

# Hungarian pork chops — herbs keep calories low

Everyone seems to want and have less of everything today. People own smaller cars, live in condominiums instead of big houses, and share living space with fewer family members. And more and more individuals, less time is spent preparing them, serving sizes are smaller and an attempt is made to keep calories at a minimum.

Today's cooks, therefore, demand convenient, low-calorie meals. One center that can fulfill these rigorous demands is Hungarian Pork Chops. Many people may think that Hungarian dishes are heavy and calorie-laden. But that's far from the truth when you prepare Hungarian Pork Chops. A single, three-ounce portion contains 250 calories and takes a little over half an hour to prepare. That leaves the cook plenty of time to enjoy a gypsy violin serenade during dinner.

The use of herbs is a well-known method for keeping calories low in meals. Generous use of seasonings, particularly paprika, is a typical characteristic of Hungarian cooking. Paprika, a ground spice made from chili peppers, can vary in its "hotness." It is at the heart of many Hungarian dishes, adding flavor and a rosy color.

Another way to keep calories in line is to choose lean meat cuts, like pork center loin chops. In order to make the proper meat selection, the meat industry is offering a nutrition information

program through supermarkets. The program, called Meat Nutri-Facts, provides detailed calorie and nutrient information on many meat cuts sold in the meat case. For example, the pork center loin chop is one of several fresh pork cuts in the 200 to 250 calorie range. Many supermarkets are now identifying the keep calorie content with "Under 200 Calorie" fresh meat package stickers.

Because Hungarian Pork Chops contains just seven ingredients and can be prepared in about 30 minutes, it's a convenient recipe. And for the smaller, two-person household, this recipe can be easily adapted for use in the increasingly popular microwave oven. Cook, juicy, tender and flavorful pork chops in the microwave oven at a reduced power level, covering tightly and rotating and turning during cooking to promote even heating.

#### HUNGARIAN PORK CHOPS

Preparation time: 5 minutes

Conventional cooking time: 29 to 33 minutes

Microwave cooking time: 20 minutes

4 pork loin chops, cut 1 inch thick

1/2 tsp. Hungarian paprika

1/2 tsp. onion powder

1/4 tsp. pepper

1/4 tsp. salt

1/2 cup well-drained sauerkraut

1/4 cup dairy sour cream

Combine paprika, onion powder and

pepper. Rub mixture evenly on both sides of chops. Place chops on rack in broiler pan so surface of meat is 3 to 5 inches from heat. Broil at low to moderate temperature 13 to 18 minutes on each side. Season with salt. Spread 1 tablespoon sauerkraut evenly over each pork chop; spread 1 tablespoon sour cream over sauerkraut. Sprinkle with additional paprika. Continue broiling 3 minutes or until sauerkraut is heated through. 4 servings.

Microwave directions for two pork chops: Reduce all ingredients in half. Combine paprika, onion powder and pepper. Rub mixture evenly on both sides of chops. Place pork chops in microwave-safe baking dish and cover with plastic wrap or lid (do not vent). Microwave at MEDIUM-LOW or 30 percent power (approximately 200 watts) 9 minutes. Remove plastic wrap or lid carefully. Invert chops and rotate dish 1/4 turn. Continue cooking, covered at MEDIUM-LOW for 9 minutes. Season chops with salt. Spread 1 tablespoon sauerkraut evenly over each pork chop; spread 1 tablespoon sour cream over sauerkraut. Sprinkle with additional paprika. Microwave, uncovered at HIGH 2 minutes or until sauerkraut is heated through. 2 servings.

NOTE: Cooking times are based on a full power output of approximately 650 watts.



Serve low-calorie Hungarian Pork Chops to the tune of soulful violin music.

## Dress up any meal with vegetable side dishes

Orange Supreme Vegetables and Vegetable Custard Bake are two dishes guaranteed to dress up any meal without requiring elaborate preparation. Several favorite vegetables are even highlighted in each dish, using frozen vegetable combinations. These frozen mixtures are especially convenient for entertaining since they already contain the right proportion of vegetables needed for each recipe.

Combining interesting flavors makes Orange Supreme Vegetable a particularly delightful side dish. A tangy and distinctive-tasting sauce flavored with orange juice is served over a colorful display of steaming broccoli, cauliflower and whole baby carrots. Garnished with slices of fresh orange, this impressive-looking meal accommodation hints at its delicate orange flavor. For convenience, both conventional and microwave cooking instructions are included with this recipe.

Vegetable Custard Bake is another side dish that clearly gets out of the "plain Jane" mold. A combination of tender corn kernels and broccoli, accented with red peppers, adds both flavor and texture to the lightly seasoned egg custard mixture. This vegetable dish requires no last-minute attention since it bakes one hour before serving.

ORANGE SUPREME  
VEGETABLES  
16-oz. pkg. frozen broccoli, cauli-  
flower and carrots  
2 Tbsp. margarine or butter  
2 Tbsp. flour

1/4 tsp. salt  
1 cup orange juice or orange slices, if  
desired

Cook vegetables according to pack-  
age directions; drain and keep warm.

In medium saucepan, melt margar-  
ine; stir in flour and salt until

smooth. Gradually stir in orange  
juice; heat until thickened and bubbly,  
stirring constantly. To serve, pour  
orange sauce over vegetables. Garnish  
with orange slices. 6 servings.

VEGETABLE CUSTARD BAKE  
16-oz. pkg. frozen whole kernel corn,

broccoli and red peppers.

4 cups half-and-half

6 eggs

1/4 tsp. flour

2 Tbsp. sugar

1 tsp. salt

1/4 tsp. white pepper

1/4 tsp. nutmeg

Heat oven to 350 degrees. Grease  
13-by-9-inch (3-quart) baking dish.

Rinse vegetables in warm water;

drain well on paper towel. Set aside.

In medium saucepan, over low  
heat, heat half-and-half just until  
warm. DO NOT BOIL. In large bowl,

beat eggs until light and lemon col-

ored. Stir in flour, sugar, salt, pepper  
and nutmeg; mix well. Stir in half-

and-half and vegetables; pour into  
baking dish. Bake at 350 degrees for

55 to 65 minutes or until knife inserted

in center comes out clean. Let cas-  
serole stand 10 minutes before cut-

ting and serving. 8 to 10 servings.

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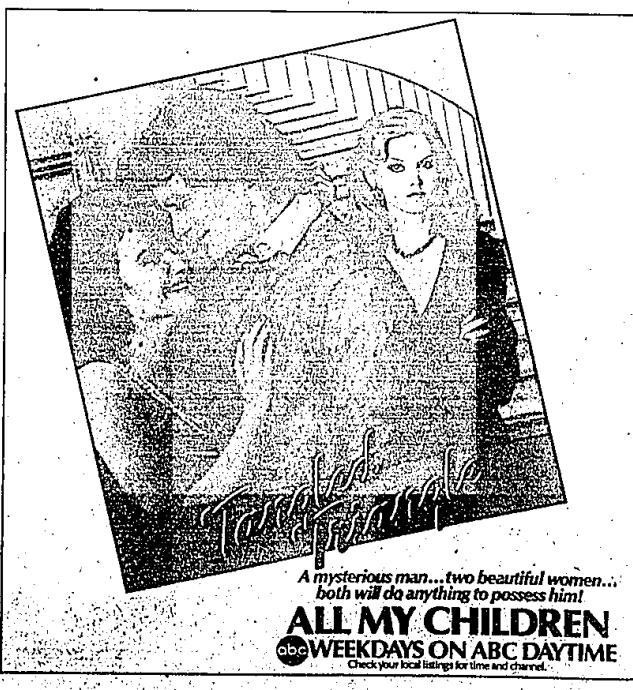
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