

Toppings, sauces can add pounds

AP — It's not the pasta that piles up the calories, but the high-fat toppings and sauces we often pile on the pasta. Here are some tips for reducing fat in pasta dishes:

- Avoid sauces that contain lots of cream or high-fat meats such as sausage.
- When making a sauce, thoroughly drain fat from cooked meat before adding other ingredients.
- Cook vegetables for the sauce in water instead of fat or oil, or steam them.
- Go easy on the cheese topping or switch to part-skim-milk cheeses.
- Try a meatless sauce such as this one made from beans. It has robust flavor and coats the pasta well, yet has only about 1/2 as much fat as a sauce made with meat.

BEAN-SAUCE PASTA

one 16-ounce can tomatoes, cut up
1 1/2 cups water

Kabobs are better than ever

AP — Kabobbery has come of age; more interesting combinations of meat, fruit, vegetables and basting sauces are used than ever. Kabobs are appealing to serve and easy to cook — great for back yard entertaining. The sweet but mustardy sauce brushed on these kabobs makes them delicious with any cut of pork or ham.

For even, thorough cooking, cut the meat for kabobs in uniform pieces. When threading the foods onto a skewer, leave a little space between the pieces.

- INDONESIAN PORK SKEWERS**
- 1/4 cup vinegar
 - 1/4 cup prepared mustard
 - 1/4 cup light molasses
 - 2 tablespoons glaze preserves or orange marmalade
 - 1/4 teaspoon ground ginger
 - 1 1/2 pounds lean boneless pork, cut into 1-inch cubes
 - One 16-ounce jar spiced crab apples, drained

For brushing sauce, in a medium mixing bowl combine vinegar, mustard, molasses, preserves and ginger. Alternately thread pork and apples on 6 to 8 skewers. Brush with sauce. Grill on an uncovered grill over medium-hot coals approximately 15 minutes or until pork is no longer pink, turning and brushing with sauce after 6 minutes.

Or, place kabobs on unheated rack of a broiler pan. Broil five inches from heat for 12 to 15 minutes or until pork is no longer pink, turning kabobs and brushing with sauce after 6 minutes.

Heat remaining sauce; pass with kabobs. Makes 6 servings.

Nutrition information per serving: 282 cal., 28 g pro., 21 g carb., 9 g fat, 83 mg chol., 198 mg sodium. U.S. RDA: 67 percent thiamine, 17 percent riboflavin, 25 percent niacin, 11 percent iron.

5 minutes to special fish dish

AP — Is it worth five extra minutes to turn plain, frozen breaded fish filets into a delicious Italian-style main dish? That's all the time you need to make and spread the seasoned butter on the filets. While they bake, slice tomatoes and olives and open a package of pre-shredded cheese.

- ITALIAN-STYLE BREADED FISH**
- 2 tablespoons grated Romano cheese
 - 2 tablespoons margarine or butter, softened
 - 1/2 teaspoon dried basil, crushed
 - 1/2 teaspoon dried oregano, crushed
 - 1/4 teaspoon garlic powder
 - two 7 1/2 or 8-ounce packages frozen breaded fish filets
 - 8 tomato slices
 - 1 cup shredded mozzarella cheese (4 ounces)
 - 8 pitted ripe olives, sliced

For topping, in a small mixing bowl combine Romano, margarine, basil, oregano and garlic powder. Arrange fish filets in a shallow baking pan. Spread topping over fish.

Bake fish according to package directions. Remove from oven; top each filet with 1 tomato slice. Sprinkle mozzarella over tomatoes. Return to oven; bake until cheese melts. To serve, top with olives; garnish with fresh parsley, if desired. Makes 4 servings.

Nutrition information per serving: 420 cal., 10 g pro., 27 g carb., 25 g fat, 20 mg chol., 748 mg sodium. U.S. RDA: 20 percent vit. A, 24 percent vit. C, 13 percent riboflavin, 11 percent niacin, 20 percent calcium.

- one 8-ounce can tomato paste
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon sugar
- 1 teaspoon instant beef bouillon granules
- 1 teaspoon dried oregano, crushed
- 1/2 teaspoon dried basil, crushed
- 1/4 teaspoon ground red pepper
- one 15-ounce can red kidney beans, drained and rinsed
- one 15-ounce can garbanzo beans, drained and rinsed
- 1/2 cup snipped parsley
- 10 ounces linguine or fettuccine, broken into small pieces
- 3/4 cup shredded Cheddar cheese

For sauce, in a large saucepan combine undrained tomatoes, water, tomato paste, onion, garlic, sugar, bouillon granules, oregano, basil, ground red pepper and pepper. Bring to boiling; reduce heat. Simmer, uncovered, 30 minutes.

In a small mixing bowl slightly mash half the kidney beans with a fork or potato masher. Add mashed and whole kidney beans and garbanzo beans to sauce. Heat through. Stir in parsley.

Meanwhile, cook pasta according to package directions, except omit salt; drain. Serve sauce over hot pasta. Sprinkle each serving with 2 tablespoons Cheddar cheese. Makes 6 servings.

Nutrition information per serving: 418 cal., 19 g pro., 71 g carb., 8 g fat (17 percent of calories from fat), 15 mg chol., 544 mg sodium. U.S. RDA: 42 percent vit. A, 61 percent vit. C, 24 percent thiamine, 18 percent riboflavin, 19 percent niacin, 23 percent calcium, 35 percent iron.

Cheecake cooks in microwave

AP — Enjoy a creamy cheesecake without ever heating the kitchen. Instead, cook this dessert entirely in your microwave. The berry sauce is built in.

BLUEBERRY CHEESECAKE DESSERT

- 1/4 cup finely crushed graham crackers
- 1 1/2 cups frozen blueberries (8 ounces)
- 2 tablespoons sugar
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1 tablespoon light corn syrup
- 2 teaspoons lemon juice
- 2 cups milk

In a large microwave-safe bowl, cook blueberries, uncovered, on 100

- 1/4 teaspoon ground nutmeg
- Three 8-ounce packages cream cheese
- One 4 1/2-ounce package custard dessert mix
- 1/4 cup sugar
- 1 1/2 teaspoons finely shredded lemon peel
- 2 tablespoons finely crushed graham crackers

Generously grease bottom of an 8-by-8-by-2-inch baking dish. Sprinkle with 1/4 cup crushed crackers. Set aside.

In a large microwave-safe bowl, cook blueberries, uncovered, on 100

percent power (high) 2 to 3 minutes or until thawed and juicy. In a bowl, stir together 2 tablespoons sugar and cornstarch. Stir in water, corn syrup and lemon juice. Mix into blueberries. Cook, uncovered, on high 2 to 4 minutes or until thickened and bubbly, stirring every minute. Set aside.

In a four-cup glass measure combine milk and nutmeg. Cook, uncovered, on high 4 to 6 minutes or until steaming and foamy, but not boiling, stirring twice. Set aside. In a microwave-safe, two-quart casserole cook cream cheese, uncovered, on high 1 1/2 to 3 minutes or until softened, stirring once. Stir in custard

mix, sugar and lemon peel. Gradually stir in milk mixture. Cook, uncovered, on high 3 to 5 minutes or until thickened and bubbly around edges, stirring every minute. Cook, uncovered, 1 1/2 minutes more. Spoon half the cheesecake mixture into prepared dish. Spoon blueberry mixture in a layer over cheesecake mixture. Top with remaining cheesecake mixture. Sprinkle with 2 tablespoons crushed crackers. Cool slightly. Cover and chill 6 hours or overnight. Makes 12 servings.

Nutrition information per serving: 187 cal., 5 g pro., 20 g carb., 9 g fat, 68 mg chol., 134 mg sodium.

Check equipment before you start canning

AP — Before you start canning the summer's best fruits and vegetables, check your equipment to make sure it's in top-notch shape. Look over these points:

BOILING WATER BATH CANNER

Any metal cooking utensil that is deep enough to hold pint or quart canning jars set on a rack, plus 1-2 inches of boiling water above the jar tops, will serve as a boiling water bath canner.

Do use a rack; jars mustn't stand directly on the bottom of the pan.

The container should have a close-fitting lid.

Kettles specifically designed

Check dial-type pressure gauges yearly for accuracy. County extension agents often have free testing clinics.

for processing are available.

STEAM PRESSURE CANNER

The pressure canner is a heavy, seamless kettle with a rack and locking lid with seal, pressure lock and safety valve. Do not use a pressure saucepan for canning.

Check dial-type pressure gauges yearly for accuracy. County extension agents often have free, testing clinics. Or you can check the gauge with a special maximum-temperature thermometer made by the Taylor Instrument Co.

Weighted or rocker-type pressure regulators are not adjustable and usually remain accurate.

Make sure all vents and openings in the lid are clean. Clean them with a string or a fine wire before each use.

Clean and check the removable flexible gasket inside the canner lid for cracks and flexibility. Replace old, hard gaskets. They will not form a good seal.

Check the over-pressure plug. Some need to be replaced every few

years.

MISCELLANEOUS EQUIPMENT

Use standard home canning jars only. Make sure they are free of hairline cracks or small nicks in the rim. After 10-13 years of use, consider replacing jars.

One-use jars, such as mayonnaise jars, may break during processing.

Buy new lids for 2-piece caps annually. Screw-bands may be reused. Zinc caps and rubber rings no longer are recommended for any food.

Nice to have: a magnetic wand for removing caps from hot water, wide-necked funnel, jar lifter, 4-ounce jelly and jam glasses for gifts.

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