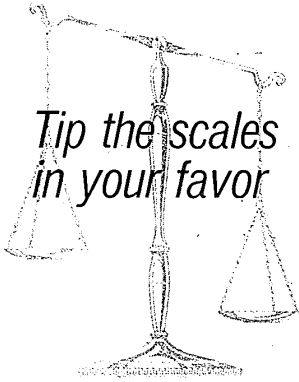


# To Lose is To Win



Tip the scales in your favor

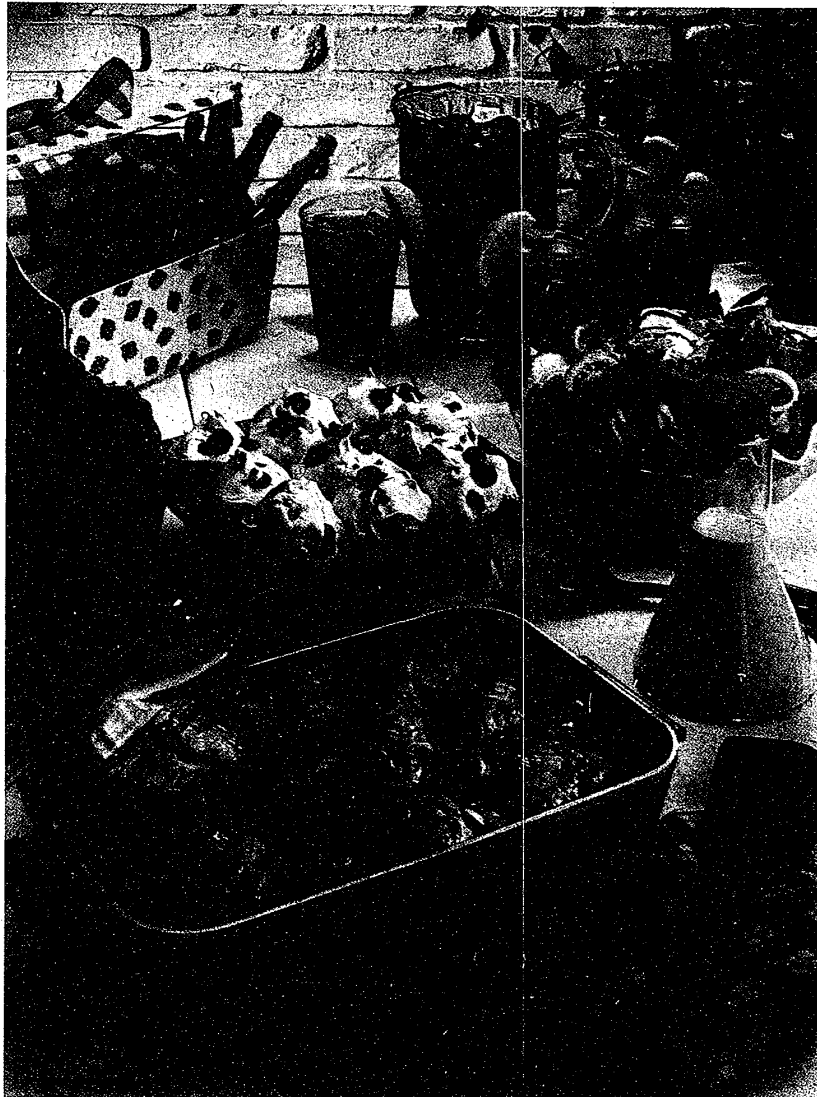
You can bet on it knowing you'll win. There's nothing to lose except weight, and lose it you will if you follow the suggestions for this light and lovely summer meal.

Players back the favorites — chicken, blueberries, iced tea and maybe a stir-fry dish. It all adds up to a big loss, which in this case, is what you're betting on.

Calories per serving in the Chicken Monte Carlo are 316. The Dealer's Choice Beef Fry is a steal at 243 calories per serving serving.

Blue chip part of the meal is the dessert. A half a cup of fresh blueberries, in their natural state, nets 42 calories. If the dieter wants something that's a little different, a blueberry meringue made according to the recipe here costs only 22 calories.

The stakes in this weight control business are high. Every loser is a winner and winner takes all — good looks, happy outlook, better health. Good luck and no cheating.



## CHICKEN MONTE CARLO

- 2 pounds chicken parts
- 1 tablespoon butter or margarine
- 1 can (10-3/4 ounces) condensed chicken broth
- 1/4 cup water
- 1 cup drained chopped canned tomatoes
- 1 cup sliced fresh mushrooms (about 1/4 pound)
- 1 cup green pepper strips
- 1/2 cup sliced onion
- 1 small clove garlic, minced
- 1/4 teaspoon basil leaves, crushed
- 1 tablespoon cornstarch

Preheat family-size electric skillet to 400°F. Brown chicken in butter. Reduce heat to 225°F. Add remaining ingredients except cornstarch. Cover; simmer 30 minutes or until done. Stir occasionally. Blend cornstarch and 2 tablespoons water until smooth; slowly stir into sauce. Cook, stirring until thickened. Makes 4 servings.

## DEALER'S CHOICE BEEF FRY

(Not pictured)

- 1 pound boneless round steak (about 1/2-inch thick)
- 1/2 cup diagonally sliced carrot
- 1/2 cup diagonally sliced green onions
- 1 medium clove garlic, minced
- 1/8 teaspoon ground ginger
- 1 tablespoon salad oil
- 1 can (10-3/4 ounces) condensed beefy mushroom soup
- 1 cup fresh or frozen Chinese pea pods
- 1/2 cup sliced water chestnuts
- 2 tablespoons dry sherry
- 2 teaspoons soy sauce
- Cooked rice

Freeze meat 1 hour to firm (makes slicing easier); slice into very thin strips. Preheat family-size electric skillet to 400°F. Cook carrot and green onions with garlic and ginger in oil until just tender; push to one side. Add meat; cook until color changes. Reduce heat to 225°F; add remaining ingredients except rice. Cook 5 minutes or until done. Stir occasionally. Serve over rice. Makes about 4 cups. 6 servings.

## BLUEBERRY MERINGUES

- 3 egg whites, at room temperature
- 1/4 teaspoon cream of tartar
- 1/2 cup granulated sugar
- 1 cup fresh blueberries, washed and dried

In electric mixer bowl, combine egg whites and cream of tartar. Beat at high speed until egg whites are foamy. Gradually add sugar and continue beating until egg whites are very stiff and glossy, but not dry. Fold in blueberries.

Line baking sheets with brown paper. Drop meringues by spoonfuls onto paper about 2-inches apart.

Bake at 275° for 40 minutes or until firm but not browned. Makes about 2 dozen meringues.

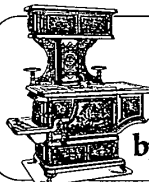
## CREAMY REMOULADE DRESSING

- 1 can (6 fl. oz.) "V-8" cocktail vegetable juice
- 1-1/2 cups plain yogurt
- 3/4 cup sweet pickle relish
- 1/4 teaspoon paprika

In bowl, gradually blend juice into yogurt, relish and paprika. Chill. Serve on crisp salad greens. Makes about 3 cups.

## The Warming Oven

by Emily Watson



The recipe for those yummy Lemon Crumb Squares had an error. So if you clipped the original, toss it out. This is a great dessert for family, bridge club, or a shower.

- LEMON CRUMB SQUARES**
- 1 cup fine graham cracker crumbs
  - 1/2 cup finely chopped pecans
  - 2 tsp. sugar
  - 1/4 cup melted margarine or butter
  - 1 pkg. (four-serving size) lemon flavor pudding and pie filling, not the instant kind
  - 1/4 cup sugar
  - 2 1/2 cups water
  - 1 egg, slightly beaten
  - 1 tsp. margarine or butter

ter. Cool five minutes stirring twice. Pour into crumb-lined pan and sprinkle with remaining crumbs. Chill about three hours. Cut into squares. Top with a swirl of thawed frozen whipped topping if desired. Makes 9 servings.

NOW THAT TOFU is available in the produce department of most supermarkets, requests for tofu recipes have increased. The inexpensive and remarkably versatile high-protein food made from soy beans, has been predicted to be the protein source of the future on planet Earth.

The authors of the bestselling "Book of Tofu," William Shurtleff and Akito Aoyagi will be in the area June 4. They will present a two-hour program and workshop in a Southfield church beginning at 7:30 p.m. Because space is limited, all tickets at \$2.50 per person will be by reservation. Those wishing to attend should make checks payable to Stone Soup Inc. and mail to Tofu, 512 E. Southlawn, Birmingham, Mich. 48109, with a self-addressed, stamped, return envelope. For information, call 549-4477.

Combine crumbs, pecans and 2 tsp. sugar. Add the 1/4 cup melted butter and mix well. Press 1/2 the mixture firmly in the bottom of 8-inch square pan. Bake at 375 degrees for 5 minutes. Cool. Combine pudding mix, 1/4 cup sugar and 1/4 cup water in a saucepan. Blend in egg and remaining water. Cook and stir over medium heat until mixture comes to a full bubbling boil and is thickened, about five minutes. Remove from heat. Add 1 tsp. but-

## ICED TEA

THREE WINNING WAYS

**The Traditional Way (with boiling water):** Bring 1 quart of freshly drawn cold water to a full rolling boil in a saucepan. Remove from heat and immediately add 1/3 cup loose tea or 15 teabags. Cover and let stand 5 minutes. Stir again and strain into a pitcher holding another quart of cold water. Keep at room temperature until ready to serve, then pour into ice-filled glasses.

**The Overnight Way (with cold water):** Fill a quart jar or container with freshly drawn cold water. Add 8 to 10 teabags, removing the tags. Cover and let stand at room temperature or in the refrigerator at least 8 hours or overnight. Remove tags, squeezing a little juice of container. Makes 1 quart. Recipe may be doubled.

**The Instant Way (with instant tea or the food tea mixes):** Follow directions on jar or envelope. In general, use 2 rounded tablespoons of instant tea powder for each quart of cold water. Or 1/2 cup (or 2 small envelopes) of lemon-flavored food tea mix to a quart of cold water.