

Taste flavor of the Orient with sweet, sour meatballs

Savor the flavor of the Orient this evening with a meal made special with versatile fresh American ground lamb. Sweet and sour lamb meatballs is the perfect dinner fare for any occasion. Served with hot, steaming rice, this economical ground lamb dish easily becomes a family favorite.

Succulent ground lamb meatballs, seasoned with fresh onion and soy sauce are battered and fried to a golden perfection. The sweet and sour sauce is a thick tangy-tart glaze flavored with pineapple juice blended with a mixture of green peppers, sweet pineapple, crunchy water chestnuts, carrots and raisins.

Meals taste better when prepared with fresh American lamb. When using ground lamb, add "economical" and "versatile" as two extra bonuses. Fresh ground lamb is the perfect meat choice for tightening your pocketbook because

less expensive cuts, such as the shoulder, lends itself so well to grinding. Use ground lamb for any of your ground meat dishes; its versatility and adaptability are limited only by your imagination.

Want to savor the flavor of the Orient tonight with the perfect dinner-dish? Try serving sweet and sour lamb meatballs using versatile, economical and flavorful fresh ground lamb.

SWEET AND SOUR LAMB MEATBALLS

- 2 large green peppers
- 1 medium carrot
- 1/4 cup diced onion
- 1 tsp margarine or butter
- 1 lb ground lamb
- 4 tsp soy sauce
- 1/2 tsp pepper
- 1 egg

- 1/4 cup flour
- 1/4 cup oil
- 1 cup chicken broth
- 1 can (8 oz) chunk pineapple, packed in heavy syrup
- 1/4 cup raisins
- 1/4 cup chopped water chestnuts
- 1/4 cup vinegar
- 2 tsp cornstarch

Cooked rice
Wash and seed peppers; cut into bite-size chunks. Wash carrot; slice diagonally very thin. Place green pepper chunks and thinly sliced carrots in boiling water until crisp-tender (about 3 minutes). Drain and set aside. In small pan, saute onion in margarine or butter until golden brown. Place sauteed onions in large mixing bowl and combine with ground lamb, soy sauce and pepper. Blend well; shape lamb mixture in 24 balls. In small bowl, beat egg. In separate small bowl, measure flour. Dip

lamb balls in flour mixture, egg mixture, and then once again in flour mixture to coat completely. In frying pan, heat oil over medium heat; fry lamb balls until brown and firm. Remove browned lamb balls from pan; place on paper towels. Cover and keep warm. In deep pot, combine 1/4 cup chicken broth, drained pineapple chunks (reserve 1/4 cup syrup), raisins and water chestnuts. Stir mixture over medium heat until it reaches a slow boil. Meanwhile, in medium bowl, combine remaining broth, 1/4 cup pineapple juice, vinegar, cornstarch and remaining 2 tsp soy sauce; stir to remove all lumps. Add to simmering mixture and slowly simmer until sauce thickens and becomes clear. Add browned meat balls to vegetable and fruit sauce. Serve immediately with hot cooked rice.



Add the flavor of the Orient to ground lamb with delicious sweet and sour lamb meatballs.

Snack foods should be nutritious

Snacking is a way of life for most Americans today.

Snacks provide 10-23 percent of 12 important nutrients, according to a study of data collected by the Market Research Corp. of America.

For people with normal health, when and how frequently we eat often are not as important as what and how much we eat. Experts say the key to good snacking is in concentrating on the quality of snack foods, not the quantity.

Because they are so versatile, wholesome and convenient, granola snacks — according to home economists working with Nature Valley granola — make "snacksense." The home economists point out that granola products offer a taste and texture for everyone and are 100-percent natural with no additives or preservatives.

The home economists have compiled a list of snack suggestions for people in different age groups.

SNACKS FOR Preschoolers: Plan snacks for children that complement their daily food plan. Then, choose snacks that have energy giving qualities and are fun to eat.

Allow children to serve themselves when practical. They are more likely to eat all they offer. Offer only familiar foods when a child is tired or cross.

Snacks for teenagers: To provide teens with an afternoon energy boost, serve granola snacks in a variety of forms.

Reinforce good eating choices by setting good examples.

Snacks for the middle years: Middle-aged adults, as with people in every age group, should choose between-meal snacks for the contribution they make to the entire day's good eating plan.

Crisp, raw vegetables are excellent for snacks. Such bulky foods take longer to eat, provide chewing satisfaction and are filling. Or save a food from one meal to eat later as a snack.

Again, adult snacking can include granola products. They are not only good tasting but also are "go-anywhere" snacks — convenient for the lunch box, briefcase, handbag, car glove compartment or backpack.

Remember to balance physical activity with food intake. Snacks for the retired years: This age group should use snacks as a supplement to smaller meals to help maintain their diet's nutritional balance. Eat meals and snacks at regular times and with an eye toward maintaining proper weight.

If overweight, eat smaller portions of food and increase physical activity. Avoid overindulging in high refreshments.

Plum kuchen is easy to do

A kuchen, pronounced koo-ken, is a German coffee-cake. It is usually made using a yeast dough and then covered with sugar and spices. This version is made without yeast making it easier to do but just as delicious.

PLUM KUCHEN (canned or fresh)

- 1 can (14 ounce) plums
- 1/2 cup butter or margarine
- 1/4 cup sugar
- 1 egg
- 1 1/4 cups sifted flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup milk
- 1/4 cup sugar
- 1 tsp cinnamon

Drain plums, reserving 1/4 cup syrup. Pit plums and set aside. Beat together butter and 1/4 cup sugar, add egg and mix well. Sift together flour, baking powder and salt. Add to creamed mixture alternately with milk, beating well after each addition. Pour into greased 1 1/2-quart baking dish. Arrange plums on top. Pour reserved syrup or 1/4 cup water over plums. Combine 1/4 cup sugar and cinnamon; sprinkle over plums. Bake at 375° about 30 minutes. Makes about 6 servings.

Tips to save energy

Changing seasons can signal the time to do all those jobs put off for a "rainy day."

This simple checklist can help you save energy and make your home safer:

- Is your furnace area filter-free?
- Are pilot light filters clean?
- Check your heating system. Have you installed an automatic temperature thermostat?

This is also the time to take a look at storm doors and windows. Replace old weatherstripping where needed. Caulk air leaks.

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