## Vegetable Lasagna skimpy on calories

AP — Here's a casserole that tastes like a million but has a fat content that's strictly skimpy. Ricoltant that's strictly skimpy. Ricoltant for the strictly skimpy. Ricoltant for the strictly skimpy. The strictly skimpy is strictly skimpy. The strictly skimpy for the strictly skimpy for the strictly skimpy for the skim

VEGETABLE LASAGNA

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1 cep alled fresh mustrooms
1 medium green pepper, finely chopped
2 cloves garlie, mined
1 tablespoon cooking oil
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1 tablespoon cooking oil
2 cone 16-onne can temntoes
2 cone 8-onne can temntoes
2 cone 8-onne can temntoes
3 cone 6-onne can temnto sauce
1 teaspoon dred shazil, crushed
1 teaspoon dred shazil, crushed
1 teaspoon dred shazil, crushed
4 teaspoon eclery seed
4 teaspoon eclery seed
2 bay teaves
8 counces lasagna noodles
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8 ounces lasagna noodles

Golden

Fleete

Call or Come In for Details

Some farmer cheeses are firm enough to shred, others are soft and crumbly, but either type will work in this recipe.

**CLASSES** 

STARTING IN MARCH

Quilting — Basic & Advanced
 Needlepoint — Beginning & Advanced
 Knitting & Crochet — Beginning & Advanced

2 cups loose-pack frozen mixed broccoil, cauliflower and carrots
1 beaten egg
One 15-ounce carton ricotta cheese
1 cup shredded or crumbled farmer
cheese (4 ounces)

In a large skillet cook mushrooms,
green pepper, onlon and garlic in hot
oll until tender. Stir in undrained tomatoes, tomato sauce, thyme, basil,
legano, pepper, celery seed and bay
leaves.

Meanwhile, cook noodles according to package, omitting sait; drain. Cut
large pieces. Combine egg, ricotta

## Different kind of mousse made with maple syrup

MAPLE SYRUP MOUSSE Serves 6 I cup pure maple syrup 3 eggs, separated 1 pint whipping cream

I pint whipping cream

Heat maple syrup to a boil. Reduce heat and boil, stirring constantly for 3 minutes. Remove from heat and cool for 5 minutes.

Beat egg yolks tinc a small bow until thick and lemon-colored. Stir 4/4 cup of the syrup into the yolks very gradually, then add the mixture to the remaining syrup. Cook and stir over low heat until thick, about 15 minutes. Cool 30 minutes.

Beat egg whites until stiff. Fold into cooled syrup mixture.

Whip I pint of cream and fold into syrup mixture. Spoon into individual dessert dishes.

golden, about 20 minutes. Drain.

Meanwhile, heat syrup and vine-gar in a medium saucepan to a boil.

Reduce heat. Sir in apple rings, simmer uncovered over low heat un-til apples are tender-crisp, about 5 minutes.

Remove apple rings, arrange on a platter with sausages, pour syrup mixture over the top and serve immediately with pancakes or waffles.

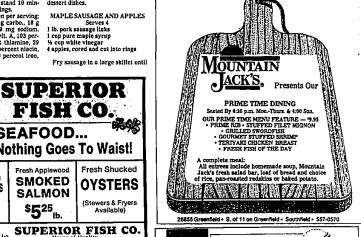
MAPLE SYRUP HAM Serves 10

1 smoked ham, about 7 pounds 1 quart apple juice 1 cup maple syrup 1 cup flour

12 tsp. dry mustard

1 cup golden raisins 5 baked sweet potatoes, haived

Heat ham, apple Julce and syrup in a large casserole or dutch oven, cover and simmer for 2% hours. Trim outer skin from ham. Mean of the head of head of the head of the head of the head of head of the head of head of the head of head





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