

'Tis a St. Patty's Day party

Ah, the luck o' the Irish. Every Irish soul I've had the pleasure of knowing seems to have a twinkle in his or her eye and a happy-go-lucky outlook on life.

Their festive natures will be in full force come March 17 — the day the Irish really like to kick up their heels. March 17 marks St. Patrick's Day, Ireland's greatest holiday, celebrated with festivals and gala events to honor St. Patrick, the patron saint of Ireland.

In America, we celebrate St. Patrick's Day each year by wearing a bit o' the green. Throughout the country, "St. Patty's Day" is one of rejoicing found in homes, schools, churches and places of entertainment. In many communities, a St. Patrick's Day parade takes place.

Want to get in on a bit of the Irish spirit? Plan a St. Patrick's Day party for family and friends. Begin by decorating with green carnations and small pots of shamrock plants, available at any florist around St. Patrick's Day. Offer bright green Irish paper hats to wear for fun. In-st. of course, that everyone wear their green and "kiss the blarney stone" upon entering for a year filled with good luck (any large stone, scrubbed clean, can substitute as your blarney stone).

IRISH EYES will be smilin' as the main entree of Corned Beef with Three-Cabbage Salad is served. A healthy cup of "Irish" Lamb Stew accompanied by "Dublin" Brown Bread will warm their hearts and appetites. Irish folks are great tea drinkers, too, so don't forget to offer a selection of Irish teas with dinner. Top the meal off with a Weight Watchers green favorite — Grasshopper dessert drinks for a tasty, refreshing treat.

Irish music also will add to the festivities. Play your favorite Irish

tunes and invite all to participate in an Irish jig contest. Those who miss your St. Patrick's Day party this year will be green with envy.

THREE-CABBAGE SALAD

Makes 8 Servings
3 cups each shredded green and navy cabbage
2 cups shredded red cabbage
1 1/2 cups grated carrots
1/2 cup minced onion
1/2 cup sour cream
6 slices crisp bacon, crumbled
2 tablespoons plus 2 teaspoons reduced-calorie mayonnaise
2 tablespoons each chopped fresh dill and lemon juice
1 tablespoon Dijon-style mustard
Dash pepper

In medium mixing bowl combine cabbages, carrots and onion; set aside. In small mixing bowl combine remaining ingredients, mixing well. Pour sour cream mixture over cabbage mixture; toss to combine. Cover bowl with plastic wrap and refrigerate until flavors blend, about 30 minutes.

Each serving provides: 2 1/2 Vegetables, 1/4 Fat, 55 Optional Calories.

SOURCE: Weight Watchers Quick Success Program Cookbook, 1988.

LAMB STEW

Makes 1 Serving
8 ounce boneless well-trimmed lamb steak, or shoulder of lamb
1 cup beef bouillon
1 medium tomato, diced
1/2 cup sliced green beans
3 ounces peeled potato, sliced
1/2 cup sliced turnips
1/2 cup diced carrots
1 teaspoon dehydrated onion flakes
1/2 garlic clove
Dash each of thyme and parsley
Salt and pepper to taste

leaves, crushed
1 tablespoon sage
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 cups mixed salad greens
1/2 cup (2 ounces) blue cheese, crumbled
Place melted butter in a shallow, non-reactive baking dish. Roll pork in butter until coated. In a small bowl, combine herbs, salt and black pepper. Sprinkle over pork, pressing seasonings onto surface of meat. Cover and let stand at room temperature for 1 hour.
Preheat oven to 400 degrees.
Place pork on a rack in a roasting pan. Roast until the internal tem-

perature of the pork registers 155 degrees, about 15 to 20 minutes. Remove from oven, let stand at room temperature for 10 minutes; pork will reach internal temperature of 160 degrees.
Cut into thin slices. Serve over salad greens, sprinkle with blue cheese. Makes 4 servings.

To prepare in the broiler: Preheat broiler to hot. Broil until pork reaches temperatures as directed above, about 15 minutes.
Nutrition information per serving: 237 cal., 13 g. fat.
(Recipe from The National Dairy Board)



Lite success

Florine Mark

Broil lamb steak on a rack 5 minutes on each side. Cut into 1-inch pieces and place in a flameproof casserole. Cover (use aluminum foil if casserole has no cover) and simmer slowly on top of stove for 35 minutes, or bake at 350 degrees for 50 minutes or until potato is tender. Add hot water or bouillon if stew shows signs of dryness.

Each serving provides: 4 Proteins, 1 Bread, 5 Vegetables, 10 Optional Calories.

SOURCE: Weight Watchers International Cookbook, 1977.

BROWN BREAD

Makes 8 servings, 1 slice each
1 cup plus 2 tablespoons whole wheat flour, divided
2 1/2 ounces (1/2 cup plus 2 teaspoons) uncooked yellow cornmeal
1 teaspoon salt
1/2 cup dark molasses
2 teaspoons water
1/2 teaspoon baking soda
1 cup skim milk, mixed with 1 tablespoon lemon juice
1/2 cup raisins

In large mixing bowl combine 1 cup flour with the cornmeal and salt. In small bowl combine molasses, water and baking soda, mixing until foamy and caramel-colored; gradually add molasses and milk mixtures to flour mixture, stirring until no lumps remain. In small bowl toss raisins with remaining 2 tablespoons flour; stir into batter.

Combine all ingredients in blender. Process until thick and creamy.

Each serving provides: 1 Milk Selection, 40 Optional Calories.

SOURCE: Weight Watchers Recipe Card File, 1985.

GRASSHOPPER

Makes 1 Serving
1/2 cup cold water
1/2 cup of nonfat dry milk
2 teaspoons of sugar
1/2 teaspoon vanilla extract
1/2 teaspoon mint extract
2 drops green food coloring
6 ice cubes

Combine all ingredients in blender. Process until thick and creamy.

Each serving provides: 1 Milk Selection, 40 Optional Calories.

SOURCE: Weight Watchers Recipe Card File, 1985.

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Stuffing is found in 'double pocket'

AP — The following stuffing recipes can be used with the "double-pocket" technique for baked, broiled or grilled pork chops.

MEDITERRANEAN STUFFING

1/4 cup pine nuts
1 clove garlic, minced
1 medium red pepper, seeded and finely chopped
1 teaspoon butter
1/2 teaspoon grated lemon peel
1 1/2 tablespoons green onion, minced
1 1/2 tablespoons parsley, minced
1/2 teaspoon oregano
1/2 teaspoon salt
1/2 teaspoon pepper

Saute nuts, garlic and red pepper in butter until nuts are golden. Remove from heat, stir in remaining ingredients. Stuff in pork chop and cook as desired. Makes 1 cup stuffing, which fills 4 pork chops.

BLUE CHEESE STUFFING

1/2 cup crumbled blue cheese
1/2 cup walnuts, coarsely chopped

teaspoon black pepper

Stir together all ingredients. Stuff in pork chop and cook as desired. Makes 1 cup stuffing, which fills 4 pork chops.

APPLE-RAISIN-PECAN STUFFING

1 medium tart apple, cored and diced
2 teaspoons butter
1/2 cup raisins
1/2 cup pecans, coarsely chopped
1/2 teaspoon cinnamon
Pinch nutmeg
Pinch all-spice
Salt to taste

Quickly saute apple in butter until apple begins to brown, about 2 to 3 minutes. Remove from heat and combine with remaining ingredients. Stuff in pork chop and cook as desired. Makes 1 cup stuffing, which fills 4 pork chops.

Recipes from National Pork Producers Council

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