

Broiled lamb is a special supper

A one-dish meal, or a one-broiler-pan meal in this case, is a perfect way to have a special supper for your family in a matter of minutes. And you can spend more time with them after the meal, because the clean-up is short, too.

Thick, juicy lamb loin chops, stuffed mushroom caps and zesty tomatoes — all... what a combination! The chops may be broiled indoors while the weather is still chilly. But, this is a great recipe to try on your grill as soon as it's barbecue season again.

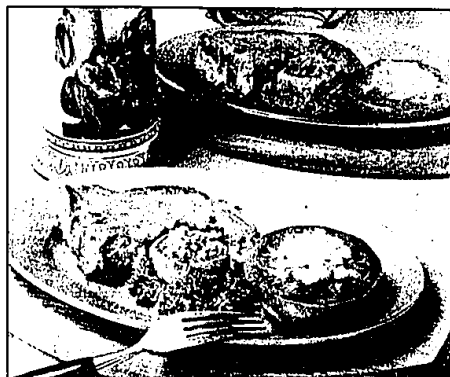
Complete the last-minute preparation on the mushroom caps and tomatoes while the chops are cooking on the first side. Then, turn the lamb with tongs to avoid piercing the meat. Place a mushroom cap in the "tail" of each chop, put the tomato halves on the broiler rack beside the chops and finish cooking. Just add a salad and warm bread, and your meal is complete.

"Manhattan Lamb Grill" — a quick and easy meal that makes a special occasion out of an ordinary evening.

MANHATTAN LAMB GRILL

(2 servings)
4 loin lamb chops, cut 1-inch thick
1 clove garlic, halved
Salt, pepper, butter
4 large mushrooms, stems removed
¼ cup chopped pimiento-stuffed olives
1 tsp. fine dry bread crumbs
2 medium tomatoes, halved
2 tsp. finely chopped onion

Rub lamb chops with the cut side of garlic, then discard clove; sprinkle chops with salt and pepper. Broil chops 3 to 4 inches from source of heat 5 to 7 minutes. Place ¼ teaspoon butter in each mushroom cap; mix olives, bread crumbs and salt and pepper to taste. Fill mushroom caps with olive mixture; dot with additional butter. Sprinkle lamb, pepper and the chopped onion on tomato halves. When chops are turned, place a mushroom cap in tail of each chop, place tomatoes on broiler rack with lamb and broil 5 to 7 minutes longer, or until meat reaches desired degree of doneness.



Manhattan Lamb Grill is the perfect meal for spring's first barbecue.

Use your microwave for Florentine tuna

Into a 1½-quart casserole, place a mixture of ¼ cup minced onion, 1 minced small garlic clove and 2 teaspoons butter or margarine cover and microwave on high for 1 minute.

Stir in 1 drained 6½-ounce can tuna, 1 10½-ounce can condensed cream of celery soup, 2 tablespoons diced pimiento, ¼ teaspoon each Italian seasoning and Worcestershire sauce and 2 cups cooked green spinach noodles. Recover and microwave on high 4 minutes; stir. Recover and microwave 3 minutes more.

Sprinkle top with ¼ cup chopped walnuts and ¼ cup shredded mozzarella cheese. Recover and microwave 1 minute. Makes 4 to 5 servings.

Eat wisely — try almonds

If you're one of the millions of Americans who think that snacking while dieting is "cheating," you're missing a good bet. The fact is, sensible snacking can actually help you to stick with your diet by keeping you satisfied and full of energy between meals.

How to snack wisely? If you're a woman and watching your weight, try to limit your snack calories to 200-250 a day. Be sure, too, to include snack calories in your total daily count. Look for foods that offer plenty of good nutrition for the calories expended. Think of each snack as a "mini-meal" that provides some carbohydrate, some protein and some fat. Carbohydrates provide "quick energy," while slower-to-metabolize protein and fat keep you feeling full and vigorous until your next meal.

Almonds are one of the healthiest snack foods around. A rich natural source of vitamin E — an essential nutrient for the good health of body tissues — almonds provide plenty of vitamin B2, magnesium and phosphorus. Additionally, they contain good amounts of calcium and fiber, nutrients often lacking in the diets of adult American women. Best of all, portable almonds provide a wonderfully satisfying snack-time crunch plus protein and polyunsaturated fat; so they're well worth the 170-calorie investment per each 1-ounce serving.

ENJOY AN almond snack at that time during the day when you're most likely to reach for the cookie jar — mid-morning or afternoon, or as you prepare dinner. They'll taste delicious all by themselves, or paired with other healthy foods for nutritious between-meal munching. This tasty list of snacking suggestions will keep you feeling satisfied and full of pep, and help you to avoid those more calorically costly food binges that can sabotage a healthy diet:

- Top ¼ cup plain low fat yogurt with ¼ cup chopped apple and 10 to 12 whole almonds (189 calories)

- Mix 10 to 12 whole almonds with ¼ cup shredded carrots, 2 tablespoons raisins and 1 tablespoon French dressing. (235 calories)

- Mix half a sliced banana with 4 sliced strawberries and 3 tablespoons silvered almonds. (235 calories)

- Fill a small cantaloupe half with ¼ cup plain low fat yogurt and 1½ cup plain low fat yogurt and 1½ tablespoons chopped almonds. (197 calories)

- Mix 3 tablespoons toasted silvered almonds with 3 tablespoons chopped dried apricots and 1½ tablespoons toasted unsweetened shredded coconut. (250 calories)

- Spread 12 cucumber slices with ¼ teaspoon Neufchatel cheese each. Press ¼ ounce toasted silvered almonds onto cheese, dividing equally. (130 calories)

- Mix 20 to 25 whole almonds with 2 tablespoons golden raisins and 2 tablespoons chopped dried apples. Dust with cinnamon and toes to coat evenly. (350 calories)

- Mix 1½ tablespoons chopped toasted almonds with 2 tablespoons grated cheddar cheese. Form into balls. Halve and core a fresh pear, fill cavities with almond mixture. (231 calories)

- Halve a hard-cooked egg. Mash the yolk with 1 tablespoon imitation mayonnaise and mix in 1 tablespoon sliced green onion and 1½ tablespoons toasted chopped almonds. Use mixture to fill cooked egg whites; dust with paprika. (219 calories)

Pork steak saves money

Contemporary cooks are always interested in getting the best value for their food dollar. Sure to help keep the food budget in line is Pork Blade Steaks with Savory Hominy.

PORK BLADE STEAKS AND SAVORY HOMINY

Brown 3 pork blade steaks, cut ¾ to 1 inch thick (2 to 3½ lbs.) slowly in large frying pan. Pour off drippings. Sprinkle 1 clove garlic, minced, 1 teaspoon salt and ¼ teaspoon thyme leaves over steaks; add ¼ cup water. Cover and cook slowly 30 minutes. Remove steaks. Drain liquid from 1 can (16 oz.) tomatoes; cut up tomatoes. Combine liquid with 3 tablespoons flour in frying pan and cook, stirring constantly, until thickened. Stir in 1 can (16 oz.) hominy and continue cooking, covered, 15 minutes or until meat is done. S to 6 servings.

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