

Healthy holiday recipes

Continued from Page 37

1 Tbsp. dill
Combine all ingredients in blender or food processor and process until smooth. Chill several hours to allow the flavors to blend. (Calorie count: 1 tablespoon equals 1 serving per serving: 35 calories; 3.9 gm. protein; 0.6 gm. fat; 4.2 gm. carbohydrates; 2 mg. cholesterol.)

HOMEMADE CRISP CHIPS

(4 chips equal 1 serving)

1 dozen corn tortillas
¼ cup water
2 Tbsp. soy sauce
onion powder
garlic powder
Sweet Hungarian paprika
Make four cuts into a stack of tortilla chips, cutting them into triangles or optional shapes. Lay out wedges on ungreased baking sheets, do no overlap. Combine water and soy sauce in a spray bottle and lightly spray the tortilla wedges to help the seasoning adhere. Sprinkle seasonings of your choice on tortillas and bake in a preheated 400-degree oven until lightly browned, about 8 minutes. Chips will crisp up within minutes from the oven. Cool. Store in airtight bags. (Calorie count per serving: 25; 0.8 gm. protein; 0.3 gm. fat; 6 gm. carbohydrates; 0 cholesterol)

MARINATED CHICKEN DRUMMETTES

(serves 12; 2 equals 1 serving)

1½ pounds drummettes, skinned
¾ cup lite Italian dressing
2 tsp. Italian seasoning
2 tsp. sweet Hungarian paprika
2 Tbsp. prepared chili sauce
2 Tbsp. raspberry vinegar
Place drummettes in a casserole and set aside. Combine remaining ingredients and pour over drummettes. Bake at 350 degrees, uncovered for 30 minutes. Chicken can be served hot or cold.

(Calorie count per serving: 41 calories; 6.7 gm. protein; 1.1 gm. fat; 0.7 gm. carbohydrates; 24 mg. cholesterol)

HOMEMADE CROCKERY CHEESE

(Makes 1½ cups; 2 Tbsp. equal 1 serving)

8 oz ricotta cheese
1 small clove garlic
2 tsps. sweet Hungarian paprika
¼ tsp. dijon-style mustard
1 tsp. light soy sauce
2 green onions
¼ cup plain yogurt
1 Tbsp. capers, drained
Combine all ingredients in a blender or processor and process until smooth. Pack into three small, individual soug-le dishes, cover and chill to blend seasonings.

(Calorie count: 33 calories per serving; 2.7 gm. protein; 1.6 gm. fat; 2.2 gm. carbohydrates; 6 mg. cholesterol.)

SALMON PATE

1¼ lb. fresh salmon, poached, skinned, boned
½ lean cream sour cream
3 artichoke hearts, drained, rinsed

1 green onion
1 Tbsp. dill
3 drops Tobasco
1 tsp. dijon-style mustard
1 Tbsp. fresh lemon juice
1 tsp. tarragon, crumbled
1 Tbsp. chopped chives
2 Tbsp. parsley, chopped
2 ounces pimiento, drained
1 Tbsp. capers, drained, rinsed
Place all ingredients in a blender or processor and process until smooth. Chill in covered refrigerator container for several hours to permit flavors to blend. Serves 20; 2 tablespoons per serving.

To make a molded salmon mousse, soak ¼ envelope plain unflavored gelatin in ¼ cup of the poaching liquid. Heat and stir to dissolve. Add to remaining ingredients, pour into prepared mold. Chill overnight. (Calorie count: 47 calories per serving; 5.4 gm. protein; 2.2 gm. fat; 1.4 gm. carbohydrates; 8 mg. cholesterol.)

EGG ROLLS

(Makes 20)

¼ lb. chicken breast, shredded
2 Tbsp. soy sauce
1 Tbsp. sherry
¼ tsp. pepper
1 Tbsp. minced gingerroot
½ tsp. brown sugar
2 Tbsp. cornstarch
4 Tbsp. oil
20 egg roll skins (about 1 pound)
1 cup onion, shredded
1 cup fresh bean sprouts
½ lb. cabbage, shredded
¼ lb. fresh mushrooms, sliced
2 Tbsp. soy sauce
2 eggs, scrambled without fat in non-stick skillet

Mix the meat with soy sauce, sherry, pepper, gingerroot, brown sugar and cornstarch. Heat 4 tablespoons of oil in the wok and stir fry meat until done. Add remaining ingredients except egg roll skins and toss until vegetables are half done. Cool completely. Fill egg roll skins with the mixture and seal edges with water. Heat 1 cup of oil and fry the egg rolls, 2-3 at a time until golden. (Calorie count: 1 egg roll equals 1 serving; 120 calories; 4 gm. protein; 10.2 gm. carbohydrates; 6.1 gm. fat.)

CARROT CAKE

3 eggs
1 cup sugar
1 Tbsp. vanilla
1 cup flour
1 cup grated carrots
¼ cup oil
2 tsp. cinnamon
½ tsp. salt
¼ tsp. baking soda
1 cup crushed pineapple, packed in its own juice, with the juice
Combine all ingredients and mix well. Pour into a non-stick baking pan and bake at 350 degrees for 30 minutes or until a toothpick inserted in the center comes out clean. Serves 10. Each serving: 262 calories; 34 gm. carbohydrates; 2.2 gm. protein; 13 gm. fat; 70 mg. cholesterol.

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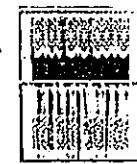
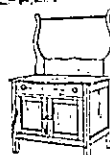
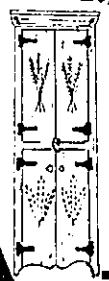
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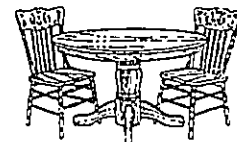
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