

Rhubarb a spring 'tonic'



Popcorn comes in many guises

Popcorn is a nutritious, low-calorie, high-fiber snack. It is 100 percent whole grain. Just as popcorn gained this reputation, manufacturers took plain popcorn and added ingredients not so nutritious and not so low in fat or sodium. Popcorn is not plain anymore. It's cheddar cheese, sour cream and onion, blue cheese, Parmesan, caramel or nacho-flavored. But before you give up popcorn seeking altogether, remember — it still has fiber.

Popcorn has become a fast favorite for the microwave. It's easy, fast and there's no messy, greasy pot to clean. However, read the fine print in the microwave popcorn packages. Some microwave popcorn can have two and a half times as many calories as the regular kind. Some ingredient lists contain partially hydrogenated oil, and some from varieties have pure coconut oil. Not exactly the low-fat and low-calorie snack that popcorn should be. Also added are antioxidants to protect the flavor.

Not all manufacturers of packaged popcorn assume the same serving sizes when they list the nutritional information. Some popcorn hybrids pop bigger than others, which means one cup of a certain brand may have fewer actual kernels compared to another.

THE BIGGEST complaints about microwave popcorn is the number of kernels that remain unpopped. Read the label of the package of microwave popcorn not only for the calories, fat and sodium. Some give the oven wattage needed to pop their particular corn.

What happens if you have a jar of dead popcorn, corn that is listless and unpopable? Chances are that extended storage in a dry cupboard has decreased the moisture content. When enough moisture has evaporated, the kernels are too dry to pop.

To remedy this, place popcorn in a quart jar and add one tablespoon water. Cap the jar, shake to distribute the moisture and allow to stand in refrigerator until the excess water is gone. To prevent future problems, store popcorn in the refrigerator until ready to use.

Flavor and freshness can be preserved by freezing the popcorn during storage. Even shelf-stable popcorn should be refrigerated or frozen to keep fresh for a longer period of time.

Probably best of all nutritionally is popcorn from a hot-air popper. Hot-air poppers do not require oil so one cup of air-popped popcorn has about 25 calories. Adding melted butter before eating doubles the calories and triples the amount of fat.

POPCORN COMING plain from an air popper will need some getting used to because it certainly lacks flavor, but the Flavored ready-to-pop corn is not low fat.

If you do not have an air popper, the next best thing would be a popcorn popper dish made especially for the microwave. The calories are very similar to the air-popped corn. Follow the manufacturers' recommendation on whether to pop corn in your microwave.

Never pop corn in a brown paper bag. The bag can ignite and burn inside your microwave. Use only the popcorn bags especially made for the microwave. Some manufacturers do not recommend any popcorn making in their microwaves. Check your manual.

If you do not have an air popper, brush the inside of a heavy saucepan with vegetable oil or olive oil, add the corn and keep shaking the covered pan until all kernels have popped.

Corn popped in an electric corn popper has the same fat and calories as the "pop shaking" kind. One cup of plain, oil-popped popcorn has about 37 calories and 2.3 grams of fat. Adding butter increases the calories to 62 and doubles the fat.

PLAIN POPCORN made on top of the stove has no preservatives, artificial colors or flavors. Another advantage is that it only has as much oil, butter and salt as the eater chooses to add.

Even the microwave-bag popcorn, with the high cost and probably the most calories, is still a good snack choice. A cup of corn chips contains about 240 calories, high fat, high sodium and not much fiber.

Can you imagine the surprise Columbus and the early Indians would have if they could see our modern-day flavored popcorn?

My grandmother believed in spring cleaning. Not only was this the time for cleaning out wardrobes, closets and cupboards, beating the carpets, washing the windows and opening them wide to air out the whole house, but it was also the time, according to grandma, to clean out the system. It was time to rid the body of impurities and get your blood circulating with new vigor.

This was a popular school of thought in days gone by, and the first warm day of spring set the pots to boiling with all sorts of spring tonics.

We were lucky. While grandma believed we needed purging, she never advocated sulfur and molasses, or any of the other horrid-tasting concoctions that some less fortunate than us were forced to swallow.

She got the same effect by feeding us all wonderful-tasting pies, sauces, and cobblers made of rhubarb.

Raw rhubarb is crisp, crunchy and very sour, and it makes me cringe to think of eating it raw, sprinkled with salt, as some people do. But properly prepared, nothing tastes better than cold rhubarb sauce served with hot buttered toast for breakfast.

OR TRY a rhubarb custard, pie or cobbler, topped with vanilla ice cream or fresh whipped cream.

Only the stems of the rhubarb plant are used. The leaves should never be eaten because they contain large amounts of oxalic acid, which can be poisonous.

When cooking rhubarb, use as little water as possible and add sugar when nearly done, for best rhubarb flavor.

Always cut rhubarb with a very

sharp knife or kitchen scissors, to avoid stringing.

Eaten in moderation, rhubarb is delicious, as well as good for you. But it tastes so good that you do have to be careful not to eat too much, for it does have a laxative effect.

If you want to wake up your family's appetite with a traditional spring treat, try one of the following recipes.

RHUBARB CUSTARD PIE
pastry for a single-crust pie
4 cups plump rhubarb, chopped
4 eggs
4 tablespoons milk
1 cup raisins (optional)
1 1/2 cups sugar
1/4 cup flour
Juice of one lemon
1/4 teaspoon nutmeg

Line a 9-inch deep-dish pie plate with pastry and put in rhubarb and raisins. Beat eggs well, add milk, sugar and flour. Mix together and add nutmeg. Blend ingredients well and pour over the rhubarb. Bake at 425 degrees until lightly browned. Reduce heat to 350 degrees and bake until rhubarb is tender. Cool before serving.

RHUBARB AND STRAWBERRY PIE
1 pint sliced strawberries

2 cups rhubarb, chopped
1 cup sugar
3 tablespoons cornstarch
1/4 teaspoon salt
1 double-crust pastry recipe

Combine strawberries, rhubarb and sugar and let stand for one hour. Drain off the juice into a saucepan and add cornstarch and salt. Cook over low heat, stirring constantly, until mixture thickens. Stir in strawberries and rhubarb and pour into pie shell. Criss-cross pastry strips over the filling and sprinkle lightly with sugar. Bake at 400 degrees for about 1 hour, until done.

RHUBARB RAISIN CRUNCH
1 cup uncooked oatmeal
1 cup light brown sugar
1 cup flour
1/4 cup nuts, chopped
1/4 cup butter or margarine
1/4 cup white sugar
4 cups sliced rhubarb
1 teaspoon cinnamon

To make the crumblike mixture, combine oatmeal, flour, brown sugar and nuts. Cut in the margarine, and mix well. Combine the white sugar, rhubarb and cinnamon. Place half the crumb mixture in an 8-inch pan. Cover with the rhubarb mixture and top with the remainder of crumbs. Bake at 350 degrees for 45 minutes.

Cook, and cut into squares.

SIMPLE RHUBARB SAUCE

Wash, but do not peel, four cups of rhubarb, and cut into 1-inch pieces. Place in a pot with a few spoonfuls of water. Cook over low heat, stirring often, until tender. Then add a cup of sugar and cook until the sugar is dissolved. Cool, and serve as you would applesauce.

For those who can't eat sugar, omit the sugar when cooking, and after rhubarb is done and cooled, add Equal for other "Nutra-sweetener" to taste.

This recipe is delicious with hot buttered toast.

RHUBARB COBBLER
1 cup butter or margarine
2 cups flour
3 cups sugar
1 cup milk
4 cups chopped rhubarb
4 teaspoons baking powder

Melt butter in a 9-by-13-inch baking pan. Combine flour, one cup of sugar, baking powder and milk. Spoon mixture over butter in pan. Top with rhubarb.

Combine water and the two remaining cups of sugar until sugar is dissolved. Pour this over the rhubarb. Bake at 350 degrees about 40 minutes. Serve hot with whipped topping or vanilla ice cream.

For more rhubarb recipes, such as Rhubarb Meringue, Rhubarb-Banana, Rhubarb-Pineapple or Rhubarb-Prune pies, or Rhubarb Cherry Crunch, call Gundella at 427-1072.

ORCHARD-10 IGA
24065 ORCHARD LAKE RD.
Mon. thru Sat. 8-9; Sun. 9-5
We Feature Western Beef
At IGA I Get Attention

QUANTITY RIGHTS LIMITED • NOT RESPONSIBLE FOR ERRORS IN PRINTING

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

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 through Sunday, April 23, 1989.

<p>IGA Tablerite Beef Loin Sirloin Steaks 2.69 lb. Save .50 lb.</p> <p>IGA Tablerite Hamburger Ground Chuck 5 lbs. or more 1.39 lb. Save .30 lb.</p> <p>IGA Tablerite Beef Cube Steaks 2.49 lb. Save .40 lb.</p> <p>Wilson Whole Boneless Flat Hams 1 lb. 1.49 lb. Save .40 lb.</p> <p>IGA Tablerite Sliced Slab Bacon 1 lb. 1.19 lb. Save .60 lb.</p> <p>Sliced Bologna Regular 1.79 1lb. pkg. All Beef 1.99 1lb. pkg. Save .50 lb.</p>	<p>IGA Tablerite Beef Loin T-Bone or Porterhouse Steaks 3.99 lb. Save .90 lb.</p> <p>IGA Tablerite Fancy Split Chicken Breast 1.59 lb. Save .40 lb.</p> <p>IGA Tablerite Pork Steaks or Country Style Spare Ribs 1 lb. 1.29 lb. Save .50 lb.</p> <p>Bakery Hamburger Buns 8 ct. .49</p>	<p>Dairy Kraft Singles 16 oz./24 ct. 1.99 Small or Large Cuts: 24 ct. Sealtest Cottage Cheese 1.29 Cotton-Job FAME 1/4% Low Fat Milk 1.79</p> <p>Frozen Banquet Pot Pies 7 oz. 3/1.00 Tropicana Orange Juice .99 FAME Ice Cream 2.99 Oatmeal Bread 1.19 Oven Fresh Donuts .99</p> <p>Produce Lettuce 24 ct. Jumbo Steer Head .59 Red Florida Tomatoes .89 Pink Grapefruit 4/1.00</p> <p>Grocery Master Blend Coffee 23 oz. 3.99 Dynamo Liquid 2.99 Spam Luncheon Meat 1.58 Spears Apple Juice 1.59</p>
<p>Pizza turned into dip AP — Americans are crazy about the flavor of pizza, so we topped an easy creamy dip with some of your favorite pizza fixin's. Enjoy it as a party appetizer or TV snack.</p> <p>PEPPERONI PIZZA DIP one 8-ounce package cream cheese, softened 1/4 cup dairy sour cream 1 teaspoon dried oregano, crushed 1/4 teaspoon garlic powder 1/4 teaspoon crushed red pepper (optional) 1/2 cup pizza sauce 1/2 cup chopped pepperoni 1/4 cup sliced green onion 1 1/2 cup chopped green pepper 1/4 cup shredded mozzarella cheese (2 ounces) In a small mixer bowl, beat together cream cheese, sour cream, oregano, garlic powder and red pepper. Spread evenly in a 9-or-10-inch quickie dish or pie plate. Spread pizza sauce over top. Sprinkle with pepperoni, green onion and green pepper. Bake in a 350-degree oven for 10 minutes. Top with cheese; bake 5 minutes more or until cheese is melted and mixture is heated through. Serve with sweet pepper strips, broccoli flowerets or crackers. Makes 12 servings.</p> <p>Nutrition Information per serving: 151 cal., 4 g pro., 3 g carb., 12 g fat, 32 mg chol., 261 mg sodium.</p>		

IGA COUPON
Kraft Hamburger Dressings
Limit one coupon per family.
Coupon expires Sunday, April 23, 1989.
Save **.46**

IGA COUPON
Kraft Mayonnaise
Limit one coupon per family.
Coupon expires Sunday, April 23, 1989.
Save **.20**

IGA COUPON
Kraft Dressings
Limit one coupon per family.
Coupon expires Sunday, April 23, 1989.
Save **.40**