

Spaghetti pie is a mealtime good guy

AP — A few simple changes in your cooking style can lower fat and salt and boost fiber and vitamin content.

Fat is the villain in our diets. Complex carbohydrates — including pasta — are recognized as mealtime good guys because they are fuel foods and good sources of vitamins and minerals. The savory filling is ready in less time than meat sauce because it needs no simmering.

SPAGHETTI PIE

6 oz. spaghetti
2 tsp. margarine or butter
1/2 cup grated Parmesan cheese
2 well-beaten eggs
1 lb. lean ground beef
1/2 cup chopped onion
1/4 cup chopped green pepper
8 oz. tomatoes, cut up
6-oz. can tomato paste
1 tsp. sugar
1 tsp. dried oregano, crushed
1/2 tsp. garlic powder
1 cup cream-style cottage cheese

1/2 cup shredded mozzarella cheese (2 ozs.)

Cook spaghetti according to package directions; drain. Meanwhile, in a large skillet cook meat, onion and green pepper until meat is brown. Drain. Stir in tomatoes, tomato paste, sugar, oregano and garlic powder; heat through. Combine spaghetti and eggs. Press into a buttered 10-inch pie plate. Spread cottage cheese over crust. Fill crust with meat mixture. Bake, uncovered, in a 350° oven for 20-25 minutes or until hot. Sprinkle with mozzarella cheese. Bake 5 minutes more or until cheese melts. Let stand 5 minutes. Makes 6 servings.

Nutrition information per serving: 421 calories, 32 g protein, 32 g carbohydrates, 18 g fat, 170 mg cholesterol, 658 mg sodium. U.S. RDA: 35 percent vitamin A, 50 percent vitamin C, 27 percent thiamine, 26 percent riboflavin, 32 percent niacin, 21 percent calcium, 26 percent iron, 38 percent phosphorus.

Cornish hens

Game birds highlight this elegant dinner

Rock Cornish game hens, served golden brown and glistening, are the highlight of this simple yet elegant dinner for two.

Traditionally, roast poultry is cooked with no more than a simple basting of butter and perhaps a sprinkling of salt and pepper. One of the simplest ways to vary menu featuring roast poultry is with a moist stuffing that will heighten the flavor of the meat while it cooks and provide a tasty side dish for the meal.

Stuffings may range from the very simple rice or bread-crumbs mixture to the intricate and elaborate mixture featuring a blend of vegetables, nuts, fruits and spices. While unique and innovative, the following stuffing recipe is extremely easy to make, and with the Cornish Hens provides a perfect entree for two.

CHEDDAR STUFFED CORNISH HENS

1 1/2 cups cooked rice
1/2 cup chopped broccoli
1/2 cup (2 oz.) shredded mild cheddar

cheese
2 tbsp. chopped onion
3 tbsp. margarine
Dash of pepper
2 (1-1/2 lb.) Rock Cornish game hens
Salt
1/4 cup orange marmalade

Combine rice, broccoli, cheese, onion, 1 tbsp. margarine, melted, and pepper; mix lightly. Rinse hens; pat dry. Lightly salt cavities; stuff with rice mixture. Close openings with skewers. Place hens, breast side up, on rack in baking pan; brush with remaining margarine, melted. Bake at 325° for 1 hour to 1 hour and 10 minutes or until tender. Brush hens with marmalade; continue baking 15 minutes. Makes 2 servings.

Notes: Brown rice can be substituted for white rice, honey for orange marmalade and 1/4 of a 9-oz. pkg. frozen broccoli can be substituted for fresh. The rice can be cooked ahead of time and refrigerated until ready to use.

During the winter months when fresh produce is not at its peak of flavor, this recipe for Parmesan

Broiled Tomatoes fits the bill. Season tomato halves with salt and pepper, top with onion rings and sprinkle with grated Parmesan cheese. By broiling the tomatoes until the cheese is golden brown, you bring out their full flavor.

PARMESAN BROILED TOMATOES

Tomato halves
Salt and pepper
Onion rings
Grated Parmesan cheese

Season tomatoes with salt and pepper; top with onions. Sprinkle with cheese; broil until cheese is golden brown.

For the grand finale to this special dinner serve Berry Blintzes. This simple recipe for crepes really comes to life with the filling mixture of cream cheese, cottage cheese and strawberry preserves.

BERRY BLINTZES

5 tbsp. flour

1 1/2 tsp. sugar
1/4 tsp. salt
1/2 cup milk
1 1/2 tsp. oil
1 egg, beaten
1 3-oz. pkg. cream cheese, softened
1/2 cup cottage cheese
2 tbsp. strawberry preserves
Margarine

Combine flour, sugar, salt, milk, oil and egg; beat until smooth. Let stand 30 minutes. For each crepe, pour 2 tbsp. batter into hot, lightly greased 8-inch skillet or crepe pan. Cook on one side only until underside is lightly browned. Combine cream cheese, cottage cheese and preserves, mixing until well blended. Spread browned side of crepe with cream cheese mixture; fold sides toward center to form packet. Heat in margarine just before serving. Top with additional preserves, if desired. Makes 2 servings.

Note: Recipe makes 8 crepes. Freeze 4 crepes in airtight container. Thaw 15 minutes before filling. Substitute cherry or raspberry preserves for strawberry preserves.

Ideas for a quick-fix meal

AP — When you need a meal in a hurry and the larder is low, check your refrigerator. With some milk, eggs, cheese and cooked vegetables you have at least three options for an inventive supper feast.

Frittata: Beat together 2 eggs and 1 tbsp. water per serving, just as you would for an omelet. Pour the beaten egg mixture into a greased hot skillet, and cook over medium heat without stirring until almost set. Top the frittata with any cheese or cooked vegetable you'd relish inside an omelet. Remove from heat and let stand, covered, for 5 minutes to finish cooking the top of the eggs. Cut frittata in wedges to serve.

Quiche: Prepare a quiche in a 9-inch pre-baked crust, using these ingredients: 3 eggs to 1 1/2 cups milk, 1 cup cooked vegetables and 1 1/2 cups shredded cheese. Bake in a 325° oven for 30 minutes or until a knife inserted near the center comes out clean.

Creamy poached eggs: Make a white sauce with 2 tbsp. margarine or butter, 2 tbsp. all-purpose flour

and 1 1/2 cups milk; add 1 cup shredded cheese and the cooked vegetables. Keep the sauce warm while you poach 2 eggs per person. Place eggs in individual ramekins or shallow baking dishes and top with sauce.

AP — Granola is easy to make and nutritious to eat.

MAPLE SYRUP GRANOLA


1 1/2 cups regular rolled oats
1/2 cup Grape Nuts cereal
1/2 cup peanuts

1/2 cup sesame seed
1/2 cup maple-flavored syrup
1/2 cup margarine or butter, melted
1/2 cup raisins

In a bowl stir together rolled oats, Grape Nuts cereal, peanuts, sesame

seed and coconut. Stir in syrup and melted margarine. Spread mixture in a greased 15x10x1-inch baking pan. Bake in a 375° oven for 20 minutes, stirring once. Transfer to a bowl; stir in raisins. Cool. Store in a tightly covered container. Makes about 8 (1/4-cup) servings.

Nutrition information per serving: 314 calories, 8 g protein, 44 g carbohydrates, 14 g fat, 167 mg sodium. U.S. RDA: 11 percent vitamin A, 21 percent thiamine, 10 percent riboflavin, 15 percent niacin, 11 percent iron, 18 percent phosphorus.



ORCHARD-10 IGA

24065 ORCHARD LAKE RD.

Mon. thru Sat. 8-9; Sun. 9-5

We Feature Western Beef

QUANTITY RIGHTS LIMITED • NOT RESPONSIBLE FOR ERRORS IN PRINTING

AT IGA - WE REALLY CARE

PRICE - QUALITY - SERVICE

DOUBLE COUPON

ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¢ face value. OTHER RETAILERS DO NOT DOUBLE AFTER 50¢. EXAMPLE: A 75¢ COUPON AT OTHER STORES IS WORTH ONLY 75¢. AT ORCHARD-10, A 75¢ COUPON IS WORTH \$1.25. AT OTHER STORES, A \$1.00 COUPON IS WORTH ONLY \$1.00. AT ORCHARD-10 A DOLLAR COUPON IS WORTH \$1.50. Other retailers and free coupons excluded. Limit 1 coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. All cigarette coupons at face value. Offer in effect now through Sunday, April 26, 1987.

BONUS COUPON

100% Pure FAME Orange Juice **\$1.00**

Limit 1 - 64 oz. Plastic Jug

Save 39¢

NR 92-2

BONUS COUPON

FAME - Crinkle Cut French Fries **\$2.00**

Limit 1 - 5 lb. Bag

Save 79¢

NR 93-3

BONUS COUPON

Tomato Heinz Ketchup **\$1.00**

Limit 1 - 32 oz. Btl.

Save 59¢

NR 91-1

IGA Tablette

WHOLE FRYERS

39¢ lb.

Save 46¢ lb.

Limit 3 to a Customer Please

IGA Tablette

WHOLE BONELESS BEEF STRIPS

Cut & Wrapped Free

\$2.69 lb.

Produce

Marketed By Sunkist California Seedless

Navel Oranges

\$1.00 4lb. Bag

Controlled Atmosphere Michigan Flavorbest

Ida Red Apples

\$1.00 3lb. Bag

Green Cabbage **4 lbs. \$1.00**

IGA Tablette

WHOLE BONELESS BEEF TENDERLOIN

Cut & Wrapped Free

\$3.79 lb.

Save 40¢ lb.

IGA Tablette

ROTISSERIE ROAST

Save \$1.00 lb.

\$1.99 lb.

IGA Tablette

Beef Boneless DENVER STEAKS

\$1.89 lb.

Save 80¢ lb.

IGA Tablette

ARMOUR 1 lb. PKG. CORN DOGS

\$1.59

Save 30¢ lb.

IGA Tablette

HOLLY FARMS CHICKEN FRANKS

Save 30¢ lb.

99¢ lb. pkg.

IGA Tablette

SPLIT TOP BREAD

3/\$2

Save 1.00 lb.

\$1.99 lb.

IGA Tablette

OSCAR MAYER SLICED BACON

\$2.09 lb.

Save 80¢ lb.

IGA Tablette

ARMOUR 1 lb. PKG. CORN DOGS

\$1.59

Save 30¢ lb.

IGA Tablette

ARMOUR 1 lb. PKG. CORN DOGS

\$1.59

Save 30¢ lb.

IGA Tablette

ARMOUR 1 lb. PKG. CORN DOGS

\$1.59

Save 30¢ lb.

IGA Tablette

ARMOUR 1 lb. PKG. CORN DOGS

\$1.59

Save 30¢ lb.

IGA Tablette

ARMOUR 1 lb. PKG. CORN DOGS

\$1.59

Save 30¢ lb.

Please Help A Neighbor's Child In Need!

In Third World countries, hundreds of thousands of children are in desperate need of food, clothing, medical care — the basics of life. These girls and boys are even denied the opportunity to attend school.

They are our neighbors in a world that grows smaller every day.

Through CCF, you can sponsor a neighbor's child. The cost is \$18 a month — just 60¢ a day — to help a poor child in Asia, Africa or Latin America — a child who has virtually nothing.

Please pick up your phone now and dial the toll-free number below. Be a good neighbor by helping an innocent child.

Christian Children's Fund, Inc.
1-800-228-3393
(Toll Free)



Deli

FOOTBALL or OLD FASHIONED LOAF	\$2.69 lb.
HEAD CHEESE	\$1.69 lb.
MUENSTER CHEESE	\$1.99 lb.
MONT-COLBY CHEESE	\$1.99 lb.

Coke Classic & Diet Sprite & Squirt Reg. & Diet

1/2 liter 8 pk. plus deposit

\$1.89

IGA COUPON

Dish Liquid **\$1.00**

Limit one coupon per family

Coupon expires Sun. April 26, 1987

Save 29¢

NR 95-5

IGA COUPON

Assorted Reg. & Diet. Grinds Hills Bros. Coffee **\$1.00**

Limit one coupon per family

Coupon expires Sun. April 26, 1987

Save 11¢

NR 96-6

IGA COUPON

Assorted Assorted Pastas & Pasta Ravioli **\$1.00**

Limit one coupon per family

Coupon expires Sun. April 26, 1987

Save 29¢

NR 97-7