

# Squat squash, Prepare persimmon bread low calories

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1/2 teaspoon ginger  
1/2 teaspoon cloves  
4 slightly beaten eggs

Cool slightly and add:  
1 teaspoon vanilla or 2 tablespoons brandy or rum  
1/2 cup black walnut meats (optional)

Pour the mixture into the baked pie shell. Serve with whipped cream.

## Pumpkin Butter

Wash pumpkin. Cut, peel each piece and place in saucepan. Add water to cover 1/2 pumpkin. Cook until soft.

Press through food mill. Measure cooked pumpkin.

Add 1 cup sugar or honey to every 2 cups pumpkin; 1/2 teaspoon cinnamon or ginger to 1 cup pumpkin.

Cook until mixture is very thick over low heat, stirring occasionally to prevent scorching.

Ladle into sterilized glasses. Refrigerate or freeze.

## Pumpkin Casserole

3 cups cooked pumpkin  
1/2 cup sugar  
1/2 cup butter  
2 beaten eggs  
1 teaspoon vanilla

1/2 cup milk

Mix all ingredients and put into 13x9 inch baking dish.

Topping:  
1/2 cup melted butter  
1/2 cup flour  
1 cup light brown sugar

Melt butter and blend in flour and brown sugar. Sprinkle on top of pumpkin mixture. Bake 25 minutes at 350 degrees.

## Pumpkin Bread

2 1/2 cups white sugar  
1 cup cooking oil  
2 cups canned pumpkin  
1 cup water  
4 eggs, beaten  
2 teaspoons baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 teaspoon cinnamon  
4 teaspoons pumpkin pie spice  
1/2 teaspoon nutmeg  
4 cups all-purpose flour  
1/2 cup nuts, chopped

Mix ingredients in order given. Pour into 3 greased loaf pans. Bake at 350 degrees for one hour.

## Pumpkin Chocolate Chip Cookies

1 cup sugar 1 teaspoon baking soda  
1 cup canned pumpkin 1 teaspoon ground cinnamon  
1/2 cup shortening 1/2 teaspoon salt  
2 cups all-purpose flour 1/2 cup chocolate chips  
1 teaspoon baking powder 1/2 walnuts (optional)

Heat oven to 375 degrees. Bake 8-10 minutes. Makes about 4 dozen cookies.

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Preheat oven to 350 degrees. Mix 1/2 cup sugar, cinnamon, ginger, nutmeg, salt and cloves in top of double boiler. Blend in pumpkin puree, egg yolks and sour cream. Stir over simmering water until thick, about 15 minutes. Beat egg whites with a dash of cream of tartar until soft peaks form. Gradually beat in 1/2 cup of sugar until whites are stiff but not dry. Fold into pumpkin mixture. Turn into pie shell. Bake until top is brown, about 45 minutes. Cool completely.

completely.

**PERSIMMON BARS**  
Makes 24, 2 1/2 inch bars  
1 cup fresh persimmon puree (3 persimmons)  
1 1/2 tsp. lemon juice  
1 tsp. baking soda  
1 egg  
1 cup sugar  
1 cup pitted dates, chopped fine  
1/2 cup oil  
1 1/2 cups flour  
1 tsp. cinnamon  
1 tsp. nutmeg  
1/2 tsp. ground cloves

1 cup chopped walnuts

Preheat oven to 350 degrees. Butter and lightly flour 10x15 inch jelly roll pan. Blend persimmon puree with lemon juice and baking soda. Beat egg in a separate bowl. Stir in sugar, dates and oil. Sift together flour and spices into date mixture. Alternate mixing in with persimmon puree. Do not overmix. Stir in nuts. Spread evenly into prepared pan. Bake until lightly browned, about 25 minutes. Dust with sugar. Cool completely. Cut into bars.

**PERSIMMON RAISIN BREAD**  
Makes 1 loaf  
1 cup fresh persimmon puree  
1/2 cup firmly packed brown sugar

1/2 cup sugar  
2 eggs, beaten to blend  
2 1/2 cups flour  
1 tsp. baking powder  
1 tsp. cinnamon  
1 tsp. nutmeg  
1/2 cup walnuts, chopped  
1/2 cup golden raisins

Preheat oven to 325 degrees. Butter a loaf pan. Set aside. Mix persimmon puree with sugars and eggs in a large bowl. Combine flour, baking powder and spices. Blend into persimmon mixture alternately with oil. Fold in nuts and raisins. Bake until tester in the center comes out clean, about 1 hour. Cool in pan 10 minutes. Invert onto a rack, cool.

## Fix up vegetables

AP — Here's an easy fix-up for frozen mixed vegetables. Use any of the popular veggie combinations.

### GARLIC HERBED MICROWAVE VEGETABLES

2 cups loose-pack frozen mixed vegetables  
1 tbsp. margarine or butter  
1 small clove garlic, minced  
1/2 tsp. dried basil, crushed  
Dash pepper

In a microwave-safe 1-quart eas-

ter, mix 1/2 cup oil and 1/2 cup water, covered, on 100 percent power (high) 4-6 minutes or until heated through. Stirring once to break apart. Drain. Return vegetables to the casserole. Add margarine, garlic, basil and pepper. Cook, covered, on high 2-3 minutes or until vegetables are crisp-tender. Toss gently to coat. Makes 4 servings.

Analysis: 1/2 cup vegetable, per serving: 44 calories, 2 g. protein, 4 g. carbohydrate, 3 g. fat, 45 mg. sodium, 10 mg. HDA, 26 percent vitamin A, 22 percent vitamin C.

## Three-fruit salad

AP — There's no oil in the super-easy dressing for this frosty fruit medley. Keep that calorie-cutting tip in mind for other fruit combinations.

### THREE-FRUIT SALAD

2 medium peaches, peeled and sliced  
1 medium grapefruit, peeled and sectioned  
1 cup strawberries, hulled

1/2 cup honey  
1 1/2 tsp. lemon juice  
1/2 tsp. poppy seeds

In a bowl combine the peaches, grapefruit and strawberries. For dressing, in a small bowl stir together honey, lemon juice and poppy seeds. Pour dressing over fruit mixture. Toss to coat. Makes 4 servings.

## Advice from pros is best

AP — The best person to seek for advice about nutrition is a nutritionist who is a registered dietitian. This professional can help you safely lose weight, reduce your risk of heart disease or cancer, and improve your overall health. Beware of nutrition practitioners who are nutritionists in name only; they lack credible nutrition training.

A pro has the initials R.D. (registered dietitian) or L.D. (licensed dietitian) behind his or her name. A quack tries to pass off a degree from a diploma mill or flaunts a Ph.D. that's in an unrelated field.

A pro says you'll feel and look better if you eat right; results require some effort on your part. A quack makes promises that sound too good to be true.

A pro evaluates your health status, medical history and food habits. A quack pushes tests such as cytotoxic allergy tests or hair analysis.

A pro prescribes a personalized diet and helps you achieve your goal through regular consultation; recommends exercise. A quack promotes pills, gimmicks and gadgets; eliminates food groups or pushes wonder foods; advertises with testimonials; uses scare tactics; refuses to send you to a physician.

To find a pro, ask your physician for a referral or call the local or state chapter of the American Dietetic Association, a hospital dietary department or your local health department.

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