Let banana flambe sweeten your diet

Thirty days have September, April, June and November. All the rest have 31 except February and the Diet Season.

During our nearly 20 years of marriage, Anita has gone on a diet more times than we have gone on vacation. The Diet Season can occur any time and usually lasts longer than vacation, but is never as much fun.

I've tried to help my wife weather Diet Season, but it always rains on her parade.

Anita stayed with Weight Watchers five or six weeks some time ago. She gained three pounds.

She stayed with The Last Chance Protein Diet two months. She lost 20 pounds. But when she learned the diet could prove dangerous to her health, she started gaining it all back.

health, she started gaining it all back.

She stayed with The Low Carbohydrate Diet for a month and broke even.

Antial is determined that The Protein Sparing Diet will answer her prayers. I have my doubts, but I've promised to do my best to see that she "achieves weight loss of fat without significantly reducing itssue protein."

She can eat one meal a day sandwiched between two "trim shakes," which can be comprised of fruit and non-fat milk or juices, plus a special powder. It's up to me to make that one meal enjoyable and I'll let you know how Anita does this time around.

DIET EGGPLANT ITALIANO medium eggplant, pared and cut in 10%-inch

slices
1 tap. sal:
1 pkg. (8 or.) part-skim mozzarelli, cut in 10 slices
(4 tap. black pepper
(4 tap. dried oregano leaves
4 cups tomato jaice, cooked until reduced to 2 cups
2 tbsp. grated Parmesan cheese

Place eggplant on large plate, sprinkle on % tea-spoon salt, let sit 10 minutes, boil in enough water to cover 10 minutes, rinse and place in 2-quart cas-serole. Sprinkle on remaining salt, pepper and ore-gano. Place 1 silce mozzarelli on each eggplant silced, pour on cooked tomato juice and sprinkle on Parmesan. Cook 15 minutes in 400° oven. Serves 3.

DIET BANANA FLAMBE

1 banana, halved lengthwise

4. cup unsweetened apple juice

5- tsp. grated lemon peel

tsp. ground ginger

1 thap, brandy

Place banana in non-stick skillet, pour on apple juice, aprinkle on lemon peel and ginger and cook over low beat about 5 minutes, constantly basting banana with juice. Heat brandy, pour over banana, ignite and shake skillet until flames extinguished. Serves 1.

Barbecued food set apart by rich flavor

With the backyard barbecue season here, bring along your imagination when you roll out the grill. A tomato-flavored sauce is an ideal starter for creating delicious barbecue sauces.

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A rich and distinctive flavor is what sets barbecue cooking apart from kitchen range cooking.

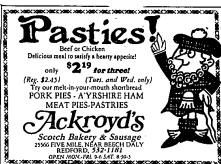
Any tomato-base sauce should be used only during the final 10 minutes of outdoor cooking to prevent food from burning.

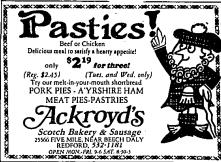
To help you get started cooking up some barbecue saucery, home econo-mists have created this version of bar-becue table sauce. It's especially good on steaks, hamburgers and chops.

AUNT NELLIE'S SAUCE SUPREME can (15% oz.) sloppy joe sandwich

a can (1379 OL) stoppy joe san asuce ¼ tsp. salt (or to taste) ¼ tsp. coarse ground pepper 2 tsp. sugar 2 tsps, wine vinegar 1 tsps, letmon juice 1 ½-2 tsps, Worcestershire sauce ¼ tsp. bot sauce

Combine all ingredients in saucepan and simmer 30 minutes. Cool. Store in a covered jar in refrigerator until ready to brush on meat during last 10 minutes of cooking. Or, warm for use as a table sauce.







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