

Easy, Light... Just Right Meals! for year 'round dining indoors and out

Casual entertaining has long been associated with patio and poolside parties. Foods served at such gatherings, however, have become so popular you're apt to find almost identical menus being served indoors these days.

Whatever the location, such meals must be hearty enough to satisfy yet light enough to fit the lower calorie trend in mealtime planning. And, above all, they must be easy to prepare. Canned gravy and rice work well into such planning.

The gravies range in calories from 10 to 50 per serving. Nicely seasoned and ready to use, canned gravy is the answer to the kinds of foods consumers request these days... products that taste fresh and don't take a lot of time to prepare.

Rice, too, is low in calories...only 82 in each half cup. Rice also is low in fat and sodium...therefore ideal for today's lifestyles.

There's no end to the number of recipes using these two staples. A meat, poultry or seafood nicely sauced with a canned gravy and served over rice will highlight any occasion. The following recipes show how...for inside or outside eating pleasure.

Calcutta Chicken and Rice

(Photo)

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| 2 tablespoons butter or margarine | 3 tablespoons ketchup |
| 8 choice broiler-fryer pieces | 3 tablespoons orange marmalade |
| 1 medium onion, sliced | 1 to 1-1/2 tablespoons curry powder |
| 1 can (10-1/2 ounces) Chicken Gravy | 3 cups hot cooked rice |

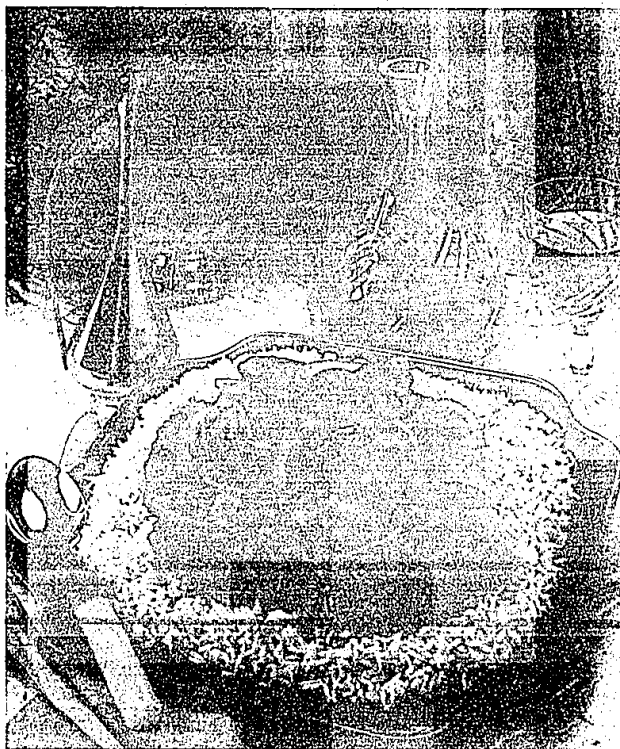
- In 10-inch skillet over medium heat in hot butter brown chicken on all sides; remove from skillet. Spoon fat from drippings remaining in skillet.
- Add onions to drippings in skillet; cook over low heat until tender. Stir in gravy, ketchup, marmalade and curry, scraping any bits from bottom of pan. Bring to a boil.
- Add chicken. Reduce heat to low, cover, and simmer 30 minutes or until chicken is fork-tender.
- Serve chicken with rice; spoon gravy over chicken. Makes 4 to 6 servings.

Beef and Fruit Kabobs

(Photo)

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| 2 cans (10-1/4 ounces each) Beef Gravy | 1-1/2 pounds boneless sirloin steak, cut in 1-inch cubes |
| 1/4 cup brown sugar | 1 can (about 16 ounces) chunk pineapple, drained |
| 1/4 teaspoon ground cloves | 3 cups hot cooked rice |
| 12 carrot pieces, each 1-1/2 inches long | |
| 12 green pepper pieces, each 2 inches square | |

- To make sauce: In 1-quart saucepan over medium heat, heat gravy, sugar and cloves to boiling, stirring occasionally.
- Meanwhile, in 2-quart saucepan over medium heat in 1-inch boiling water, heat carrots to boiling. Reduce heat to low, cover, simmer 5 minutes. Add green pepper; simmer 3 minutes more or until tender-crisp. Drain.
- On six 18-inch skewers thread meat alternately with pineapple, green pepper and carrots.
- Broil kabobs 10 minutes or until done, turning and basting frequently with sauce.
- Heat remaining sauce; serve with kabobs and rice. Makes 6 servings.



Dilled Yogurt Pork Chops

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| 4 pork chops (about 1-1/2 pounds) | 1/4 cup chopped green onions, including tops |
| Pepper, paprika | 1/4 teaspoon dill weed, crushed |
| 2 tablespoons vegetable oil | 1/2 cup plain lowfat yogurt or sour cream |
| 1 can (10-1/2 ounces) Chicken Gravy | 1 cup peach slices |
| 1 cup diagonally sliced celery | 2 cups hot cooked rice |

- Season chops with pepper and paprika. In 10-inch skillet over medium heat in hot oil slowly brown pork chops on both sides (about 15 minutes). Spoon off fat. Add gravy, celery, onions and dill.
- Reduce heat to low. Cover; simmer 25 minutes, stirring occasionally. Blend a small amount of gravy into yogurt; stir into skillet. Add peaches; heat through.
- Serve with rice. Makes 4 servings.

Beef Antonio with Rice

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| 2 tablespoons vegetable oil | 1 can (8 ounces) tomato sauce |
| 1-1/2 pounds beef for stew, cut into 3/4-inch chunks | 1/2 cup cubed Cheddar cheese |
| 1 medium clove garlic, minced | 3 cups hot cooked rice |
| 1 can (10-1/4 ounces) Beef Gravy | |

- In 4- to 6-quart Dutch oven over medium heat in hot oil cook beef with garlic until well browned. Spoon off fat. Stir in gravy, tomato sauce and wine.
- Reduce heat to low. Cover; simmer 35 minutes or until meat is fork-tender. Add cheese, stirring constantly until cheese is melted.
- Serve beef with rice; spoon gravy over beef. Makes 6 servings.

Ham with Spiced Bananas

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| 2 tablespoons butter or margarine | 1/3 cup dry white wine |
| 4 medium bananas, peeled and cut in half crosswise | 8 slices (1 to 1-1/2 ounces each) fully-cooked ham* |
| Ground cinnamon | 2 cups hot cooked rice |
| 1 can (10-1/2 ounces) Chicken Gravy | |

*Use slices 6 x 4 inches.

- In 10-inch skillet over medium heat in hot butter heat bananas through, turning to coat evenly. Remove bananas from skillet and sprinkle lightly with cinnamon.
- Stir gravy and wine into same skillet. Remove from heat.
- Meanwhile, to assemble ham roll, place banana at narrow end of ham. Roll up jelly-roll fashion. Place seam side down in skillet. Repeat with remaining ham and bananas.
- Cover; bring to a boil, reduce heat and simmer 5 minutes or until ham rolls are heated through. Serve over rice. Makes 4 servings.

Meatballs Siciliano

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| 1 can (10-1/2 ounces) Mushroom Gravy, divided | 1/4 teaspoon pepper |
| 1 pound ground beef | 2 tablespoons salad oil |
| 1/4 cup fine dry bread crumbs | 3 cups sliced zucchini |
| 1 egg, slightly beaten | 1/8 teaspoon basil leaves, crushed* |
| 1/8 teaspoon salt | 2 medium tomatoes, cut in wedges |
| | 2 cups hot cooked rice |

*Or use 1/2 to 1 teaspoon Italian seasoning

- In large bowl mix well 1/4 cup gravy, beef, bread crumbs, egg, salt and pepper. Shape mixture firmly into 24 meatballs.
- In 10-inch skillet over medium heat in hot oil cook meatballs, a few at a time, until well browned on all sides. Remove meatballs to a large bowl as they brown. Spoon off fat from skillet.
- Stir remaining gravy, zucchini and basil into skillet; add meatballs. Reduce heat to low; cover. Simmer 15 minutes, stirring occasionally.
- Add tomatoes; heat through. Serve over rice. Makes 4 servings.

