

A St. Pat's Day dinner that is light, healthy

St. Patrick's Day. A day given to honor the Irish patron saint, St. Patrick. In America, it's a day all Irish men and women remember their Irish heritage with parades, parties, and their favorite Irish foods, including corned beef and Irish soda bread.

You need not be Irish to enjoy traditional Irish fare. In "the old country," pickled or smoked meats were a favorite for Sunday dinners and other special occasions. That's probably part of the reason corned beef has come to be associated with St. Pat's Day. Corned beef is made by pickling or curing beef cuts such as brisket or the round in a salt brine. The corned beef brisket, which comes from the beef's breast section, is the most popular cut.

When planning this year's St. Pat's Day dinner, take a healthy and light approach to the traditional meal. Serve Corned Beef Brisket with Herbed Vegetables. Select a 2½- to 3½-pound boneless corned beef brisket. Plan on getting around three, three-ounce servings per pound of corned beef after cooking. Tender and juicy corned beef is prepared by slowly simmering in liquid.

One of the best ways to prepare vegetables is by steaming. Steamed vegetables are more flavorful and their color is brighter. Since the vegetables are cooked over a small amount of water, rather than immersed in it, fewer nutrients are lost.

To prepare Herbed Vegetables, steam baby carrots, green beans and pearl onions for about 10 to 15 minutes, or until tender crisp. Flavor the vegetables with an herb mixture of mustard and thyme and tarragon leaves, which have been cooked in butter to release their flavors.

This meat and vegetable combination also provides a good sampling of many nutrients needed every day to maintain a healthy, balanced diet. For example, it contains 45 percent of a person's daily protein needs and 65 percent of his or her requirements for vitamin A. Yet a single serving of the corned beef and vegetables contains just 385 calories.

Round out this "light" corned beef dinner with the traditional Irish soda bread and a refreshing lime sherbet.

¼ tsp. dried thyme leaves
¼ tsp. dry mustard
¼ tsp. dried tarragon leaves

Place corned beef brisket in Dutch oven; add water to cover. Cover tightly and simmer 2½ to 3½ hours or until meat is tender. Meanwhile steam carrots, green beans and onions 10 to 15 minutes or until tender-crisp. Melt butter in small saucepan; add thyme, mustard and tarragon and drizzle over vegetables. Carve brisket diagonally across the grain into thin slices and serve with vegetables.



pilot light
Greg Melikov

Clip a coupon and save on pot roast

I still clip coupons from newspapers and magazines. In fact, a friend gave me a little gift: a coupon clipper that relies on a versatile finger and a sharp razor blade.

I also still clip bonus coupons and save bonus stamps, those yellow and green ones that you must paste on a card to collect dividends.

After a year of keeping a log, I found that most of the double coupons went for dishwashing liquid, paper towels, flour, cooking oil, coffee, frozen pizza and soft drinks.

With the double coupons, I also got two boxes of macaroni and cheese for \$1 a pound, including a regular coupon savings from 30 cents to \$1 on three purchases. Frozen pizza, which cost from 45 cents to \$1.29, including a regular coupon savings averaging 25 cents on four purchases. Soft drinks, which cost from 74 cents to 94 cents an eight-pack, including a regular coupon savings averaging 25 cents.

Eleven times I put double coupons to work on soft drinks. I don't drink soda, but my family does.

However, I do cook with cola on occasion. You can, too.

COLE POT ROAST
3 to 3½-lb. beef chuck roast

End dinner with coffee

"Five minute" cooks — with more taste than time — find frozen whipped topping, made with real cream, just their style. Creamy, rich, and ready when it's needed, frozen whipped topping adds that special touch to desserts and festive drinks. Described here are traditional Irish Coffee and a lemon-sparkled Foamy Hot Dessert Sauce. Both are elegant, easy, and ready in less than five minutes.

FOAMY HOT DESSERT SAUCE
1 cup thawed whipped topping
¼ tsp. grated lemon rind

Heat whipped topping over low heat, stirring just until melted. Blend in lemon rind. Serve immediately over cake or gingerbread.

¼ cup
Variation: Substitute ¼ teaspoon grated orange rind for lemon rind.

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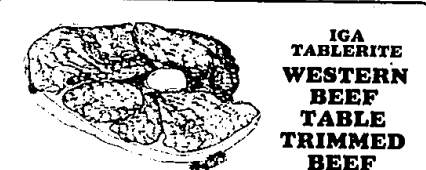
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\$1.59 LB.



IGA TABLERITE Assorted, Sliced Pork Chops
Roasters
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1/4 Loin \$1.39
7-11 Chops \$1.39 LB.



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\$2.39 LB.



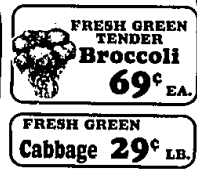
Coca-Cola Reg. or Diet Caffeine Free Tab, Sprite
8 PK.
1/2 LITER \$1.73
Plus Dep.



FAME Homogenized Milk
\$1.79 GAL.



IGA Enriched, Soft, Loaf Split Top White Bread
59¢
FAME Whole Wheat Bread
\$1.09



FRESH GREEN TENDER Broccoli
69¢ EA.



FRESH GREEN Cabbage
29¢ LB.



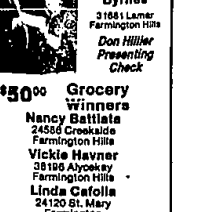
White Thompson Seedless, Red Flame Seedless, or Blue Ribbler Grapes
98¢ LB.



FAME Pimento Cheese Singles
99¢



FAME Tuna Fish
49¢



FAME Fruit Cocktail
59¢

COUPON

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Expires 3/18/85

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Expires 3/18/85

IGA COUPON
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Expires 3/18/85

IGA COUPON
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Expires 3/18/85

IGA COUPON
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2/1
Must purchase 2 or more items from the towel menu
Expires 3/18/85

COUPON
Free Fame Towels
2/1
Must purchase 2 or more items from the towel menu
Expires 3/18/85

JOIN IN THE FUN BE A WINNERS