

Chef Larry likes these on the grill

SAUCY SHORT RIBS
2 pounds short ribs, trimmed
1 medium onion, chopped
salt and pepper to taste
1 cup K.C. Masterpiece Barbecue Sauce
1/4 cup cooking liquid
1/4 cup red wine
In a large pot, combine short ribs, half the onion, salt and pepper. Cover with water, bring to a boil. Reduce heat and simmer, covered, until ribs are tender, about 1 hour. Drain ribs, reserving 1/4 cup of the liquid. Arrange ribs in a square baking dish. In a small saucepan, combine barbecue sauce, red wine, reserved cooking liquid, remaining half of onion and garlic. Bring to a boil. Reduce heat and simmer for 5 minutes. Pour sauce over ribs. Cover with foil. Bake at 350 degrees for 30 minutes until sauce is bubbly. Serve 4.

BARBECUE ONIONS FOR A MASTERPIECE HAMBURGER
1 medium onion, sliced
2 tablespoons vegetable oil
1/4 cup K.C. Masterpiece Barbecue Sauce
3 tablespoons distilled white vinegar
In a skillet, saute onion in hot oil

until tender. Stir in barbecue sauce and vinegar. Cook to heat throughout. Serve as topping for your favorite juicy hamburger. Serves 4.

BLACK TIE BEANS
1 pound dry black beans
1 ham hock
1 quart chicken broth
1 medium onion, chopped
1 medium carrot, peeled and diced
1 stalk celery, chopped
4 cloves garlic, minced
1 cup K.C. Masterpiece Barbecue Sauce
Rinse and sort beans. Soak overnight in cold water; drain. In a dutch oven, combine beans, ham hock, broth, onion, carrot and celery and garlic. Bring to a boil; reduce heat, cover and simmer until beans are tender, about 2 hours. Stir occasionally, adding additional broth or water as needed. Remove ham hock, cut up the meat, discarding bones and fat. Coarsely blend beans in food processor or blender or mash lightly. Return beans to the dutch oven; stir in ham and barbecue sauce. Cook, stirring occasionally, 20-30 minutes longer if a thicker bean is required. Serve topped with a dollop of sour cream, if desired.

Milk is best way to get calcium

Who needs calcium? We all do! Everyone, regardless of age, sex or lifestyle needs calcium every day for good health. Without calcium you run the risk of "them bones, them bones, them thin bones."

Teeth and bones contain 99 percent of the calcium in our bodies. The other 1 percent is involved in helping the body process function normally.

If your body is not receiving enough calcium it robs the bones to make sure your blood has enough. Your body can't make its own calcium so it's up to you to eat calcium-rich foods.

Infants and children need calcium to build strong bones and teeth. Teenagers need calcium because their bones are increasing in size. Adults need calcium to help the heart, muscles and nerves function, as well as to have healthy teeth and bones.

RESEARCH is under way looking for the possible link between blood pressure and calcium. Statistics report one out of every four American women is or will be an osteoporosis victim. Very low calcium intake over many years may result in this weakened bone condition.

Milk and dairy products are the primary sources of calcium. The easiest way to get the calcium needed is to drink two glasses of milk and eat a variety of foods daily. Many still think milk is just for kids. The other challenge is to increase the calcium intake without increasing calories.

Low-fat and skim milk has more calcium and less calories than whole milk. Boost the calcium by adding non-fat dry milk or fluid skim milk to meatloaf, sauces, casseroles and soups. Freeze canned soups with milk instead of water.

For a moist juicy hamburger, add

1/2 cup of non-fat dry milk to every pound of ground meat. Mix well and broil. No added fat, only added calcium. Nonfat dry milk also may be added to mayonnaise for salad dressings, dips and sandwich spreads.

Drink a cup of cocoa instead of the extra cup of coffee or tea. Use low-fat yogurt in muffins, breads or salad dressings. Of course, yogurt itself has lots of calcium so it makes a great snack.

RICOTTA CHEESE (made with skim milk), natural swiss, cheddar, Gruyere, gouda, colby and muenster are all good calcium cheeses that may be added to salads, sandwiches or topping for casseroles.

Secondary calcium sources are some foods from the meat, fruits and vegetable and grain groups. Canned salmon, sardines, smelt, herring steaks and mackerel are all calcium containers. But you have to eat the bones from these canned fish - no bones, no calcium. Stay away from those packed in oil.

Tofu (soybean curd) can also be a source of calcium. Calcium sulfate should be listed on the label. Nuts contain small amounts of calcium, but be careful of the fat.

Most fruits and vegetables are poor sources of calcium. However, some of the leafy greens contain moderate amounts. It's possible to lose a calcium salad by using the right vegetables.

Start with a cup of chopped mustard greens, add broccoli florets, shredded turnip greens, collards, kale and watercress. This would be a low-calorie, high-calcium, nutritious salad, but hold the dressing. Greens can also be added to soups, stews and spaghetti sauce.

MOST BREADS and grains are poor sources of calcium. Using yogurt, curd, evaporated milk or non-fat dry milk to make products such as corn-



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bread, pancakes, muffins or breads will give them more calcium but certainly not enough. Read bread labels to see if calcium has been added to the product.

It is really absurd to try to meet daily calcium requirements with foods other than milk. To equal the amount of calcium in a glass of milk, you'll need to consume 20 cups of strawberries, six heads of iceberg lettuce, 12 eggs, 29 bananas, 7% pounds of tuna or 13 slices of whole wheat bread.

For many that have developed a milk allergy, the challenge for calcium is even greater. Some lactose-intolerant individuals can tolerate small amounts of milk spread throughout the day. Other good

sources that are lower in lactose include buttermilk, yogurt, cheddar or swiss cheese. Special milks such as fortified soy milk or acidophilus milk can be substituted.

There is a complex relationship between calcium and bone health and exercise that is not completely understood. In general, a regular exercise program will be beneficial to skeletal as well as cardiovascular fitness. Check with your physician.

Good nutritional practices and fitness are fundamental to good health at all ages. We can't avoid getting older. However we can avoid becoming brittle. Parents tell children to drink their milk, eat their vegetables and go outside and play - good advice for all of us.

Make a sandwich whole-meal way

AP - Three cheers for the adaptable sandwich. It's light or hearty as your appetite demands, fast to fix, and its contents are limited only by your imagination. Here are five whole-meal sandwiches to get you started.

STUFFED-TO-THE-RIM VEGETABLE ROLL
Cut a thin slice off the top of a round club roll. Hollow out the bottom, leaving a 1/4-inch shell. (Save the inside for bread crumbs.) Pile very thin slices of smoked ham inside roll bottom. Fill the roll with drained, deli marinated vegetable salad. Top with havarti cheese slices. Broil a minute or two until the cheese melts. Recap with roll top.

OPEN-FACED CHICKEN BURRITOS
Toast tortillas in a 350-degree oven for 10 to 15 minutes. While they're toasting, toss together chopped cooked chicken, chopped tomato, sliced green onion and green chile taco sauce. Spoon some of chicken mixture on each tortilla. Top each with shredded lettuce, shredded cheese and avocado slices.

SOUTHERN-STYLE BEEF AND SLAW SPECIAL
Cut slices of cooked beef into bite-size strips. Toss with your favorite barbecue sauce, jazzed up with a little prepared horseradish. If you like, heat the meat mixture in the microwave oven or a skillet on the range top. Pile onto the bottom of a split hoagie roll. Spoon on coleslaw and add the roll top.

PICK-A-CHEESE PITA POCKET
Line a pita bread half with cheese slices (colby, provolone, muenster, or your favorite). Combine creamy buttermilk salad dressing with cottage or ricotta cheese, spoon into pita. Now, stuff in torn mixed greens and cut-up vegetables such as spinach, broccoli cuts and tomato wedges. (You can buy a variety in small amounts from a salad bar.)

CURRIED CHICKEN CROISSANT
Whisk a dash of sugar and curry powder into some plain yogurt. Toss with shredded cabbage, chopped cooked chicken, raisins or mixed dried fruit bits, and a sprinkling of peanuts. Spoon onto a split croissant.

MEAT-LOAF BURRITO TO GO
Brush a tortilla with water to soften. Top with a lettuce leaf and dairy sour cream. Stack on cooked meat loaf and cheddar cheese slices, avocado wedges and onion slices. Add sweet pepper pieces and salsa. Roll up and fasten with a ripe olive.

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