

Esau lent name to French 'Potage Esau'

Biblical history has Esau selling his birthright for a "mess of pottage." This has been interpreted to mean a dish of cooked lentils. French cook books still refer to lentil soup as "Potage Esau."

Thousands of years old, lentils are one of the first crops cultivated by man. Lentils partner well with fruits, vegetables and meat. Their mild but distinctive flavor can be enhanced by just using butter or may be enhanced by the addition of sour



Lois Thieleke

home economist, Cooperative Extension Service

cream, mushrooms, cheeses, brown sugar, molasses, onions, herbs, nuts or smoked meats.

Lentils are a good source of usable

vegetable protein. They contribute largely to energy requirements, are rich in minerals, iron, calcium and phosphorus. They are high in B vita-

mins and a liberal amount of vitamin A. Their fat and sodium content is low and being bland are useful to special diets.

THE FIBER CONTENT is also good. It is the food component that isn't digested but travels through the system, absorbing water, and forming bulk. Lentils do not give digestive discomfort like some of the other legumes.

Lentils require little preparation

or watching and may be cooked ahead. They refrigerate and freeze easily. You do not have to presoak lentils. They cook to putty tenderness in a half hour. Do not use them in a pressure cooker. To cook one pound of lentils, boil gently for 20-30 minutes in five cups water with two teaspoons of salt. One cup dried cooks into two cups.

Lentils can be served as a meat accompaniment just boiled, with butter and herbs, or they can be mashed or pureed to make dips, patties, croquettes, stuffed peppers or even soufflés. Add to meat loaf to make the meat go farther.

Casseroles, salads and soups are great with lentils added. Use lentils in your favorite chili recipe. No soaking of beans is necessary. Just add to chili and simmer until done. When cooking lentils, cook enough

for several recipes and meals. They can be refrigerated or frozen for use later.

Lentils, because of their low moisture content, are handy to keep. Use a tightly covered container and store in a cool dry place. Dried legumes know no season and are readily available. Under proper conditions, they will store and keep for indefinite periods.

DRY LEGUMES and lentils are also used for crafts and especially bean bags for children. When these are filled with lentils, they land more softly in small children's hands. But don't forget to use them in cooking.

Lentils add variety to meals; they are economical, convenient, time-saving, nutritional bargains, and are good tasting. If you haven't tried lentils you have a treat in store.

Treats to give on Valentine's Day

AP — Surprise your kids, friends or grandparents on Valentine's Day with these whimsical treats for the sweet.

HEARTTHROB COOKIES

2 cups all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1 cup sugar
1/2 cup shortening
1 egg
1 teaspoon vanilla
1/2 teaspoon peppermint extract

Sift together flour, baking powder and salt; set aside. Beat sugar and shortening with an electric mixer until fluffy. Add remaining ingredients; beat well. Add flour mixture; beat well. Tint and shape as directed for each cookie variation.

Place cookies on an ungreased cookie sheet. Bake in a 375-degree oven 8 to 10 minutes or until golden.

Remove; cool on wire rack.

CHECKERBOARD HEARTS: Divide dough in half. Mix 10 drops red food coloring into one half. Wrap each half in clear plastic wrap; freeze 20 minutes. Divide each half into 8 pieces. On a lightly floured surface roll each piece into an 8-inch rope about 1/4 inch in diameter. Flatten each on four sides to form a square rope; place 4 ropes side by side on waxed paper, alternating colors. Top with 4 more ropes, alternating colors. Repeat 2 more times, forming an 8-by-2-by-2-inch dough block with a checkerboard pattern. Wrap in waxed paper; freeze until firm (1 hour). Cut dough crosswise into 1/4-inch-thick slices. Using a 2-inch heart-shaped cookie cutter, cut a heart from each slice. Reserve scraps for Bleeding Heart Cookies. Bake as directed. Makes 30.

BLEEDING HEART COOKIES: Mix dough scraps lightly with your hands so dough looks marbled. On a lightly floured surface, roll dough 1/4

inch thick. Cut with 2-inch heart-shaped cutter. Bake as directed. Makes 12.

HEART LOLLIPOPS: Cover and chill dough 2 hours or overnight. On a lightly floured surface roll dough 1/4 inch thick. Cut with a 3-inch

heart-shaped cookie cutter. Place about 3 inches apart on ungreased cookie sheets. Place a stick under the center of each heart. Bake as directed. Cool 2 minutes. Remove; cool on rack. Frost and decorate as desired. Makes 30.

VALUABLE COUPON

Bring in this ad and receive 50¢ off your order OR 10% Off Seniors. One coupon per person per visit.

PASTIES

Mon.-Wed. 10-7
Thurs.-Fri. 10-8
Sat. 10-8

Celebrating 30 Years Service
COUSIN JACK PASTIES

We don't claim to be the best.
We'd rather let our customers be the judge.

Jean's Pasty Shop
19373 Beech Daly 537-5581

Manicotti in minutes

AP — Your freezer and microwave team up for homemade single-serving entrees you can have ready in minutes. Store these savory stuffed shells in the freezer for 3 to 6 months; reheat one serving in your microwave in 9 minutes.

HERBED CHEESE MANICOTTI

6 manicotti
1 beaten egg
1 cup shredded Monterey Jack cheese (4 ounces)
1/2 cup ricotta cheese
1/2 cup loose-pack frozen whole kernel corn
One 2-ounce can mushroom stems and pieces, drained
2 tablespoons chopped green pepper
1 tablespoon snipped fresh chives
1/4 cups salsa
1/4 teaspoon garlic powder
1/4 teaspoon dried Italian seasoning

Grease 3 shallow individual baking dishes. Cook manicotti according to package directions. Drain. Rinse with cold water. Drain well; set aside.

In a medium mixing bowl combine egg, half the Monterey Jack cheese, all the ricotta cheese, corn, mushrooms, green pepper and chives. Use about 1/4 cup of the cheese mixture and spoon into each manicotti. Place 2 manicotti in each of the 3 individual baking dishes; set aside.

In a small bowl combine salsa, garlic powder and Italian seasoning. Spoon one-third of the salsa mixture over manicotti in each dish. Sprinkle with remaining cheese. Wrap in moisture-and-vaporproof wrap; seal, label and freeze. Makes 3 single serving entrees.

Microwave reheating: Unwrap one entree. Cook, covered with waxed paper or vented plastic wrap, on 70 percent power for 9 to 11 minutes or until heated through, giving dish a half-turn once.

To reheat in the conventional oven, unwrap one or more entrees. Bake, covered, in a 375-degree oven for 30 minutes or until heated through.

Nutrition information per serving: 445 cal., 24 g. pro., 44 g. carb., 19 g. fat, 144 mg. chol., 1,184 mg. sodium. U.S. RDA: 35 percent vit. A, 28 percent vit. C, 28 percent thiamine, 31 percent riboflavin, 14 percent niacin, 52 percent calcium, 17 percent iron.

Store these savory stuffed shells in the freezer for 3 to 6 months; reheat one serving in your microwave in 9 minutes.

How's your First Aid?

American Red Cross

ORCHARD-10 IGA
24065 ORCHARD LAKE RD.
Mon. thru Sat. 8-9; Sun. 9-5
We Feature Western Beef
QUANTITY RIGHTS LIMITED • NOT RESPONSIBLE FOR ERRORS IN PRINTING

DOUBLE! DOUBLE! DOUBLE!
COUPON! COUPON! COUPON!

AT IGA I GET ATTENTION

IGA Tablerite Boneless Beef

Sirloin Steaks 2.49 lb. Save .90 lb.

IGA Tablerite Hamburger from Ground Chuck

5 lbs. or more **1.39 lb.** Save .50 lb.

IGA Tablerite Center Cut Pork Chops

Rib **2.29 lb.**
Loin **2.49 lb.** Save .50 lb.

IGA Tablerite Chicken

Drumsticks **.89 lb.**
Thighs **.79 lb.**

MR. TURKEY Ground Turkey

99¢ 1 lb. Roll Save .20 lb.

IGA Tablerite Assorted Pork Chops

7 to 11 Chops Per Pkg. **1.29 lb.** Save .60 lb.

IGA Tablerite Swanson Dinners

Assorted Microwave Varieties **.99**

Sticks or Portions Gorton Fish

2 lb. Triple Pack **2.99**

Bakery

White Bread **2.88**

Raisin Bread **.99**

Whole Wheat Bread **.99**

IGA Tablerite Chicken Breast

2.99 lb. Save .50 lb.

GOBBLER RETREAT Young Turkey Breast

4 to 7 lbs. Avg. **1.49 lb.** Save .40 lb.

Store Made Seasoned Mock Chicken or Fresh Polish Sausage

1.59 lb.

IGA COUPON

1 Lipton Side Dish **.20**

1 Lipton Side Dish **.20**

1 Lipton Side Dish **.20**

ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¢ face value. All coupons 50¢ or lower will be doubled. Coupons above 50¢ will be cashed at face value. Limit one coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. Other retailer and free coupons excluded. All cigarette coupons at face value. This offer in effect now thru Sunday, February 12, 1989.

Produce

Fresh Plus Produce

Head Lettuce .69 Each

Pink Grapefruit 1.39

Sweet & Juicy Oranges 1.59

Dairy

Kraft Singles 1.49

Minute Maid Orange Juice 1.99

FAME Milk 1.99

Grocery

Campbell's Vegetable Soup 10.5 oz. **.39**

Folger's Coffee 8 oz. Jar or 26 oz. Can **3.99**

Northern Bath Tissue 6 Roll Pkg. **1.59**

IGA COUPON

1 Lipton Side Dish **.20**

1 Lipton Side Dish **.20**

1 Lipton Side Dish **.20**