

Chicken Trazzini made in casserole

AP — CHICKEN TRAZZINI
2 whole large chicken breasts (about 2 pounds total), skinned, boned and cut into bite-size pieces
1/4 cup chopped sweet red or green pepper
1/4 cup margarine or butter
1/4 cup all-purpose flour
2 teaspoons instant chicken bouillon granules
1/4 teaspoon pepper
1 cup water
1 cup milk
1/2 cup shredded Swiss cheese (2 ounces)
8 ounces spaghetti, cooked and drained
One 4-ounce can sliced mushrooms, drained
12 rich round crackers, crushed

In a 2-quart microwave-safe casserole combine chicken and red or green pepper. Cook, covered, on 100 percent power (high) 6 to 8 minutes

or until chicken is no longer pink, stirring once. Drain. Cover and set aside.
For sauce, in a 4-cup microwave-safe glass measure cook margarine on high about 45 seconds or until melted. Stir in flour, bouillon granules and pepper. Stir water and milk into flour mixture. Cook on high 5 to 10 minutes or until thickened and bubbly, stirring every minute. Stir in cheese.

In the 2-quart casserole combine chicken mixture, sauce, spaghetti and mushrooms. Sprinkle cracker crumbs on top. Cook, covered, on high 1 to 2 minutes or until heated through. Makes 6 servings.

Nutrition information per serving:
439 cal., 29 g. pro., 43 g. carb., 16 g. fat, 61 mg. chol., 600 mg. sodium. U.S. RDA: 23 percent vit. A, 38 percent vit. C, 35 percent thiamine, 21 percent riboflavin, 56 percent niacin, 20 percent calcium, 15 percent iron, 34 percent phosphorus.

Raspberry jam tops thumbprint cookies

Following is a recipe that appears in an article on "An Elegant Dessert Buffet" in the November issue of Bon Appetit magazine.

RASPBERRY THUMBPRINT COOKIES
Makes about 3 dozen
1 cup (2 sticks) unsalted butter, room temperature
1/2 cup sugar
2 cups all-purpose flour
2 egg yolks
2 teaspoons grated lemon peel
1/4 cup (about) raspberry jam

Preheat oven to 325 degrees. Using electric mixer, cream butter with sugar until light and fluffy. Add flour, yolks and lemon peel and beat until just light. Form dough into 1 1/4-

3 cheeses are used with pasta

AP — Food, not supplements, is the best way to get the calcium your body needs to prevent bone loss. This appealing pasta dish will give your calcium intake a real boost. It contains three kinds of low-fat cheeses and supplies about 40 percent of your day's calcium needs.

PASTA PRIMAVERA WITH THREE CHEESES
6 ounces spaghetti
2 cups chopped sweet red or green peppers
2 cups sliced zucchini or yellow summer squash
2 cups sliced fresh mushrooms
1 tablespoon margarine or butter
1 cup part-skim-milk ricotta cheese
1/4 cup shredded skim milk mozzarella cheese (2 ounces)
1/4 cup milk
2 tablespoons grated parmesan cheese
1 1/2 teaspoons Italian seasoning
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Cook spaghetti in lightly salted water according to package directions. Meanwhile, in a 12-inch skillet cook peppers, squash and mushrooms in margarine for 3 to 4 minutes or until almost tender. Drain pasta; toss with vegetables in skillet. Transfer to heated platter; cover to keep warm.

In a medium saucepan combine ricotta, mozzarella, milk, parmesan, Italian seasoning, salt and pepper. Cook and stir over medium-low heat until just warm, about 2 minutes. Do not boil. Spoon over pasta and vegetables. Toss before serving. Pass additional parmesan cheese and freshly ground pepper, if desired. Makes 4 servings.

Nutrition information per serving:
402 cal., 23 g. pro., 58 g. carb., 13 g. fat, 29 mg. chol., 561 mg. sodium. U.S. RDA: 101 percent vitamin A, 251 percent vitamin C, 35 percent thiamine, 41 percent riboflavin, 26 percent niacin, 41 percent calcium, 38 percent iron.

Yogurts unequal

AP — Nutritionally speaking, not all yogurts are created equal. So how do you pick the best yogurt for you? Look for clues to best-health buys in the nutrition information panels on each container.
When comparing nutrients, be sure to compare yogurts ounce for ounce.
Compare: 120 calories in a 6-ounce container of non-fat blueberry yogurt to 140 calories per ounce, 190 calories in a 6-ounce container of custard-style blueberry yogurt 33 calories per ounce.

Cholesterol can be good or bad

LDL, HDL, polyunsaturated, monounsaturated, good cholesterol, bad cholesterol.

What do they mean to us as we prepare foods at home or eat out? No one should make major changes in the diet without consulting a physician. Know your cholesterol level and do not settle for being told it is normal.

A limited amount of cholesterol is important for the regulation of certain body functions, but high levels in the bloodstream may form fatty deposits in the arteries. These deposits may slow or block the flow of blood through the body resulting in a heart attack or stroke.

Eating less total fat is a safe way to reduce calories and cholesterol consumption. Losing weight and exercising can reduce the effects of other heart-disease risk factors and improve overall health.

SIMPLY PUT, LDL — cholesterol (low density lipoprotein) — transports the cholesterol in the blood and is referred to as the "bad cholesterol" and linked to coronary risk. HDL — cholesterol (high density lipoprotein) — is called the "good cholesterol," so keep the low as low as possible and the high as high as possible. You need to know these levels; when you have a cholesterol test, ask for these numbers.

In general there are three kinds of fats in our diets. Saturated fats tend to increase blood cholesterol. These are usually solid fats. Some foods high in saturated fat are whole milk, cream, some cheeses, butter, meat, coconut oil, chocolate and lard. To keep the saturated fat down, select lean cuts of meat (white meat contains less fat than dark). Avoid anything packed in fat. Restrict use of fatty luncheon meats. Use skim milk instead of whole milk.

Polyunsaturated fats tend to di-



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minish blood cholesterol. These are usually liquid oils such as corn, sunflower, cottonseed, safflower, sesame and soy oils, besides fish and poultry (without the skin). They are liquid at room temperature.

Nearly all fats from plant sources are unsaturated. The exceptions are palm oil and coconut oils, which are highly saturated. These are usually present in prepackaged foods, such as baked goods, mayonnaise, salad dressing and snack foods.

Read the label to make sure these are not listed. If baked goods leave an oily stain on the paper bag, they're rich in fat — beware!

MONO-UNSATURATED fats have no direct effect one way or the other. Some scientists consider them neutral or think they can lower cholesterol. Olive oil and peanut oil are this type of fat. These fats are derived from olives, almonds, peanuts and grapeseeds. Avocado is also mono-unsaturated fat.

When choosing margarine, the first ingredient on the label should be liquid vegetable oil. Don't buy one that lists the first ingredient as partially hydrogenated or hardened oil. Continue to eat dairy products, just switch to the low fat varieties. Keep the salads, use a vinegar (no oil) dressing.

Organ meats, such as liver and kidney, are high cholesterol foods. Eggs are also considered high cholesterol so keep track of the food made with eggs such as custards, salads, egg noodles, pancakes, corn-

cheese or sour cream.

WHEN EATING OUT, select fruit, sherbet or angel food cake for dessert instead of baked goods or frozen desserts. Request dressing and gravies be served on the side and use them sparingly.

Order foods broiled, poached, steamed, stir-fried or roasted. Eliminating butter from bread and then eating french fries does not help. Use low-fat milk or non-fat dry milk in your coffee. Avoid processed cream substitutes unless made from a polyunsaturated fat. Most of them are made with coconut oil.

A lower fat diet does not involve drastic changes in eating habits. Just a few simple changes in the types of food products we eat make a significant difference in fat consumption. Adapt a low-fat diet that is rich in fruits, vegetables, lean meats, whole grains and low-fat dairy products.

Adapt the philosophy of moderation in eating habits and keep the indulgence to a minimum.

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