

Recipe for pizza is full of calcium

AP — As an adult, you are what you eat.

If you ate enough calcium-rich foods during your teen years you're more likely to have strong adult bones that can resist disabling osteoporosis. Too little calcium during the bone-building years means less bone mass, more likelihood of bone disease in old age.

Adequate calcium is especially important for teenage girls because women are more likely than men to develop osteoporosis.

Your teen needs 1,200 milligrams of calcium a day but half of American teens get only about 50 percent of that. It takes four servings of milk, yogurt or cheese to total the recommended amount.

Snacks count too, and cheesy snack foods like this Mexican-flavored pizza are a good way to boost calcium intake. Each serving provides 30 percent of a teen's requirement of calcium.

CHIP AND CHEESE PIZZA

1 beaten egg
2 cups crushed tortilla chips
3-oz. can jalapeno-flavored bean dip
2 tsp. dairy sour cream
2 1/2 cups shredded Monterey Jack cheese (10 oz.)
1/4 cup mild or medium chunky-style salsa

In a medium bowl combine egg and tortilla chips; mix well. Press evenly onto the bottom and sides of a well-greased 9-inch pie plate. Bake in a 400-degree oven for 8 to 10 minutes. Remove from oven to wire rack. Reduce oven temperature to 350 degrees. In a small bowl combine bean dip and sour cream; mix well. Spread bottom of pie shell with bean mixture. Sprinkle with cheese. Bake 10 to 12 minutes or until cheese is melted. Spoon salsa around outside edge of pizza. Serve immediately. Makes 6 servings.

Nutrition information per serving: 382 calories, 17 g protein, 21 g carbohydrates, 25 g fat, 90 mg cholesterol, 754 mg sodium. U.S. RDA: 13 percent vitamin A, 16 percent riboflavin, 39 percent calcium, 34 percent phosphorus.

Coffee cake has hidden treat

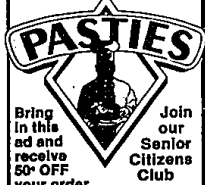
AP — Buy two packages of refrigerated biscuits to make this pull-apart coffee cake with hidden nuggets of chocolate.

MILK CHOCOLATE BUBBLE RING

2 pkg. (10 each) refrigerated biscuits
20 milk chocolate kisses
1/4 cup sugar
1/4 tsp. ground cinnamon
1/4 cup margarine or butter

Flatten each biscuit into a 2 1/4- to 3-inch round. Place a chocolate kiss, point side up, in the center of each round of dough. Bring edges of dough up and around kiss to form a ball. Pinch dough together to seal firmly. In a small mixing bowl combine sugar and cinnamon. Dip each ball into melted margarine, then roll in sugar mixture. Arrange balls in 2 layers in a greased 6 1/2-cup ovenproof ring mold. Bake in a 375°F oven about 20 minutes or until golden brown. Cool 1 minute on wire rack. Invert onto serving plate; remove mold. Serve warm. Makes 10 servings.

Nutrition information per serving: 301 calories, 4 g protein, 40 g carbohydrates, 14 g fat, 2 mg cholesterol, 650 mg sodium. U.S. RDA: 12 percent thiamine, 25 percent phosphorus.



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Winners announced in cherry contest

The best way to get someone involved in any type of activity is to begin in one's youth, so they develop a taste for that project, laying down the groundwork for something that will provide a lifetime of enjoyment.

That's the strategy behind the Michigan Cherry Committee's Second Annual "Make It Easy to Cherry Pie Original Recipe Contest," which attracted entries from junior and senior high school students in 34 states. Entries in the 1986 contest showed a 53 percent increase over the inaugural year.

The contest was announced to home economics teachers around the nation in the fall, with the judging taking place in December by nutritionists at Michigan State University.

Top honors in the high school division went to the trio of Conale and Dion Pankel and Sue Schroeder of Wynot, Neb. High School, for the "Three-Layer Cherry Bomb" entry. The winners will split the \$1,500 college scholarship. The winner in the junior high division was Kristina Ibarra of Pabala, Haw., Elementary School, who entered a recipe entitled "Chocolate Covered Cherry Pie." Ibarra will split the \$200 first prize with her school's home economics department.

Second place and a \$750 scholarship was awarded to Darryl LaGoy of Bolton Central High in Bolton Landing, N.Y., for her "Cherry Nut Brownie." Penny Jo Sedivy of Vermillion, S.D. High, won a \$500 scholarship for her third-place entry, "Cherry Split Dessert."

Michael Hawk of the Oil City, Pa., Schools took second place in the junior high division for his "Cherry Supreme" entry. Hawk will share a \$150 prize with his school. A tie occurred for third place between Jen-

ny Blaettler of Centerville Junior High in Lancaster, Pa., for her "Cherry Surprises," and Sherry Strange of Greenwood, Ark., Junior High, who had a "Jubilee Cheese-Cherry Pie" entry. Blaettler and Strange will share \$50 prizes with the schools.

Let's take a look at the winning entries in this year's contest.

CHOCOLATE COVERED CHERRY PIE

1 ready-made chocolate flavored pie crust
1-1/2 oz. pkg. miniature milk chocolate chips (reserve 16 chips for garnish)
1/4 cup milk
1 envelope unflavored gelatin
2-8 oz. pkg. cream cheese (softened)
1/4 cup sour cream
1/2 tsp. almond extract
1/4 cup heavy whipping cream, whipped
21 oz. cherry pie filling
Whipped topping (garnish)
16 maraschino cherries (garnish)
16 mint leaves (garnish)

Melt chocolate chips in a double boiler, stirring until smooth. Set aside. In a saucepan, combine milk and gelatin. Set aside for one minute. Cook over low heat, stirring constantly until gelatin dissolves. Set aside. Beat cream cheese, sour cream and melted morsels in a mixing bowl until fluffy. Beat in gelatin mixture and almond extract. Fold the whipped cream into chocolate mixture. Pour half of the chocolate mixture into pie crust. Pour cherry pie filling on top of chocolate layer and pour remaining chocolate mixture on top. Chill. Garnish with whipped topping, maraschino cherries, chocolate chips and mint leaves. Makes 8 servings.

CHERRY NUT BROWNIE

1 square unsweetened chocolate
1/4 cup shortening
1 tsp. baking soda
1 cup flour
1/4 cup sugar
1 egg
1/4 tsp. salt
1/4 tsp. vanilla
1 can cherry pie filling
1 cup chopped walnuts
1 can whipped cream
Chocolate syrup

Melt chocolate and shortening together — set aside. Sift baking soda and flour together — set aside. In a large mixing bowl beat together sugar, milk, egg, salt and vanilla for 3 minutes at medium speed. Slowly add flour mixture. Add chocolate mixture, 1/4 cup cherry pie filling and walnuts. Mix until well blended. Pour into greased 9x5x3 loaf pan. Bake at 350° for 30 minutes. Cool for 10-15 minutes and turn out onto a plate. Top with remaining cherries and whipped cream. Drizzle chocolate syrup over the top to decorate.

CHERRY SUPREME

2 cups crushed pretzels
1 cup melted oleo
3 tbsp. sugar
2 cans cherry pie filling
8 oz. cream cheese
1 cup sugar
8 oz. Cool Whip Topping

Mix together crushed pretzels, oleo and sugar and press into a 13x9 pan. Bake at 400° for 8 minutes. Cool. Blend together cream cheese, sugar and Cool Whip and spread over cooled pretzel crust. Top with

both cans of cherry pie filling. Refrigerate until ready to serve.

CHEERRY SURPRISES

1/2 cup shortening or butter
1/4 cup sugar
1/4 tsp. vanilla
1 egg
1 cup cherry pie filling
4 tsp. milk
1 1/2 tsp. baking powder
1/4 tsp. salt
2 cups flour

Mix together baking powder, salt and flour and set aside. Cream together shortening or butter, sugar and vanilla. Add egg and beat until light and fluffy. Stir in milk. Blend in flour mixture. Fold in cherry pie filling. Bake at 375° for 8-12 minutes or until lightly browned. Makes 3 dozen.

JUBILEE CHEESE-CHERRY PIE

1 can cherry pie filling
1 9-oz. unbaked pie shell
12 oz. cream cheese
2 eggs
1 1/2 cups sugar
1/4 tsp. vanilla
1 cup sour cream
1/4 tsp. nutmeg

Pour pie filling into pie shell. Bake at 425° for 15 minutes. Mix cream cheese, eggs, sugar and vanilla until smooth and creamy. Reduce oven heat to 350°. Pour cheese mixture over cherries. Bake for 30 minutes. Cool. Spread sour cream over pie. Sprinkle with nutmeg. Refrigerate.

CHEERRY SPLIT DESSERT

2 cans cherry pie filling
1/4 gallon vanilla ice cream
2 cups chocolate chips

1 1/2 cups butter or margarine
2 cups powdered sugar
1 1/2 cups milk
3 cups graham cracker crumbs
1 tsp. vanilla
1 pint whipping cream
1 cup chopped walnuts

Melt 1 1/2 cups butter, mix with 2 1/2 cups graham cracker crumbs, and place in bottom of a 9x13 inch pan. Pour cherries over crumbs. Slice ice cream 1/2 inch thick and place over cherry layer. Sprinkle with nuts and freeze 1 hour. Melt chocolate chips and rest of butter. Add powdered sugar and milk. Stirring constantly, cook till thick, about 15 minutes. Add vanilla. Cool the mixture and spread over ice cream. Freeze 1 hour. Whip the cream and spread over chocolate layer. Top with remaining crumbs. Freeze 12 hours. Store in freezer.

3 LAYER CHERRY BOMB

1/4 cup butter or margarine
4 cups miniature marshmallows
1 cup graham crackers, crushed
1 banana, mashed
1/4 cup crushed almonds
21 oz. can cherry pie filling
8 oz. vanilla yogurt
2 cups whipped topping

Melt butter and marshmallows in saucepan over low heat, add 1/4 cup crushed graham crackers, mix well. Press in 9x13 inch pan with the back of a spoon. Mix cherry pie filling, yogurt, banana, and almonds together in small bowl. Spread evenly over bottom layer. Spread whipped topping over cherry layer and garnish with remaining 1/4 cup crushed graham crackers. Refrigerate 1 hour. Let stand 15 minutes at room temperature before serving.

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