

Use pork sausage to stuff pork chops

AP — For stuffing, buy pork chops 1 to 1 1/2 inches thick. Cut each chop from the fat side. You'll need about 1/2 cup of stuffing per chop.

- SAUUSAGE-STUFFED PORK CHOPS**
- 1/2 pound bulk pork sausage
 - 2 tablespoons chopped celery
 - 2 tablespoons chopped onion
 - 1 1/2 cups corn bread stuffing mix
 - 1/2 cup chopped apple
 - 1/2 teaspoon salt
 - 1/2 teaspoon dried rosemary, crushed
 - 1/2 Dash pepper
 - 1 to 2 tablespoons apple juice or apple cider
 - 4 pork loin rib chops, cut 1 1/4 inches thick
 - 1/2 cup red currant jelly
 - 1/2 cup apple juice or apple cider
 - 2 teaspoons cornstarch
 - Apple slices (optional)

For stuffing, in a large skillet cook sausage, celery and onion until sausage is done and vegetables are tender, stirring occasionally. Remove from heat. Drain off fat. Stir in stuffing mix, apple, salt, rosemary and pepper. Sprinkle with the 1 to 2 tablespoons apple juice to moisten. Toss gently.

Make a pocket in each chop; sprinkle pockets with salt and pepper. Spoon about 1/2 cup of stuffing into each pocket. If desired, skewer with wooden toothpicks. Place stuffed chops in a shallow baking pan. Bake, covered, in a 350-degree oven for 45 minutes.

Meanwhile, in a small saucepan combine jelly, the 1/2 cup apple juice and cornstarch. Cook and stir until bubbly. Cook and stir 2 minutes more. Drain chops. Spoon some of jelly mixture over chops. Bake, uncovered, for 30 minutes more or until meat is well done. Remove toothpicks. Heat remaining jelly mixture; serve with chops. Garnish with apple slices, if desired. Makes 8 servings.

Nutrition information per serving: 427 cal., 34 g pro., 39 g carbo., 15 g fat, 89 mg chol., 534 mg sodium. U.S. RDA: 42 percent vit. C, 22 percent thiamine, 35 percent riboflavin, 13 percent calcium, 28 percent phosphorus.

FOUR CHEESE-STUFFED CHICKEN BREASTS

- 1/2 cup ricotta cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded provolone cheese
- 1/2 cup grated Parmesan cheese
- 1/2 cup snipped parsley
- 2 tablespoons 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 minutes.

Seafood recipe is just for 1

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

- SHRIMP CREOLE**
- 1 1/2 cups water
 - 4 ounces fresh or frozen shelled shrimp
 - 2 tablespoons chopped onion
 - 2 tablespoons chopped green pepper
 - 1 tablespoon water
 - 1 8-ounce can tomatoes, cut up
 - 1/4 teaspoon instant chicken bouillon granules
 - 1/4 teaspoon sugar
 - 1/2 teaspoon dried thyme, crushed
 - Several dashes bottled hot pepper sauce
 - 1 tablespoon water
 - 2 teaspoons cornstarch
 - 1/2 cup hot cooked rice
 - 1 tablespoon snipped parsley

In a medium saucepan bring 1 1/2 cups water to boiling; add shrimp. Simmer 1 to 3 minutes or until shrimp turn pink. Drain; set shrimp aside.

In a small skillet combine onion, green pepper and 1 tablespoon water. Simmer, covered, 3 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 2 minutes more.

Combine hot cooked rice and parsley. Serve shrimp mixture over rice. Makes 1 serving.

Nutrition information per serving: 300 cal., 26 g pro., 45 g carbo., 2 g fat, 142 mg chol., 721 mg sodium. U.S. RDA: 34 percent vit. A, 74 percent vit. C, 17 percent thiamine, 14 percent niacin, 16 percent calcium, 28 percent iron, 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 around 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 dangerous to your health unless you make bad choices for your snacks. With careful planning you can make snack food work for you to replace skipped meals, to control weight, to delay hunger, to take replace omitted desserts, to quench thirst, but more importantly, to add missing nutrients and give you additional energy to keep your body going.

If you're overweight, food by any name is still food and lots of little snacks can add up to big trouble. Snacks can make or break a diet plan. The idea is to only consume the calories your body can use. Whether you're 12 or 60, your body only needs so many calories, so if your diet provides more than you need, fat is the result. If you drink a chocolate milkshake that your body really doesn't need, it takes more than one hour of tennis, about 1 1/2 hours of golfing, or nearly five hours of watching television to burn it up. If you are non-mobile, better stick to very low-calorie snacks.

As a general rule, food is likely to be relatively low in calories if it is thin and watery such as tomato juice or skim milk; crisp like celery, radishes, melons and other fresh fruits and vegetables, or bulky such as salad greens. A low-calorie raw vegetable snack before meals can even help you eat less during meals.

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



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and peanut butter; sweet and gooey like candy and desserts, or alcoholic. Entertaining is more informal than the grandiose dinners of the past. The advent of the cocktail party 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 eater as well as the Dieter.

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

Penny-wise snacks to satisfy the urge to nibble could be homemade oatmeal raisin cookies, banana muffins, leftover vegetables marinated in Italian dressing or leftover cold rice or macaroni made into an interesting salad.

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

cauliflower, radishes, zucchini, cucumbers, green beans, peppers and mushrooms. Plain popcorn is approximately 25 calories per cup.

SPEEDY SNACKS are for the hectic schedule and can be eaten on the run. Broil an English muffin or bagel with a slice of cheese for breakfast, lunch or dinner. Roll a thin slice of

cold meat around a bread stick for a walking sandwich.

When you are hungry, you are likely to grab the first munchies in sight. The trick is to have the right snack foods handy. Don't buy food if you want to discourage its use. All those tasty tidbits spell temptation if they are around. Good snackers think ahead and creatively plan snacks when planning meals. Make sure your family is snacking on the 'good-for-you' foods.

Remember, no matter how many or how few calories are in a serving of food, a smaller serving will have fewer calories. How many times you eat during a day is not as important as what you eat and how much.

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