

Low-fat cookbook from veteran author

Repeated warnings to cut down on fat consumption leaves the American people with a real dilemma — how to eat healthily without depriving themselves of the foods they love.

"Low Fat and Loving It" by Ruth Spear (Warner Books, \$19.95, hardcover) offers great-tasting solutions to the low-fat diet dilemma.

Spear is a veteran cookbook author who developed an interest in low-fat cooking during her own health crisis. She has consulted with nutritionists and doctors to develop a plan for healthy and satisfying eating, with the latest nutritional data, substitutions for high-fat foods and more than 200 recipes.

Here is one of her recipes.

HAM AND POTATO PIE

Serves 5 (about 1 1/4 cups each)

Pam
1 1/2 cup finely chopped onion
1/2 cup finely chopped green pepper
1/2 cup defatted chicken stock, canned or homemade
Salt and freshly ground black pepper to taste
1 tablespoon Worcestershire sauce
1 1/2 cups finely chopped lean ham, all visible fat removed
2 cups creamed corn (one 17-ounce can)
2 cups seasoned Low-Fat Mashed Potatoes
Preheat the oven to 425 degrees.



Ruth Spear has written a new cookbook.

Spray a large non-stick skillet with Pam and saute the onion over medium heat until softened, about 2 minutes. Add the green pepper, chicken stock, salt, pepper and Worcestershire sauce and simmer uncovered for 10 minutes.

In a bowl, combine the ham, corn and onion mixture; then spoon the mixture into an ungreased baking dish. Cover with the mashed potatoes, roughen the surface with a fork, and bake uncovered for 30 minutes, or until the top is browned. If necessary, run the dish under the broiler to brown.

Try tofu as 'meat substitute'

If you haven't tried tofu yet, you're missing out on a nutritious food that is high in protein, low in fat and cholesterol free.

Tofu, made from soybeans, has been a staple of Oriental cooking for about 2,000 years. It provides the major source of complete protein for the Oriental diet, which is largely vegetarian. Tofu has one of the highest ratios of protein to calories of all plant foods. It also is low in calories compared to beef. A four-ounce serving of tofu is just 82 calories. An equal amount of beef contains about four times that many calories.

"Part of the attraction of this 'meat substitute' is its ability to take on the flavors of whatever it is cooked with — from cheese to stir-fry dishes to tasty dips. Once you cook with tofu, you will find its flavor, nutritional benefits and versatility will win you over."

Tofu is usually found water-packed in a sealed plastic container and is available in most major supermarkets in the produce section. It comes ready to eat with no cooking necessary. Make sure to read the expiration date. Tofu, like milk, is perishable and turns sour after time.

STORING TOFU properly takes a little effort, but it is well worth it. When you get the tofu home, drain, rinse and submerge it in a container filled with fresh cold water; cover and refrigerate. The cold water should be changed daily. Tofu will remain fresh up to a week. If you have extra tofu that you don't want to use right away, drain and freeze. When ready for use, place the bag in warm water to thaw, then press out any water from the tofu.

There are many ways to cook and experiment with tofu. Try cutting it into bite-size cubes and stir-fry with vegetables, or add cubed tofu to create Tofu and Vegetable Salad. As tofu takes on the flavor of the food around it, olive oil, garlic and fresh spices combined with fresh vegetables make Tofu Tostadas a tasty Mexican entree. Puree it for use in dips, such as Tofu-Tahini Dip, which is scrumptious served with pita bread for dipping. For a spectacular dessert, try Tofu Cheesecake as a sweet and creamy treat without the extra calories of regular cheesecake.

Get creative! The possibilities for adding variety to your recipes with tofu are endless.

TOFU AND VEGETABLE SALAD

Makes 2 Servings

1 medium tomato, blanched, peeled and seeded
1 tablespoon rice vinegar
1/2 teaspoon peanut or vegetable oil
1/2 teaspoon each reduced-sodium soy sauce and Chinese sesame oil
8 ounces firm-style tofu, cut into cubes
1 cup each sliced seeded pared cucumbers and julienne-cut (matchstick pieces) carrots
1/2 cup each julienne-cut (matchstick pieces) red bell pepper, sliced mushrooms, sliced scallions (green onions) and bean sprouts

In blender container combine tomato, vinegar, peanut oil, soy sauce, honey and Chinese sesame oil and process until smooth. In large mixing bowl combine remaining ingredients; add tomato mixture and toss to coat. Cover and refrigerate until chilled, at least 30 minutes, or overnight. Toss again before serving.

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

Source: Weight Watchers Healthy Life-Style Cookbook, 1991.

TOFU TOSTADAS

Makes 2 Servings

3 ounces firm-style tofu, diced
2 tablespoons each diced scallion (green onion), red bell pepper, green bell pepper and tomato
2 pimiento-stuffed green olives, sliced
1 1/2 teaspoons each chopped hot or mild chili pepper, chopped cilantro (Chinese parsley) or parsley, and lime juice (no sugar added)
1 teaspoon olive or vegetable oil
1 garlic clove, chopped
1/4 teaspoon salt
Dash pepper
2 tostada shells
1 ounce Monterey Jack cheese, shredded
1 tablespoon sour cream
Garnish: cilantro (Chinese parsley) or parsley sprigs

In medium mixing bowl combine all ingredients except tostada shells, cheese, sour cream, and cilantro (or parsley); stir to combine and set aside. On nonstick baking sheet arrange tostada shells and broil until they begin to brown, about 1 minute. Top each shell with 1/2 of the tofu mixture; sprinkle each with 1/2 ounce

Lite success



Florine Mark

cheese and broil just until cheese melts, about 1 minute.

To serve, transfer tostadas to serving platter and serve with sour cream on the side. Garnish platter with cilantro (or parsley).

Each serving provides: 1 Protein, 1 Bread, 1/2 Vegetable, 1/2 Fat, 20 Optional Calories.

Source: Weight Watchers Quick Success Program Cookbook

TOFU-TAHINI DIP

Makes 2 Servings

2 ounces firm-style tofu
1 tablespoon each tahini (sesame paste) and chopped scallion (green onion)
2 tablespoons ketchup
1 teaspoon each lemon juice and reduced-sodium soy sauce
1/2 garlic clove, chopped
1 teaspoon sesame seed, toasted
2 small pitas (1 ounce each), heated and cut into quarters

In blender combine all ingredients except sesame seed and pitas and process until pureed, about 1 minute. Sprinkle with sesame seed and serve with pitas.

Each serving provides: 1/2 Fat, 1 Protein, 1 Bread, 15 Optional Calories.

Source: Weight Watchers Healthy Life-Style Cookbook, 1991.

TOFU CHEESECAKE

Makes 6 Servings

16 graham squares (2 1/2-inch squares), made into crumbs
1 tablespoon plus 1 teaspoon unsweetened cocoa

Tofu will remain fresh up to a week. If you have extra tofu that you don't want to use right away, drain and freeze.



Small in size, big in reach.
O & E CLASSIFIEDS

Eggplant dish cooks up fast

AP — Speedy Swiss-Styled Eggplant is a quick side dish that takes about 15 minutes to cook in your microwave oven.

SPEEDY SWISS-STUFFED EGGPLANT

Two 1-pound eggplants
1/4 cup sliced green onions, including green tops
1 large clove garlic, minced
1/2 cup tomato juice or water
2 tablespoons olive oil or vegetable oil
2 cups seasoned croutons
2 1/2 cups shredded Swiss cheese (10 ounces)
1/4 teaspoon thyme
1/4 to 1/2 teaspoon pepper
Paprika

Halve eggplants lengthwise. Loosen and scoop out pulp, leaving shells about 1/2-inch thick; reserve shells. Coarsely chop pulp; combine in a 2-quart microwave-safe dish with onions, garlic, tomato juice and oil. Cook, covered with plastic wrap, on high (100 percent power) for 2 minutes. Uncover, stir; cover again; cook on high for 2 minutes. Add croutons, 2 cups of the cheese, thyme and pepper. Toss to mix. Spoon into eggplant shells, dividing equally. Sprinkle tops with remaining 1/2 cup cheese. Dust with paprika. Place on a microwave-safe plate, spoke fashion. Cook on high for 8 minutes, turning a quarter turn every 2 minutes. Let stand 5 minutes. Makes 4 servings.

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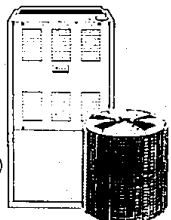
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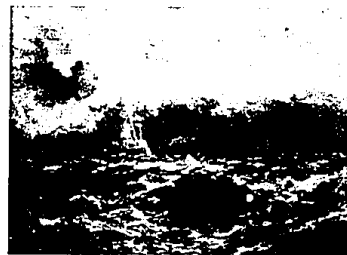
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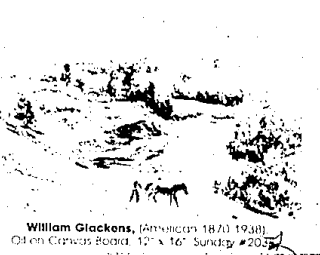
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