

Quick breads are nutritious

Across the country, muffins and cinnamon rolls fill specialty shop windows. In supermarkets and malls, the aroma of fresh, baked breads is tantalizing.

As tasty as they may be, commercially prepared quick breads, rolls and muffins can be high in fat, sugar and calories. Those baked at home can be far more healthful and every bit as delicious.

Using recipes that incorporate whole grains, fruit and nut while keeping fat and sugar in line, homemade quick breads boost nutrients without compromising flavor.

Banana orange muffincake can please in two ways, either as coffee cake or as a muffin recipe. It takes its hearty flavor and texture from whole grain oats, which also provide water-soluble fiber, and it features a fresh fruit combination that is readily available year round.

Garden confetti corn bread makes any simple entree special with its blend of fresh vegetables, herbs and yogurt complementing the goodness and great taste of corn meal. It's a healthy treat at lunch or snack time, too.

For additional wholesome quick breads and lots of fresh ideas for good eating, look to "Hurry, Let's Eat!" a 48-page booklet offered by the Quaker Oats Co. This collection of fast-to-fix recipes includes microwave recipes, nutrition information, shopping tips, storage guidelines and more. To receive a free copy, send name and address on a postcard to:

"Hurry, Let's Eat!"
231 S. Green St.
Dept. US-D
Chicago IL 60607

BANANA ORANGE MUFFINCAKE

- 1 1/4 cups all-purpose flour
- 1 cup oats (quick or old fashioned, uncooked)
- 1/2 cup firmly packed brown sugar
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup mashed ripe banana (about 2 medium)
- 1/2 cup orange juice
- 1/2 cup margarine, melted
- 1 egg, lightly beaten
- 1/2 cup grated orange peel
- 1/2 cup powdered sugar
- 1 tsp. orange juice
- 1/2 tsp. grated orange peel

Heat oven to 400°. Grease bottom of 9-inch round springform pan or cake pan. Combine dry ingredients. Add combined banana, juice, margarine, egg and orange peel, mixing just until dry ingredients are moistened. Pour into prepared pan. Bake 20-25 minutes or until golden brown. Cool 10 minutes on wire rack; remove from pan. Combine remaining ingredients; drizzle evenly over cake while still warm. 12 servings.

VARIATION
Banana Orange Muffins: Grease 12 medium muffin cups or line with paper baking cups. Prepare batter as recipe directs; fill prepared muffin cups almost full. Bake 15 to 18 minutes or until golden brown. Combine remaining ingredients; drizzle evenly over muffins. 1 dozen.

NOTE: To freeze, wrap muffins securely; store in freezer up to 3 months. To reheat frozen muffins in microwave oven, microwave at high 24-30 seconds for each muffin.

Nutrition Information: Each serving (1/12 of cake or 1 muffin)
Calories 190, Carbohydrates 32 g, Protein 5 g, Fat 8 g, Sodium 350 mg, Calcium 70 mg, Cholesterol 20 mg, Dietary Fiber 1 g.

GARDEN CONFETTI CORN BREAD

- 1 cup enriched corn meal
- 1 cup all-purpose flour
- 1 tsp. snipped fresh basil leaves or 1 tsp. basil
- 2 tsp. sugar (optional)
- 1 cup baking powder
- 1/2 tsp. salt
- 1 8-oz. carton (1 cup) plain yogurt
- 1/4 cup milk
- 1 egg, lightly beaten
- 1/4 cup vegetable oil
- 1/2 cup chopped red bell pepper
- 1/2 cup shredded carrot
- 1/4 cup sliced green onions

Heat oven to 400°. Grease 8- or 9-inch square baking pan. Combine dry ingredients and basil. Add combined yogurt, milk, egg and oil, mixing just until dry ingredients are moistened. Fold in vegetables; pour into prepared pan. Bake 25-30 minutes or until golden brown. 9 servings.

Nutrition Information: each serving (1/9 of bread)
Calories 200, Carbohydrates 27 g, Protein 5 g, Fat 8 g, Sodium 350 mg, Calcium 160 mg, Cholesterol 35 mg, Dietary Fiber 1 g.



Banana Orange Muffincake may be made either as a glazed coffee cake or as convenient muffins.

Creamy herb sauce is made minus fuss

AP — French cooking is famed for its superb sauces. This herb sauce gives you all the flavor of a complex French sauce without the fuss. Serve it with roast beef, pork, veal or steaks. When fresh herbs are available, you can substitute 1/4 teaspoon snipped fresh thyme and tarragon for the dried ingredients.

- CREAMY HERB SAUCE**
- 1 cup sliced fresh mushrooms
 - 1 tablespoon finely chopped onion
 - 2 cloves garlic, minced
 - 1/4 teaspoon dried thyme, crushed
 - 1/4 teaspoon dried tarragon, crushed
 - 2 tablespoons margarine or butter
 - 1 tablespoon all-purpose flour
 - 1/4 cup light cream or milk
 - 1/4 cup chicken broth

- 2 tablespoons snipped parsley
- 1 tablespoon brandy
- 1 1/4 teaspoons lemon juice
- 1 slice bacon, crisp-cooked, drained and crumbled

In a medium saucepan cook mushrooms, onion, garlic, thyme and tarragon in hot margarine for 4 to 5 minutes, stirring frequently. Stir in flour. Add cream or milk and broth. Cook and stir over medium heat until thickened and bubbly. Add parsley, brandy and lemon juice. Cook and stir 1 minute more. Serve over sliced cooked meat. Sprinkle with bacon. Makes 1 and 1/2 cups.

Nutrition information per 2-tablespoon serving: 84 cal., 2 g pro., 2 g carb., 7 g fat, 14 mg chol., 101 mg sodium.

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