

FEASIBLE FESTIVE FARE FOR A FALL BUFFET



The Fall season brings with it many entertaining opportunities. Election parties will abound... followed by seasonal sports parties and Saturday night get-togethers for conversation or card playing and Sunday morning brunches. These are just a few of the how's and why's of the Fall entertaining trend.

Whether planning for family or guests, there is no need to worry about serving elaborate food, as economy and practicality are the order of the day. Food costs seem destined to rise, providing us with more reasons for selective food shopping.

What's more, the U.S. Department of Agriculture, Science and Education Administration continues to tell us of the importance of selecting the kinds and amounts of food for making up a nutritious diet. The new five food groups are not so different from the old basic four food groups, though it is interesting to note that in the milk and cheese group, the words skim, low-fat and nonfat are prominent, while a group titled Fats, Sweets and Alcohol is labeled CAUTION.

The route to a better diet is a sensible assortment of foods from the four food groups... viz: Vegetables and Fruits mainly for their Vitamins A and C and fibre. Bread and Cereal Group mainly for whole-grain and enriched breads and cereals, which are important sources of B vitamins, iron and protein plus magnesium, folic acid and fibre. The Milk and Cheese Group contributes riboflavin, protein and Vitamins A, B₁₂ and B₆, and some Vitamin D. The Meat, Poultry, Fish and Beans Group is valuable for protein, phosphorus, iron, zinc, Vitamin B₆, other vitamins and minerals.

While adhering to these government guidelines and standards, food can be festive, yet practical and easy-to-prepare. Here is a fine example of a feasible, festive, fall buffet with the recipes for creating it. The basics have been built-in... especially with the cheese product... processed with lower fat and cholesterol to meet the demands of modern consumers who are aware of the ways of better health.

The fabled Jack Spratt who ate no fat and his buxom wife who ate no lean might go hungry with this meal. We'll wager the average American will be thoroughly satisfied and happy with the hot sherried bouillon, Po'Boy sandwich sliced into pieces for eight, a nifty spinach salad and a tasty zucchini, cheese and carrot combination. Fresh fruit for dessert balances the menu.

ELEANOR'S PO'BOY

(Makes 8 servings)

- 1-1/2 pounds lean ground beef
- 1 (8-ounce) can tomato sauce
- 8 slices Pasteurized Process Cheese Product
- 1/4 cup chopped green onion
- 2 teaspoons Beef-Flavor Instant Bouillon OR 2 Beef-Flavor Bouillon Cubes
- 1/2 teaspoon garlic powder
- 1 (1-pound) loaf French bread
- 1 medium tomato, sliced
- 1 medium green pepper, cut into rings

Preheat oven to 400°. In large skillet, brown meat; pour off fat. Stir in tomato sauce, 3 slices cheese product (cut into pieces), onion, bouillon and garlic powder; cover. Simmer 5 to 10 minutes or until bouillon dissolves, stirring occasionally. Meanwhile, slice off top of French bread and scoop out center section (use for making bread crumbs or croutons); place on large sheet of aluminum foil for wrapping. Spoon meat mixture into bread loaf. Cut remaining cheese product slices in half diagonally; layer alternately with tomato slices and green pepper on meat; replace top of bread. Tightly wrap in aluminum foil. Bake 20 minutes or until hot. Slice into 8 servings. Refrigerate leftovers.

NOTE: Prepared as directed, and using ground beef with 10% fat, provides approximately 12 grams of fat, and 320 calories. Values by product analyses and recipe calculation.

ANDY'S HARVEST VEGETABLE MEDLEY

(Makes 6 to 8 servings)

- 1-1/2 pounds zucchini, sliced
- 1 pound carrots, pared and sliced
- 1 small onion, sliced
- 1 tablespoon chicken-flavor instant bouillon OR 3 chicken-flavor bouillon cubes*
- 1/8 teaspoon pepper
- 2 tablespoons diet margarine
- 8 slices Pasteurized Process Cheese Product, cut into small pieces

Preheat oven to 350°. In large covered skillet, over low heat, cook zucchini, carrots, onion, bouillon and pepper in margarine, stirring occasionally, 10 to 15 minutes or until carrots are tender. Reserving about 1/4 of the cheese product, stir remainder into vegetables. Turn into lightly oiled 1-1/2-quart shallow baking dish (10x 6-inch); top with reserved cheese product. Bake 20 to 25 minutes or until hot. Refrigerate leftovers.

NOTE: Prepared as directed, provides approximately 5.4 grams of fat, and 100 calories. Values by product analyses and recipe calculation.

SUSAN'S SPINACH SALAD

(Makes 8 servings)

- 4 cups torn lettuce or other salad greens
- 4 cups torn fresh spinach
- 1 (11-ounce) can Mandarin orange sections, drained
- 1 (8-ounce) can water chestnuts, drained and sliced
- 6 slices Pasteurized Process Cheese Product, cut into strips
- 4 ounces (about 1 cup) fresh mushrooms, sliced
- 1 small red onion, sliced and separated into rings
- Bottled low-calorie Italian or other salad dressing

In large bowl, combine all ingredients except dressing; chill until serving time. Toss with dressing. Refrigerate leftovers.

NOTE: Prepared as directed and without dressing, provides 2.7 grams of fat, and 90 calories per serving. Values by product analyses and recipe calculation.

DAVID'S SHERRY BOUILLON

(Makes about 1-1/2 quarts)

- 6 cups water
- 3 tablespoons beef-flavor instant bouillon OR 9 beef-flavor bouillon cubes
- 1/3 cup dry or cocktail sherry
- 1 tablespoon lemon juice
- Lemon slices, optional

In large saucepan, bring water to boiling; add bouillon, stirring until dissolved. Remove from heat; stir in sherry and lemon juice. Serve hot garnished with lemon slices if desired.

NOTE: Prepared as directed, provides approximately 26 calories. Values by product analyses and recipe calculation.