

Proteins blend completely in Mexican pizza

What do kidney beans, sunflower seeds and brown rice have in common? All are sources of protein — a nutrient you might think comes only from red meats, fish or poultry. Actually, beans, seeds, nuts and whole grain cereals can be combined in many ways to create family-pleasing meatless main dishes for mere pennies.

The key to creating main dishes minus the meat is in selecting the right combinations of protein sources. There are two primary ways you can do this. One way is to combine a plant protein food with an animal protein food. For example, cheese, yogurt, milk and eggs can be combined with grains, legumes (dried beans, peas and lentils), seeds or nuts. If macaroni and cheese, bean and cheese burritos and cheese pizza are favorite main dishes, you've already been enjoying the great taste and economy of grains and legumes paired with dairy products.

You can also combine two different plant protein foods. When you combine two different plant proteins, they complement each other to form a more complete protein source. For example, a legume can be combined with whole grains, seeds or nuts but not with another legume. Red beans and rice, baked beans and brown bread, black-eyed peas and corn bread, split pea soup and a peanut butter-sandwich on whole wheat bread and kidney bean-barterley are just a few of the possibilities.

In addition to protein, plant foods supply B vitamins, iron and dietary fiber. And unlike animal proteins, most contain little if any fat. As research on the relationship of certain fats in the diet to coronary heart disease continues, medical authorities are telling us to eat fewer foods which are high in fat, and to increase the fiber in our diets. So, meatless meals are a healthy

as well as easy-on-the-budget menu alternative.

Of all the non-meat protein sources, beans are the most economical and versatile. One cup of cooked beans provides one-fourth of the U.S. Recommended Daily Allowance of protein and costs just pennies. However, beans do require soaking and lengthy cooking before they can be used in favorite recipes. Cooked beans, readily available in convenient cans, are just as nutritious and are ready to use when inspiration strikes.

Hungry for pizza? Pinto beans in a tasty chili-flavored sauce are a tasty alternative to the usual sausage. And Mexican Pizza is fun to prepare and even more fun to eat. The golden corn meal in the thin crispy crust and Monterey Jack cheese topper complement the protein in the beans. A tossed salad and glass of milk are the only accompaniments needed.

MEXICAN PIZZA

- 1/4 cup plus 1 Tbsp. enriched corn meal
- 1 1/2 cups all-purpose flour
- 1 Tbsp. baking powder
- 1/2 tsp. salt
- 1/4 cup milk
- 1/4 cup vegetable oil
- One 12-oz. jar taco sauce
- One 15 1/2 oz. can Mexican-style chili beans, undrained
- 2 cups (8 oz.) shredded Monterey Jack cheese
- 1 medium green pepper, cut into thin rings

Heat oven to 450 degrees. Grease 14-inch round pizza pan or 15-by-10-inch jelly roll pan. Sprinkle 1 Tbsp. corn meal evenly into prepared pan. Combine remaining 1/4 cup corn meal, flour, baking powder and salt. Add milk and oil; stir with fork until mixture forms

a ball. Press dough into prepared pan; shape edge to form rim. Bake 15 minutes.

Spread taco sauce evenly over partially baked crust. Top with beans, cheese and green pepper rings; continue baking 10 minutes or until cheese is melted.

Eight 8 1/4 by 5-inch slices.

HEARTY VEGETABLE BEAN SOUP
From soup pot to soup bowl in minutes. Protein-rich red kidney beans team up with corn, green pepper and tomatoes in a flavorful stock made extra easy with tomato juice and canned beef broth. Top each serving with shredded cheddar cheese for a winning meatless combination.

- HEARTY VEGETABLE BEAN SOUP**
- 1/2 cup chopped green pepper
- 1/4 cup chopped onion
- 1 small clove garlic, crushed

- 1 Tbsp. vegetable oil
- Two 15 1/2 oz. cans red kidney beans, drained
- One 28-oz. can tomatoes, undrained, cut into pieces
- One 10-oz. pkg. frozen corn
- One 12-oz. can tomato juice
- One 13-1/4-oz. can single strength beef broth
- 1 Tbsp. chili powder
- 1 Tbsp. sugar (optional)
- 1 tsp. cumin
- 1 cup (4 oz.) shredded cheddar cheese

In 4-qt. saucepan or dutch oven, saute green pepper, onion and garlic in oil 5 to 7 minutes or until tender. Add remaining ingredients except cheese. Bring to a boil over medium-high heat. Reduce heat; simmer 10 minutes, stirring occasionally. Sprinkle each serving with 2 Tbsp. cheese. Eight 1-1/2 cup servings.

Use lamb in 2 ethnic appetizers

Two tempting hot hors d'oeuvres made with American lamb will complement any special occasion. Mexican meatballs made with lean ground lamb will add a southwestern flair to your gathering. Guests will be surprised by the unusual and delicate flavors of Lamb 'n' Zucchini Spread enhanced by a Middle-Eastern influence. The ingredients for both recipes are simple and colorful, resulting in appetizers that are attractive, delicious and easy to prepare.

Be sure to ask your butcher for lean ground lamb. Broiling the meatballs helps reduce calories and eliminates the use of additional fat for browning. Lamb will also help keep the calorie count low... an excellent source of iron, zinc and the B-complex vitamins.

LAMB 'N' ZUCCHINI SPREAD

- 2 Tbsp. vegetable oil
 - 2 small zucchini, sauteed
 - 3/4 cup chopped cooked lamb*
 - 1/4 cup chopped green onion
 - 1/4 cup sliced green pepper, chopped
 - 2 tsp. red wine vinegar
 - 1/4 tsp. sweet basil
 - 1/4 tsp. salt
 - 1/4 tsp. black pepper
 - Dash of cayenne pepper or to taste
 - 1/4 cup bread crumbs
 - 1/4 cup grated Swiss cheese
 - Grated parmesan cheese
- Cut zucchini in 1/2 inch cubes. In large skillet, heat oil over medium heat. Add zucchini; saute until tender, about 4 minutes. Add lamb, onion, green pepper, garlic, tomato, vinegar, sweet basil, salt, black pepper and cayenne; cook over medium heat, covered,

for 20 minutes, or until vegetables are tender and most of the liquid absorbed, stirring occasionally. Stir in bread crumbs and Swiss cheese. As soon as cheese melts, remove from heat. Using a slotted spoon, transfer to serving container. Top with Parmesan cheese. Serve hot with pita bread wedges or saltine crackers. Makes 1-1/2 to 2 cups.

*In shallow roasting pan, roast lamb at 225 degrees F. for 25 minutes per pound, or until meat thermometer inserted in thickest part of meat reaches 150-155 degrees F.

Preparation time: 30 minutes
Cooking time: 25-30 minutes

MEXICAN LAMB MEATBALLS

- 1 can (1 lb.) minced tomatoes
- 2 Tbsp. sauteed onion
- 1 can (4 oz.) green chiles

- 2 Tbsp. catsup
 - 1/4 tsp. black pepper
 - 1/4 tsp. salt
 - 1 lb. lean ground lamb
 - 1/4 cup minced onion
 - 1/4 cup finely chopped parsley
 - 1/4 cup pimiento (red chili salsa)
- In large saucepan, combine tomatoes, 2 Tbsp. onion, green chiles, catsup, pepper and salt; simmer uncovered for 20 minutes. Meanwhile in medium mixing bowl, combine ground lamb, remaining onion, parsley and pimiento sauce. Form meatballs using 1-1/2 tsp. mixture per meatball. Broil 5-8 inches from the source of heat for 5 minutes. Add meatballs to sauce; simmer uncovered for 10-15 minutes. Makes 5-7 dozen.
- Preparation time: 20 minutes
Cooking time: 30-35 minutes

Most expensive meal in Hangtown

When it comes to creating an expensive yet simple meal in a hurry few chefs can rival the ingenuity of the anonymous cook of the Cary House Hotel in Hangtown, Calif., whose sole claim to fame is an oyster dish with the unlikely name of Hangtown Fry. (Hangtown, now Placerville, got its name because the town's judge had a short temper and an excess of rope, it appears.)

The clever chef, so the story goes, was asked by a lucky miner who had just found a bonanza at Shirlatt Bend to fix the most expensive meal on the menu. It was an unusual request, but not a difficult one to fill. During the Gold Rush local prices in mining towns rose to unbelievable heights — usually in direct proportion to the amount of gold available in the area. A piece of watermelon might sell for \$4 to \$6,

while whiskey was \$1,500 a barrel. At \$1 each, eggs cost only slightly less than oysters. Combining the two resulted not only in a high-priced meal, but also in a tasty recipe which today is quite affordable.

HANGTOWN FRY

- 12 medium-sized shucked oysters
- 3 Tbsp. all-purpose flour
- 1/4 tsp. salt
- Dash pepper
- 2 Tbsp. butter or margarine
- 6 eggs
- 1/4 cup milk
- 1/4 tsp. salt

Pat oysters dry with paper toweling. Combine flour, the 1/4 tsp. salt and the pepper. Dip oysters into the 1 beaten egg, then into the flour mixture. In 10-inch skillet melt the butter or margarine

over medium heat. Cook oysters in butter till edges curl, about 2 minutes on each side. Beat the 6 eggs with the milk and the 1/4 tsp. salt. Four into skillet with oysters. As egg mixture begins to set on bottom and sides, lift and fold over with wide spatula. Continue cooking and folding for 4 to 5 minutes or till eggs are cooked throughout. Remove from heat. Makes 3 or 4 servings.

Hangtown Fry — and the story surrounding its creation — is the stuff from which the cookbook "A Taste of the West from Coors" is made. The anecdotes from the old West are as much

fun to read as the recipes are to prepare and eat.

"A Taste of the West from Coors" is a hard-cover 106-page cookbook, lavishly illustrated with full color food and scenic photography. It shows western food lovers how to bake, mix and flavor with beer, a centuries-old cooking ingredient. All recipes have been tested and approved by the Better Homes and Gardens test kitchens. To order by mail, send check or money order for \$7.99 to Coors Cookbook, P.O. Box 10277, Des Moines, Iowa 50316. The book may also be obtained at local bookstores.



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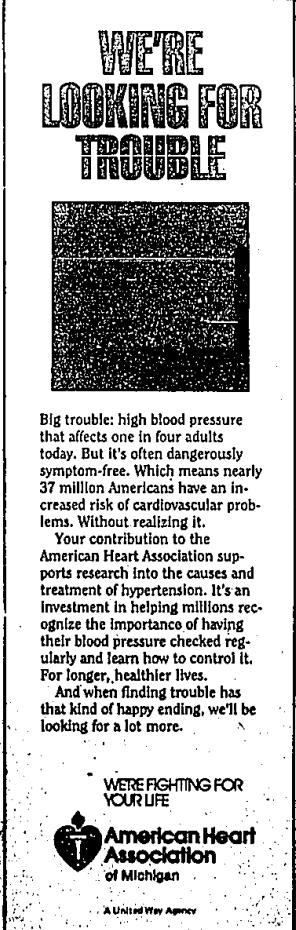


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