Use pork sausage to stuff pork chops

Al? — For stuffing, buy pork chops I to 1 'y - Inches thick. Cut each chop from the fal side almost to the bonc to make a pocket. You can bonced about 'y cup of stuffing per chop.

Al SAGE-STUFFED PORK CILOPS

1 pound bulk pork sausage
2 tablespoons chopped celery
2 tablespoons chopped celery
2 tablespoons apple judee or apple cider
3 pork loin rib chops, cut 1 1 'y inches thick
2 cup red currant felly
2 cup apple judee or apple cider
3 pork loin rib chops, cut 1 1 'y inches thick
2 cup red currant felly
2 cup apple judee or apple cider
2 tenspoons constarch
Apple siles (coptional)

For stuffing, in a large skillet cook aussage, celery and onlon until sause fish of the control of the cook aussage, celery and onlon until sause fish one and vegetables are tender, stirring occasionally. Remove from heat. Drain off fat. Stir in stuff-

Stuff chicken breasts with 4 kinds of cheese

AP — The newest way to stuff chicken is to slip a flavorful mixture between the skin and the meat rather than packing it into the cavity. Not only does this look intriguing ty. Not only does this look intriguing lawer goes into the meat. Some prepare the chicken, but more flavor goes into the meat. Some prepare the chicken breasts and cheese stuffing ahead, then chill separately until you're ready to stuff and bake them.

FOUR CHEESE-STUFFED CHICK-EN BREASTS

- EN BREASTS
 35 cup ricotta cheese
 45 cup shredded mozzarella cheese
 45 cup shredded provolone cheese
 45 cup saled Parmesan cheese
 45 cup solpped parsiey
 2 tublespoons fine dry bread crumbs
 3 whole chicken breasts (about 3

pounds)
2 tablespoons margarine or butter,

melted

In a medium bowl combine ricotta, mozzarella, provolone, Parmesan, parsley and crumbs.
Rinse and pat chicken breasts dry.
Bone breasts without removing skin; halve breasts carefully. Separate skin from flesh of each breast, leaving one side attached. Spoon cheese mixture between skin and flesh of each breast. Tuck skin edges under the breast; secure with wooden picks. Place breasts, skin side up, in a shallow baking dish; brush with melted margarine. Bake, uncovered, in a 350-degree oven 40 to 45 min-

Seafood recipe is iust for 1

AP — Great single-serving re-cipes are hard to come by. One is this seafood entree that our test kitchen re-fashioned from a family-size recipe. size recipe.

SHRIMP CREOLE
1% cups water
4 ounces fresh or frozen shelled

4 ounces frem or frozen saened shrimp 2 tablespoons chopped onlon 2 tablespoons chopped green pepper 1 tablespoon water 18-ounce can tomatoes, cut up 4 tenspoon instant chicken bouillon

granules

** tenspoon sugar

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In a medium saucepan bring 1½ cups water to boiling; add shrimp. Simmer 1 to 3 minutes or until shrimp turn pink. Drain; set shrimp aside.

shirimp turn plnk. Drain; set shrimp aidde.

In a small skillet combine onlon, green pepper and 1 tablespoon water. Simmer, covered, \$ to 4 minutes or until vegetables are crisp-tender. Do not drain. Add tomatoes, bouillon granules, sugar, thyme and hot pepper sauce. Simmer, uncovered, 5 minutes. Combine 1 tablespoon water and cornstarch; add to skillet. Cook and stir until mixture is thickened and bubbly. Add shrimp. Cook and stir until mixture is thickened and bubbly and shrimp. Cook and stir affinites more. Combine hot cooked rice and paraley. Serve shrimp mixture over rice. Makes 1 serving.
Nutrition information per serving: 300 cal., 26 g pro., 45 g carbo, 2 g al., 142 mg chol., 72 im godium. US. RDA: 34 percent vit. A, 74 percent vit. C. 17 percent thiamile, 14 percent niacin, 16 percent calcium, 28 percent inco, 27 percent phosphorus.

Snack foods work for you

Snacking is a favorite pastime for most of us. Some of us snack a little and some of us snack round the clock. One way to handle the between-meal demands is to think of any food as a snack food. After all, it's not what it is, but when it's eaten that makes a food a snack food. Contrary to rumor, snacking is not diagrous to the contract of the cont

FOODS LIKELY to be high in calories are generally greasy, crisp or oily snacks such as fried foods, butter or margarine; smooth and thick like rich sauces, cream cheese



Lois Thieleke

home economist, Cooperative Extension Service

If you're overweight, food by any name is still food and lots of little snacks can add up to big trouble.

and peanut butter; sweet and goory like candy and desserts, or alcoholic. Entertaining is more informal than the grandlose dinners of the past. The advent of the cocktail party with an array of bors doeuvres can serve as a light supper. Guests need not worry about breaking their diets. They can choose the desired portion. Long tables of dishes with a variety of choices can help the fussy caler as well sat the dieter.

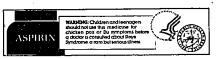
With a little imagination, you can combine choices from the food groups to create tasty snacks for coffee break, alter-school treats, small mini-meals, casual entertaining or anytime you need a nutrition or energy lift.

ing or anytime you need a nutrition or energy lift.
Penny-wise snacks to satisfy the urge to nibble could be homemade oatneal raisin cookies, banana muffins, leftover vegetables marinated in Italian dressing or leftover cold rice or macaroni made into an interesting sailad.
Calorie-conscious snacks can take the hunger out of weight loss so your willpower is not tested. For 70-85 calories try a hard cooked egg or, for less than 35 calories a cup, try raw

cold meat around a bread stick for a walking sandwich.
When you are hungry, you are likely to grab the first munchles in sight. The trick is to have the right to sight. The trick is to have the right to cauliflower, radishes, zucchini, cucumbers, green beans, peppers and mushrooms. Plain popcorn is approximately 25 calories per cup.

SPEEDY SNACKS are for the heads to shedule and can be eaten on the run. Broil an English muffin or bagel with a sile of cheese for breakfast, unchor dinner. Roll a thin sile of during day is not as important lunch or dinner. Roll a thin sile of as what you cat and how much.







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