

# Shopping Cart

Monday, April 2, 1984 O&F

(F19)

## SLIMMING Pastabilities AMERICAN-STYLE

Pasta goes American in specialties prepared with domestic pasta and other of our native foods. Right in tune with the emerging American cuisine are pasta favorites that are good to eat, good for you and can be enjoyed with no concern about calories. Surprised there is no worry about calories? If so, it means you are among many who still think of pasta as a fattening food. Let's clear up the misconception! There are only 210 calories in a five-ounce portion of cooked pasta... an average entree serving. It's what you add to the pasta that makes the difference. Skip the usual oil, butter, cream and other calorie-laden add-ons. Concentrate on go-withs like light sauces (and do sauce lightly), vegetables, poultry, seafood and other foods that keep calories in line.

For example, here are our pasta selections for year 'round enjoyment. Succulent chicken fricassee with egg noodles appears with a calorie tally of only 400 a serving. A version of beef stew with noodles can be savored with a mere 270 calories per portion. Macaroni and Cheese is one of America's greatest pasta dishes. Waistline watchers will love our recipe which allows you to indulge at only 290 calories. Or make a pasta-vegetable stew. Calories on this one... 340.

When buying pasta, select American-made products processed from durum and/or other high quality hard wheat. Healthful pasta is an excellent source of complex carbohydrates and offers B vitamins, protein and iron. It is low in fat and sodium.

As you plan slimming menus, choose tea as the appropriate beverage. Dating back to Colonial days, the clean fresh taste of tea is as welcome now as it has been throughout our culinary history. Tea has the happy quality of giving a gentle lift without a later letdown. Especially if you use a good quality tea—a brand you're familiar with rather than a no-name generic. And do brew the tea properly following the simple rules below to make sure you make the best tasting beverage that refreshes and relaxes at the same time.

Take a look at some of our typical Yankee Doodle tea variations. You can travel from Cape Cod to Hawaii in your tea service! How about the Johnny Appleseed version colorfully garnished with a fresh apple wedge... great with the Chicken Fricassee!

### CHICKEN FRICASSEE, U.S.A.

(Makes 6 servings)

- |   |   |
|---|---|
| 1 broiler-fryer, cut up<br>(about 2-3/4 pounds) | 1 cup sliced fresh carrots                    |
| 1 tablespoon vegetable oil                      | 1 cup sliced celery                           |
| 1-1/2 cups chicken stock or broth               | 1 cup sliced fresh mushrooms                  |
| 1 cup water                                     | 1/2 cup chopped onion                         |
| 1 teaspoon salt, optional                       | 1/2 cup milk                                  |
| 1 teaspoon thyme leaves, crushed                | 8 ounces medium egg noodles<br>(about 4 cups) |
| 1/8 teaspoon pepper                             | 1 tablespoon salt, optional                   |
| 1-1/4 cups cut fresh green beans                | 3 quarts boiling water                        |

Rinse and pat chicken dry; set aside. In large sauce pot, heat oil. Add chicken and cook, turning occasionally, until browned on all sides, 10 to 12 minutes. Pour off drippings. To the pot, add chicken stock, 1 cup water, 1 teaspoon salt, thyme and pepper. Cover and heat to boiling. Reduce heat; simmer 20 minutes. Add beans, carrots, celery, mushrooms and onion. Cook about 15 minutes or until chicken and vegetables are tender. With slotted spoon, remove to bowl; cover and keep hot.

Drain off excess fat from drippings in pot. Boil remaining liquid until it is reduced to about 1-1/2 cups. Add milk. Heat to simmering. Remove from heat; keep hot.

While chicken and vegetables are cooking, gradually add noodles and 1 tablespoon salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Turn noodles onto heated serving platter. Spoon chicken and vegetables on top. Serve with sauce.

Calories per serving: 400

### MIDWEST BEEF STEW WITH EGG NOODLES

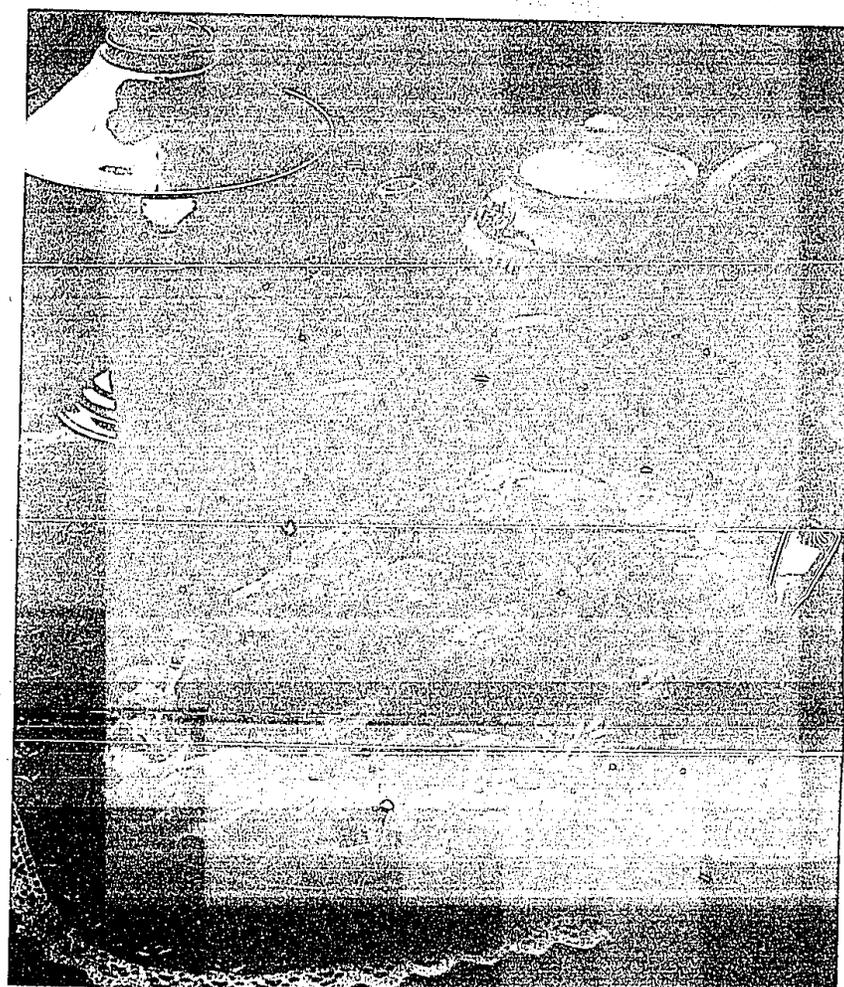
(Makes 6 servings)

- |  |   |
|--|---|
| 1-1/2 tablespoons vegetable oil                      | Salt and pepper                               |
| 1/2 pound boneless beef chuck, cut into 1-inch cubes | 1-1/2 cups coarsely chopped cabbage           |
| 1 cup coarsely chopped onion                         | 1 cup sliced carrots                          |
| 1 clove garlic, minced                               | 1 cup cut fresh green beans                   |
| 1-1/2 cups beef broth                                | 8 ounces medium egg noodles<br>(about 4 cups) |
| 3/4 cup water  | 1 tablespoon salt, optional                   |
| 1/4 teaspoon thyme                                   | 3 quarts boiling water                        |

In heavy Dutch oven or saucepot, heat oil. Add meat and cook, stirring frequently, until meat is browned, about 10 minutes. Add onion and garlic and cook 3 minutes longer, stirring occasionally. Add broth, 1/2 cup water and thyme. Season to taste with salt and pepper. Cover and simmer over low heat 45 minutes. Add cabbage, carrots and beans. Cover and continue cooking about 20 minutes or until meat and vegetables are tender.

Meanwhile, gradually add noodles and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Spoon stew over noodles.

Calories per serving: 270



### HEARTLAND MACARONI AND CHEESE

(Makes 6 servings)

- |                                      |   |
|--------------------------------------|---|
| 2 cups elbow macaroni<br>(8 ounces)  | 1 package (8 ounces/12 slices)<br>pasteurized process cheese<br>product |
| 1 tablespoon salt, optional          | 1/2 teaspoon prepared mustard   |
| 3 quarts boiling water               | 1/2 cup chopped parsley   |
| 3 tablespoons butter or<br>margarine | 3 tablespoons chopped<br>pimiento                                       |
| 3 tablespoons flour                  |   |
| 2-1/2 cups skim milk                 |   |

Gradually add macaroni and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

While macaroni is cooking, melt butter in a medium saucepan over low heat. Add flour and cook over low heat, stirring constantly, until thick. Gradually stir in milk and continue cooking and stirring until mixture just begins to boil. Add remaining ingredients and cook, stirring frequently, until cheese is melted.

Combine macaroni and sauce in a 2-quart casserole. Cover and bake in a 350° F. oven about 30 minutes or until heated through.

Calories per serving: 290

### NORTH DAKOTA PASTA-VEGETABLE STEW

(Makes 4 servings)

- |                             |  |
|-----------------------------|--|
| 1 tablespoon vegetable oil  | 1/4 teaspoon rosemary leaves,<br>crushed |
| 1 clove garlic, minced      | 1/8 teaspoon pepper                      |
| 1/2 cup sliced scallions    | 2 cups elbow macaroni<br>(8 ounces)      |
| 1-1/4 cups chicken broth    | 1 tablespoon salt, optional              |
| 1-1/2 cups peas             | 3 quarts boiling water                   |
| 1-1/4 cups sliced tomatoes  |  |
| 1 cup thinly sliced parsnip |  |

In large saucepan or Dutch oven, heat oil. Add garlic and scallions and cook over medium heat, stirring frequently, about 5 minutes. Add chicken broth, peas, tomatoes, parsnip and seasonings. Cover and simmer gently, stirring occasionally, for 25 minutes.

Meanwhile, gradually add macaroni and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Add to vegetables and heat through.

Calories per serving: 340

### DIRECTIONS FOR MAKING HOT TEA

- Use a teapot and rinse it out with hot water to warm it.
- Bring freshly drawn cold water to a full rolling boil.
- For one quart of tea, put six teabags or six teaspoons of loose tea in the teapot.
- Pour one quart of boiling water over the tea, cover and let stand for 3 to 5 minutes. Remove teabags or strain before serving.

### TEA VARIATIONS

- Johnny Appleseed Tea**  
Stir into one quart hot tea:  
6 tablespoons frozen apple juice concentrate, undiluted  
2 teaspoons lemon juice (optional)  
Brown sugar to taste  
Add a small apple wedge to each cup.
- Floridian Tea**  
Stir into one quart hot tea:  
3 tablespoons frozen orange juice concentrate, undiluted  
Honey to taste  
Add a halved orange slice to each cup.
- Californian Tea**  
Stir into one quart hot tea:  
4 tablespoons frozen lemonade concentrate, undiluted  
Sugar to taste  
Add a lemon slice to each cup.
- Hawaiian Tea**  
Add 3 mint sprigs to teapot before brewing one quart of tea.  
Stir in 5 tablespoons frozen pineapple juice concentrate, undiluted.  
Sugar to taste  
Add a halved pineapple slice to each cup.
- Cape Cod Tea**  
In small saucepan, bring to a boil and simmer 5 minutes to blend flavors:  
2 cups cranberry drink  
1 cinnamon stick  
1 orange slice, studded with 8 cloves  
1/4 cup packaged brown sugar  
Stir cranberry mixture into one quart hot tea. If desired, serve with cinnamon sticks as muddlers.