



tipping the scales

Nancy Austin

Try these low-calorie boosters

When the dog days of August begin and cooking becomes a chore, it's time to try something new and refreshing to give the season a lift.

Observer photographer Bill Brestler and his wife Sue share with me the fighting of the battle of the bulge. Bill also shares one of his easy, favorite recipes.

TURKEY CHILE

1 lb. ground turkey
2 medium onions, chopped
2 cloves garlic, minced (optional)

1/2 green pepper, chopped
2 stalks celery, chopped
1 quart tomatoes
1 Tbsp. chili powder
1 1/2 oz. can kidney beans, drained
1 bay leaf
tabasco sauce or 1 or 2 jalapeno peppers

Saute turkey in heavy frying pan till white (texture and color are unusual — will not brown). Add onions, pepper and celery and continue cooking until onions are almost transparent. Transfer mixture to large pot using a

slotted spoon to drain fat (there will be very little or no fat). Add tomatoes, spices, tabasco sauce. Simmer for 1 to 2 hours depending on desired thickness. Adjust spices half way through cooking time. Add beans about 15 minutes before serving.

Bill says if pale color of turkey is unappealing to you, you may want to add Kitchen Bouquet or Brown Gravy Sauce (oriental type). This dish serves four at 235 calories per serving.

A GOOD FRIEND of mine who is an excellent cook and also is a calorie counter shares this delicious warm weather chicken salad recipe.

ORIENTAL CHICKEN SALAD
1 cup cubed chicken
2 cans (16 oz. each) fancy Chinese vegetables
1 package sliced almonds
1/4 cup celery, chopped
sliced black olives (optional)
Diet mayonnaise

Saute almonds in scant amount of butter until light golden brown. Combine all ingredients in large bowl and add mayonnaise to hold mixture together. Serve mounded on crisp lettuce cup. Serves 4. 207 calories per serving.

THE DAILY MAIL can bring an assortment of ideas for summer cooking. Here are a couple I'm determined to try.

COCONUT SURPRISES

1 package (3 oz.) cream cheese
1 tsp. each grated orange and lemon rinds
1 tsp. chopped walnuts
1/4 cup toasted flaked coconut

Beat cheese until light and fluffy. Add the next 2 ingredients. Shape in 20 balls, using half-teaspoon measure to divide. Roll in coconut. Chill. Note: if preferred, substitute 1/2 teaspoon curry powder for citrus rinds. 24 calories each.

TOMATOES ROCKEFELLER

3 large ripe tomatoes, cut in half
2 tsp. finely chopped onion
2 tsp. margarine
2 tsp. finely chopped parsley
1/4 cup chopped cooked spinach, drained
Salt, pepper and paprika to taste
2 Tbsp. bread crumbs

Place tomatoes in shallow baking pan, cut side up. Mix onion, parsley, margarine, spinach, salt, pepper and paprika. Divide and spread evenly over tomatoes. Top with crumbs. Bake at 375 for 15 minutes or until crumbs are toasted. Six servings, 75 calories per serving.

This is a fine way to use your home-grown garden tomatoes at 76 calories a serving.

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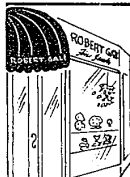
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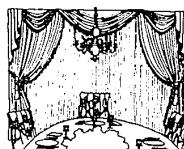
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