as you get them home. They are very perishable and lose quality quickly.

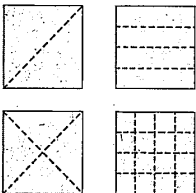
Wash the mushroom thoroughly in cold water before processing. Some recipes recommend using citric acid or lemon juice to prevent darkening. If you work quickly, mushrooms do not darken much in cooking.

Mushrooms can be frozen whole, but they must be blanched first. Choose firm, tender mushrooms, small to medium size. Wash and cut off the lower part of the stems. Cut large ones into pieces. Blanch in boiling water to which one-third teaspoon of lemon juice has been added for each gallon of water. Small whole mushrooms and slices require two minutes in the boiling water; whole mushrooms need four minutes. Cool before packing and freezing.



HOW TO CUT CHEESE

To garnish salads, sandwiches or snacks here's how to cut cheese product slices into simple shapes.



YOGURT-DILL DIP

(Makes 2 cups)

- 2 (8-ounce) containers plain yogurt
- 4 teaspoons Chicken-Flavor Instant Bouillon
- 1 teaspoon dill weed
- Fresh crisp vegetables*

In small bowl, combine all ingredients except vegetables; mix well. Cover; chill at least 1 hour. Stir before serving. Serve with fresh crisp vegetables. Refrigerate leftovers.

*Suggested Vegetables: carrot sticks, celery sticks, mushrooms, cherry tomatoes, cauliflower-ettes, cucumber slices or strips, zucchini slices or strips.

Approximates 160 calories per cup OR 20 calories per 2 tablespoon serving.

COOL ROSY PEANUT SOUP

(Makes 1-1/2 quarts or six 1-cup servings)

- 1 cup dry-roasted peanuts
- 4-1/2 cups tomato juice
- 1 tablespoon lemon juice
- 1 tablespoon beef-flavor instant bouillon
- OR 3 beef-flavor bouillon cubes
- 1 (8-ounce) container plain yogurt
- Fresh parsley

In blender container or food processor, grind peanuts; set aside. In medium saucepan, combine tomato juice, lemon juice and bouillon; cook over medium heat until bouillon dissolves, stirring occasionally. Remove from heat. Cool slightly. Add peanuts and yogurt; mix until smooth. Chill. Garnish with parsley or cucumber sticks. Refrigerate leftovers.

Approximates 215 calories per cup serving.

CHUNKY TOMATO SALAD DRESSING

(Makes 2-1/2 cups)

- 2 hard-cooked eggs, chopped
- 4-1/2 cups tomato juice
- 1 cup lowfat cottage cheese
- 1 cup (one 8-ounce can) stewed tomatoes
- 2 tablespoons sweet pickle relish
- 2 teaspoons chicken-flavor instant bouillon
- 1 teaspoon grated onion
- 1/3 teaspoon paprika
- 1/8 teaspoon cayenne pepper

In blender container, blend cheese until smooth. In medium bowl, combine ingredients; mix well, breaking up large tomato pieces. Cover; chill thoroughly. Stir before serving. Serve with Lite Mixed Salad. Refrigerate leftovers.

Approximates 200 calories per cup OR 25 calories per 2 tablespoon serving.

LITE, CHEESE AND CHICKEN SANDWICHES

(Makes 4 sandwiches)

- 1/4 cup diet margarine
- 1 tablespoon prepared mustard
- 4 slices whole wheat bread
- Lettuce leaves
- 8 slices pasteurized process cheese product
- 4 (1-ounce) slices cooked chicken or turkey

In small bowl, combine margarine and mustard; mix well. On each bread slice, spread about 1 tablespoon mustard mixture. Top each with lettuce, 1 cheese product slice, 1 slice chicken and remaining cheese product slice. Garnish as desired. Refrigerate leftovers.

Approximates 220 calories per sandwich.

LUNCHEON ORIENTAL SHRIMP SALAD

(Makes 2 servings)

- 1 (16-ounce) can bean sprouts, drained and rinsed
- 1 cup (4 ounces) cooked shrimp
- 1/2 cup chopped green onion
- 1/4 cup thinly sliced radishes
- 1/4 cup bottled low calorie Italian dressing
- 4 slices pasteurized process cheese product, cut into small squares
- 2 large lettuce leaves

In medium bowl, combine bean sprouts, shrimp, onion and radishes; mix well. Pour dressing evenly over top. Cover and chill at least 2 hours; stir occasionally. Drain. Add cheese product; toss. Serve on lettuce. Refrigerate leftovers.

Approximates 215 calories per serving.

LITE MIXED SALAD

(Makes five 2-cup servings)

- 2-1/2 quarts mixed salad greens, rinsed and torn into bite-size pieces
- 6 slices Fast-eurized Process Cheese Product, paired and cut into thin strips
- 1 cup sliced fresh mushrooms
- 2 small tomatoes, quartered
- 1 small cucumber, sliced
- 1 medium carrot, pared and cut into 1-inch strips
- 5 green pepper rings

Place greens in large salad bowl; arrange remaining ingredients over and among greens. Cover; chill until served. Serve with Chunky Tomato Salad Dressing. Refrigerate leftovers.

Approximates 90 calories per 2-cup serving without dressing.

TOMATO-CUCUMBER COOLER

(Makes 1 quart)

- 1 medium cucumber, pared, seeded and chopped (about 1 cup)
- 3 cups tomato juice
- 1 tablespoon lemon juice
- 1 to 2 teaspoons Beef-Flavor Instant Bouillon
- 1/4 teaspoon garlic powder
- 1/3 teaspoon celery salt
- Thin cucumber slices, optional

In blender container, combine all ingredients except cucumber slices. Blend until smooth. Chill. Stir before serving. If desired, garnish with cucumber slices and serve over ice. Refrigerate leftovers.

Approximates 180 calories per quart OR 45 calories per 1-cup serving.