

MAKE A DATE WITH GOOD NUTRITION



One of the best ways to a healthier, happier family is to make everyday dishes prettier and tastier by adding ingredients that make them more nutritious.

Fresh California dates are an exciting way to accomplish just that. They are the highest of all fresh fruits in potassium, iron and niacin. They also contain protein, calcium, phosphorus, thiamine, riboflavin and essential trace minerals. They are very low in sodium and fat, two items of concern to many people on special diets. Add to this the natural sugars which are available for conversion to quick energy and you have quite a package!

Contrary to popular belief, California dates are fresh fruit—not dried. A prune was once a plum, a raisin was once a grape, but a date has always been a date! They are picked fresh from the stately date palms, sized, graded and packaged and held in refrigerated storage. The date is a very stable fruit and may be stored for many months without losing its wealth of food value.

Nutritionally speaking, we must have foods from all the basic four groups every day—meats, milk and dairy products, bread and grains, and fruits and vegetables. They're all represented in this collection of recipes and fresh California dates add an extra boost.

When you are yearning for a quick pick-up in the morning or during a busy day, try the "Quick Energy Pickup" instead of the coffee and roll routine. It'll help your figure and give you a lot more stamina.

Pork roast can be pretty ordinary, but when you take the few extra minutes to make date-currant glaze, everyone will be back for seconds. Pork provides body-building protein, iron and the B vitamins in abundance—thiamin, riboflavin, niacin, B₆ and B₁₂.

Satisfy that urge for delicious hot breads and add super-nutrition, too. Orange juice, orange peel and dates make muffins a treat to be remembered.

California compote is an "anytime" sort of dish. It's wonderful served at any meal and a perfect way to showcase fresh fruits in season.

To satisfy that sweet-tooth, Date Lime Chiffon Pie is a smooth frothy dessert that you'll want to repeat frequently. The addition of Creme de Menthe gives an elusive and exquisite flavor.

When you're planning your meals around the basic four, just remember that it's somewhat like planning a wardrobe. You have to have the basics, but it's the accessories that make it interesting.

DATE LIME CHIFFON PIE

- 1 package lime gelatin
- 2 teaspoons Creme de Menthe
- 1 cup whipping cream
- 1 cup fresh dates, finely chopped
- Baked pastry shell

Prepare gelatin according to directions. Chill until almost set. Stir in Creme de Menthe. Beat with electric mixer until gelatin will stand in soft peaks. Whip cream and fold into gelatin mixture. Fold in dates. Refrigerate until mixture will mound on a spoon. Spoon into baked pie shell and return to refrigerator for several hours or until firm. Garnish with date halves and a sprig of mint.

PORK LOIN ROAST WITH DATE GLAZE

This unusual glaze is equally good on any pork roast, but a rolled pork loin is elegant for guests and easy to carve.

- 1 boned and rolled pork loin
- 1 8 ounce jar red currant jelly
- 1 cup chopped dates
- 2 tablespoons wine vinegar
- 1 teaspoon prepared mustard
- 1/2 teaspoon salt

Place pork loin in shallow roasting pan. Insert meat thermometer in center. Sprinkle with salt and pepper and roast in 325° oven uncovered for 1-1/2 hours. Prepare date-currant glaze. Remove meat from oven and baste generously with glaze. Return to the oven and continue roasting for 30 minutes, or until thermometer reaches 180°. Baste occasionally with additional glaze.

DATE CURRANT GLAZE

Heat currant jelly over low flame until it liquefies. Add remaining ingredients and cook 3 to 4 minutes, stirring constantly. Use as glaze for pork roast.

CALIFORNIA DATE ORANGE MUFFINS

- 2 cups sifted all purpose flour
- 3 teaspoons double acting baking powder
- 1/2 teaspoon salt
- 1/4 cup granulated sugar
- 1 egg
- 3/4 cup milk
- 1/4 cup orange juice
- 1/4 cup grated orange peel
- 1/4 cup melted shortening
- 1 cup chopped dates

Preheat oven to 425°. Grease twelve 2-1/2 inch muffin pans. Sift dry ingredients. Beat egg until frothy and add remaining ingredients. Make a well in flour mixture and add milk mixture all at once. Stir quickly—don't beat—until barely mixed. Fill muffin cups 2/3 full. Bake 25 minutes or until cake tester or toothpick comes out clean when inserted in center.

QUICK ENERGY PICK UP

- 1 egg
- 6 fresh dates, halved
- 1 cup orange juice

Put egg and dates in blender and process until almost smooth. Add orange juice and process until slightly frothy. Pour into glass and garnish with a strip of orange peel.

CALIFORNIA COMPOTE

- Fresh dates
- Orange sections
- Grapefruit sections
- Strawberries or raspberries in season

Arrange fruits in individual glasses or in a large compote. It is not only a beautiful dessert but can also be served as an appetizer. A sprinkling of Kirsch or Curacao adds elegance.