

# Here's the lowdown on good, bad fats

Because of cholesterol, one of the "hottest" issues in nutrition, monounsaturated fats. While all fats are a blend of saturated, monounsaturated and polyunsaturated acids, the proportions vary greatly.

"Bad" fats are saturated and the least desirable in your diet because of the tendency to raise cholesterol in the blood. Eliminate lard (pork fat) and butter.

"Good" fats are monounsaturated and do not raise total blood cholesterol. These are olive, canola, peanut and avocado. "Mostly good" fats are polyunsaturated and include corn, safflower, soybean, sunflower, walnut, sesame and cottonseed oils. Olive oil has the highest concentration of monounsaturated fat, the good kind!

Olive oils are like wines in the way

their flavors are affected by the soils in which they are grown. Greek, Spanish and Italian — you will have to try them to find your favorite.

"EXTRA VIRGIN" olive oil comes from the first press of the olives which usually makes it the most flavorful, more pungent and aromatic, and also most expensive. Use sparingly over fresh tomatoes or mixed with herbs for salad dressings or on meats.

Less expensive and less flavorful "virgin" olive oil is extracted from the second press of the olives and does not compete with other flavors. Use it for sautéing at moderate temperatures. At high heat, olive oil will break down and smoke. Unlike other shortenings, olive oil does not seep into foods — most of the oil comes



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back after cooking. This means, the inside is moist and coatings crisp rather than greasy.

Mix olive oil with lemon juice, minced onion, garlic, salt, pepper and oregano to marinate chicken. Use this mixture as a baste while baking. Before grilling fish, drizzle with olive oil blended with white wine, tarragon and chives. Marinate steaks for at least an hour in a combination of olive oil, red wine, good mustard, chopped garlic and coarse-

ly ground black pepper.

Live up vegetables with olive oil spiked with lemon, herbs and pepper. Mix equal parts of olive oil, margarine and chunks of fresh tomato, green pepper, chopped black olives and seasonings, toss lightly with cooked spaghetti for a tempting low-cal pasta. Try a super tomato side dish by sprinkling a few drops of olive oil on tomato halves, top with bread crumbs, oregano and a flavorful grated cheese and broil three

minutes.

A good classic recipe for a salad dressing is three parts olive oil to one part wine vinegar or lemon juice, a dash of Dijon mustard, garlic and pepper to taste. This makes a healthy delicious vinaigrette for any salad, even fruits.

OLIVE OILS will maintain their freshness indefinitely if kept in tightly sealed bottles or cans in a relatively cool, dry place away from direct light. Refrigeration may be necessary under very hot, humid conditions and has little effect on flavor although the oil may become cloudy. Don't worry. When the oil reaches room temperature again it will return to its natural state.

Olive oil is neither overly rich or greasy. Of course, the best plus is

that it contains no cholesterol. Compared in calories to other vegetable oils, it is concentrated so you can use less. Remember a little goes a long way — for good taste and good health. To follow a diet in which most of the fat is monounsaturated you will have to prepare most of the food yourself. Very few manufacturers use olive oil or any other monounsaturated oil in their products.

For health reasons, add some to your cooking with olive oil, give everyday dishes that "gourmet" touch. Use olive oil and your ingenuity to create dozens of great dishes. Olive oil is not an ordinary fat; it covers new ways of using this product that has been around some 6,000 years.

## Store whole-wheat loaves 8 months in freezer

AP — Low-fat foods do not come much leaner or fuller in flavor than these little whole-wheat loaves that are virtually fat- and cholesterol-free. The nutty, whole grain flavor

goes great with soups, stews and salads. Wrap and freeze unused baguettes the same day you bake. Store up to 8 months.

### FAT-FREE BAGUETTES

4 cups thinly sliced peeled apples  
1/4 cup raisins  
2 teaspoons lemon juice  
1 tablespoon brown sugar  
1/4 teaspoon ground cinnamon  
1/4 cup quick-cooking rolled oats  
2 tablespoons all-purpose flour  
1 tablespoon brown sugar  
1/4 teaspoon ground cinnamon  
2 tablespoons margarine  
1 plant vanilla ice milk or frozen yogurt

2 1/4 to 3 cups all-purpose flour  
2 packages active dry yeast  
1 tablespoon sugar  
1 1/4 teaspoons salt  
2 cups warm water (120 to 130 de-

grees F)  
2 cups whole-wheat flour  
1 slightly beaten egg white  
1 tablespoon water

In a large mixer bowl stir together

2 cups of the all-purpose flour, the yeast, sugar and salt. Add warm water. Beat with an electric mixer at low speed for 30 seconds, scraping sides of bowl constantly. Beat 3 minutes at high speed. Using a spoon, stir in the whole-wheat flour and as much of the remaining all-purpose flour as you can.

Turn out onto a lightly floured surface. Knead in enough of the remaining all-purpose flour to make a stiff dough that is smooth and elastic (8 to 10 minutes). Shape into a ball. Place in a lightly greased bowl; turn once to grease surface. Cover and let rise in a warm place until double (1 to 1 1/2 hours).

Punch dough down; turn out onto a lightly floured surface. Divide dough

in thirds. Cover; let rest 10 minutes. Roll each third into a 12-by-10-inch rectangle. Roll up tightly from long side; seal well. Taper ends. Place seam side down on a greased baking sheet. Brush with mixture of egg white and water.

Cover and let rise until nearly double (30 to 45 minutes). With sharp knife, make three diagonal cuts about 1/4-inch deep across top of loaves. Bake in a 450-degree oven for 15 to 20 minutes or until done. Serve same day or freeze. Makes 3 loaves, 24 servings.

Nutrition information per slice: 2 cal., 3 g pro., 18 g carb., 0 g fat (percent of calories from fat), 0 m chol., 137 mg sodium.

## Raisins add sweetness to dessert

AP — Ah, dessert. We love it, even when we're trying to eat wisely. This new all-American apple crisp satisfies both urges — good taste and good health. Raisins in the apple mixture add natural sweetness. Reduced amounts of sugar and margarine give you plenty of flavor with fewer calories and less fat. For a splurge, top each serving with a scoop of ice milk or frozen yogurt.

HOME-STYLE APPLE-RAISIN CRISP

4 cups thinly sliced peeled apples  
1/4 cup raisins  
2 teaspoons lemon juice  
1 tablespoon brown sugar  
1/4 teaspoon ground cinnamon  
1/4 cup quick-cooking rolled oats  
2 tablespoons all-purpose flour  
1 tablespoon brown sugar  
1/4 teaspoon ground cinnamon  
2 tablespoons margarine  
1 plant vanilla ice milk or frozen yogurt

In a medium bowl combine apples and raisins, toss with lemon juice. Stir together 1 tablespoon brown sugar, 1/4 teaspoon cinnamon and nutmeg, sprinkle over apple mixture. Toss gently to coat. Place in 1-quart casserole. Cover and bake in a 375-degree F oven for 25 minutes.

Meanwhile, stir together oats, flour, 1 tablespoon brown sugar and 1/4 teaspoon cinnamon. Cut in margarine until mixture resembles coarse crumbs; sprinkle over apple

mixture. Return to oven and bake, uncovered, for 15 to 20 minutes more or until apples are tender. Serve warm with ice milk. Makes 4 servings.

Nutrition information per serving: 297 cal., 4 g pro., 52 g carb., 9 g fat (27 percent of calories from fat), 9 mg chol., 125 mg sodium. U.S. RDA: 13 percent vit. A, 13 percent thiamine, 18 percent riboflavin, 14 percent calcium.

## Everyone will love sour cream meat loaf

AP — There are two kinds of people in the world: those who love meat loaf and those who hate it. This moist, flavorful loaf will transfer anyone in the second group to the first.

**SOUR CREAM MEAT LOAF**  
2 eggs  
One 8-ounce carton dairy sour cream  
1/4 cup milk  
1/4 cup fine dry bread crumbs

1/4 cup finely chopped onion  
2 tablespoons snipped parsley  
1 tablespoon Worcestershire sauce  
1 tablespoon Dijon-style mustard  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 pounds lean ground beef  
one package brown gravy mix (1/4 ounce)

In a large bowl combine eggs, 1/4 cup of the sour cream and milk; stir in bread crumbs, onion, parsley,

Worcestershire sauce, mustard, salt and pepper. Add beef; mix thoroughly. Put into a 9-by-5-by-3-inch loaf pan or shape into the same size loaf and place in a 12-by-7 1/2-by-2-inch baking dish. Bake, uncovered, in a 350-degree oven about 1 1/2 hours or until a meat thermometer inserted in center of loaf registers 170 degrees F. Let cool 10 minutes; remove from pan.

Meanwhile, for gravy, in medium saucepan stir together remaining

sour cream and dry gravy mix. Add water as called for on package. Cook according to package directions. Slice meat loaf and serve with gravy. Makes 6 servings.

Nutrition information per serving: 397 cal., 31 g pro., 12 g carb., 24 g fat, 180 mg chol., 530 mg sodium. U.S. RDA: 13 percent vit. A, 11 percent thiamine, 38 percent riboflavin, 39 percent niacin, 12 percent calcium, 16 percent iron.

## clarification

The list of ingredients for Brown Oatmeal Soda Bread should have included 2 cups whole-wheat flour. The recipe ran March 19, with a recipe from the March issue of Gourmet magazine.

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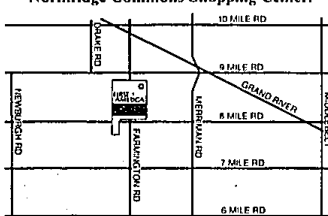
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