

Wholesome sailing with beef and squash

IF YOU'VE been anchored down to the same budget-stretching ground beef recipes, a dining adventure awaits with beef-stuffed squash boats. They are a beef and vegetable combo that is easy to prepare and sure to satisfy.

Riding in the squash boats is a meatloaf mixture that's flavored with chopped onion, chopped green pepper, ketchup and a hint of dill weed. The beef is mounded in acorn squash halves that have been precooked. Near the end of the cooking time, the meat is brushed with ketchup to give it a nice glaze and extra flavor boost. The recipe features two preparation methods — conventional and microwave.

While helping to keep the food budget in line and adding variety to menu plans, this novel entree also contributes valuable nutrients to the family's diet. Ground beef, although economical, provides the same nutrients found in more costly meat cuts. Its protein is very important for it is complete; that is, it contains all the essential amino acids needed by the body every day to build, maintain and repair tissue and resist infection and disease.

Beef's vitamins and minerals also contribute to the body's good health. Essential B-vitamins include thiamin, niacin, riboflavin, B-6 and B-12. Iron and zinc are especially valuable among the minerals found in beef.

BEEF-STUFFED SQUASH BOATS

- 1 pound ground beef
- 2 small acorn squash
- 2 1/2 teaspoons salt
- 1/2 teaspoon dill weed
- 1/4 teaspoon pepper
- 1 small onion, chopped
- 1/2 teaspoon cup chopped green pepper
- 1/2 cup soft bread crumbs
- 3 tablespoons ketchup

Cut squash in half lengthwise, remove seeds and stringy portions and parboil in boiling salted water 12 to 15 minutes. Remove squash and invert to drain. Sprinkle salt, dill weed and pepper over ground beef. Add onion, green pepper crumbs and 2 tablespoons ketchup, mixing lightly but thoroughly. Divide meat mixture into 4 equal portions.

Pierce pulp of each squash boat several times. Place one portion of meat mixture in each squash half. Place on rack in roasting pan and bake in moderate oven (350°F.) 45 minutes. Brush remaining ketchup over ground beef and continue baking 5 minutes or until meat and squash are done. Serves 4.

Microwave directions: Place squash, cut side down, in microwave-safe baking dish. Microwave at high 10 minutes rotating dish 1/4 turn after 5 minutes. Turn squash cut side up; fill with meat mixture. Cover with waxed paper and microwave at medium (325 watts) 10 minutes, rotating dish 1/4 turn after 5 minutes. Rotate squash, placing center portion of each to outside of dish; rotate dish 1/4 turn. Continue cooking at medium, covered, 5 minutes. Brush ketchup over top; continue cooking 3 minutes. Let stand 5 minutes before serving.

For a colorful side dish to serve with the beef boats, pair up cooked okra and tomato to wedges. All that's needed to complete the main course is a crisp lettuce salad and roots, if you like.



Meatloaf flavored with chopped onion, chopped green pepper, ketchup and a hint of dill weed is mounded in precooked acorn squash halves. Near the end of the cooking time, the meat is brushed with ketchup to glaze and add extra flavor.

Dipping for pleasure

There's nothing like a cool after-dinner dip to make a party a success.


Particularly enticing is a dessert tray of blushing, red fresh nectarines and ripe, juicy Bartlett pears circled around a mix of cream cheese, blue cheese and citrus peel. Add a saucer of mixed sliced almonds, flaked coconut and sesame seeds. Then, let your guests dip the succulent fresh fruits into the cheese mix — coat with the nut mix and revel in the praise you receive for a simple, delightful yet scrumptious summertime dessert.

BLUE CHEESE DIP WITH PEARS AND NECTARINES
1 pkg. (8 oz.) cream cheese
3 tbsp. blue cheese
1 1/2 tsp. grated orange peel
1 tsp. grated lemon peel
1/4 tsp. salt

1/4 cup milk
Tropical Mix
Fresh Bartlett pears
Fresh nectarines

Combine cheeses in a small mixing bowl and soften. Add peels and salt. Gradually blend in milk, mixing until smooth. Turn into a serving bowl and top with a sprinkling of additional orange peel, if desired. Turn Tropical Mix into a serving bowl. Cut pears and nectarines into wedges and arrange on a tray with the bowl of dip so guests may dip fruits first in cheese dip, then in Tropical Mix. Cheese dip makes 1 1/2 cups.

Tropical Mix: Combine 1/2 cup flaked or shredded coconut, 1/2 cup sliced almonds and 2 tablespoons sesame seeds in a shallow baking pan. Toast in hot oven (400-degrees) about 5 minutes until lightly browned. Makes 1 cup.



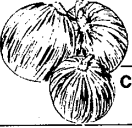
APPLES
Red Delicious

Great for Salads or Eating **39¢ lb.** Medium Size

McIntosh
Cooking or Eating **33¢ lb.**

Wealthy
Cooking or Eating **33¢ lb.**

Graham Spy
Excellent for Baking **39¢ lb.**



Sweet **SPANISH ONIONS** 50 lb. Bag **\$9.50**

COOKING ONIONS 50 lb. Bag **\$10.50**

Michigan U.S. No. 1 **POTATOES** 10 lb. Bag **98¢**

Michigan U.S. No. 1 **WINTER POTATOES** 50 lb. Bag **\$4.95**

PRICES GOOD THRU SEPTEMBER 24

CLYDE SMITH & SONS
CENTENNIAL **Farm MARKET**
600 Newburgh Road
Open Mon.-Sat. 9 a.m.-8 p.m.
Sun. 9 a.m.-7 p.m.



FISHER FOODS

DAILY: 9-9
SUNDAY: 9-5

EXTRA SPECIAL

U.S.D.A. CHOICE **BEEF SIDES** **\$1.39 lb.**

cut & wrapped **DELMONICO STEAKS** **\$3.99 lb.**

MEAT MARKET

Tender Cube Steaks	\$1.99 lb.
Whole Beef Tenderloins (3-4 lb. avg.)	\$3.99 lb.
Whole Chickens	59¢ lb.
Sirloin Steaks (Boneless)	\$2.99 lb.
WEDNESDAY ONLY	
Fresh & Lean Ground Chuck (5 lbs. or more)	\$1.29 lb.

DELI COUNTER

Colby or Swiss Cheese	\$1.99 lb.
Koegel Hot Dogs	\$1.89 lb.
Hard Salami	\$1.99 lb.
Corned Beef	\$1.99 lb.

GROCERY BIN

California Head Lettuce	2 for 99¢
Dairy Fresh Orange Juice (1/2 gal.)	99¢
Carrots, 3 1/2 lb. pkg.	\$1.00
Borden's Homogenized Milk (plastic gallon)	\$1.79
Twin Pines Large Eggs	89¢ doz.

WINE SALE 10% Off EVERY DAY

Prices good thru Sept. 27th

219 N. Eton Birmingham, MI 484-5010

5173 Dixie Hwy. Waterfall Plaza Waterford, MI 823-7786

BROWN STREET MARKET
WHERE SERVICE & QUALITY OUTSELL THE REST

LEAN SLICED BACON 99¢ lb.	GOLDEN RIFE BANANAS 4 lbs. for 99¢
PEPPERIDGE FARM BREAD 20¢ OFF Fresh Daily 1 lb. loaves	CENTER-CUT PORK CHOPS \$1.59 lb.

open M-F til 8 pm, Sat til 7

FRESH FISH • QUALITY MEATS & PRODUCE
LIVE LOBSTERS

407 W. Brown at Chester • Birmingham
642-0450 Delivery Service 642-0451

Pasties Sale
Buy Direct From Factory


4 for \$1

Beef Pasties
Mexican Turnovers
Beef Turnovers
Chicken Turnovers

Prices Good thru 9-23-81

Frozen Food Center
5252 OAKMAN BLVD. 29407 W. Six Mile
DEARBORN • 522-2028 Livonia • 425-0282
Mon.-Fri. 9-6 Mon.-Sat. 9-6
Sat. 9-4

when the search is serious...



A need to be filled...a choice to be made...there are times in every life when the search becomes more serious. That's the time to turn to the Classified pages of your newspaper. It's where the answers are.

Observer & Eccentric **classified ads**

Wayne County 591-0900
Oakland County 644-1070
Rochester/Avon 852-3222

Money Changes Hands Buyer Meets Seller.

Your guitar that you don't use anymore can make someone happy...and the cash you get will make you happy. Go ahead and place that result-getting ad now.

Wayne County 591-0900
Oakland County 644-1070
Rochester/Avon 852-3222

Observer & Eccentric **classified ads**

