

Low-Cal
Foods High
In Flavor

By ELLY

Every chef has his favorite recipes. Franco Palumbo, executive chef of Weight Watchers International, has several which are dear to him. With the true craftsman's talent for bringing out the natural flavor of food, he turns simple everyday ingredients into delectable everyday dishes.

SOMBRERO RICE
2 pkg. (10 oz. each)
Frozen cauliflower
1 can (46 oz.)
tomato juice
Artificial sweetener to equal 4 t. sugar
4 t. chili powder
1 T. dehydrated onion flakes
3 T. dehydrated diced green pepper flakes
1/4 t. garlic powder
1 pkg. instant chicken broth mix or 1 chicken bouillon cube
Cook cauliflower according to package directions. Drain and set aside. Combine remaining ingredients and simmer until reduced to half in volume. Mash cauliflower and add to tomato mixture. Pour into a shallow baking dish and bake at 350 degrees for half an hour. Makes four servings.



RED WHITE AND BLUE PARFAIT
1/3 non-fat dry milk
1/2 c. citrus flavored low calorie soda
1/4 t. orange extract
1/4 c. sliced strawberries (sweeten if desired)
1/4 c. blueberries
Place dry milk in bowl. Stir in soda and orange extract. Beat at high speed with electric mixer, or by hand until topping stands in peaks. In parfait glasses, spoon the strawberries, topping and blueberries in alternate layers. Makes one serving.
Note: For easy handling, store topping in freezer while preparing parfait. If time permits place parfait in freezer for about 20 minutes after each layer is added.

CRAB EGG FOO YOUNG
2 ounces crab meat
1 egg well beaten
1 t. dehydrated onion flakes
1/4 c. bean sprouts, drained
1 T. minced green pepper
1 t. soy sauce
1/4 t. garlic salt
Combine all ingredients and mix well. Pour into non-stick pan and heat until well browned on one side. Turn on other side. Makes one serving.

VEAL CHOPS ORIENTAL
1/2 medium pineapple, peeled
1/4 c. Worcestershire sauce
1/4 c. vinegar
3 T. "legal" steak sauce
Artificial sweetener to equal 3 T. sugar
1 c. tomato juice
1/4 t. cayenne pepper
2 t. monosodium glutamate
4 10-ounce veal chops
Cut pineapple into wedges. Combine Worcestershire sauce, vinegar, steak sauce, sweetener, tomato juice, pepper and monosodium glutamate. Pour over veal chops in bowl; add pineapple. Refrigerate at least three hours, turning occasionally so that all the meat and fruit is covered with the marinade. Remove chops and pineapple to the broiling rack. Broil about three inches from source of heat for 12 minutes or until cooked throughout. Turn once during broiling; baste with marinade several times. Makes four servings.



2125 Extra

TOP VALUE STAMPS

U.S. GOV'T. GRADED CHOICE BEEF

Tenderay Steak Sale!

Spring Bonus Bundle Sale

Save \$8.21

- 10-LBS SIRLOIN, T-BONE, RIB OR PORTERHOUSE
- 5-LBS BONELESS BOSTON ROLL ROAST
- 5-LBS CUBE STEAK
- 8-LBS ALL BEEF HAMBURGER
- 8-LBS CENTER CUT PORK CHOP
- 3-LBS PORK STEAK
- 5-LBS CENTER CUT HAM SLICES
- 5-LBS FRYER LEGS OR BREASTS
- 2-LBS BALL PARK FRANKS
- 2-LBS KWICK KRISP SLICED BACON

\$49⁹⁵

REGULAR PRICE \$58.16

CUT & WRAPPED FREE!

WHOLE FULLY COOKED

Semi-Boneless Hams

49⁹⁵

AVAILABLE FRIDAY & SATURDAY, MAY 21-22

Live Maine Lobster

SHIPPED BY JET FROM MAINE TO YOUR NEIGHBORHOOD SUPER STORE! DETAILS IN STORE

Save 10¢
WITH THIS COUPON & \$1.00 PURCHASE OF MORE SWIFTS

Brookfield Butter
1-LB PKG **59⁹⁵**

Mon., May 10 thru Sun., May 16 at Kroger in Wayne, Macomb, Oakland, Macomb, Livingston & St. Clair Counties. Subject to applicable state & local sales tax. Limit one coupon.

CREAM STYLE OR WHOLE KERNEL CORN CUT GREEN BEANS OR SWEET PEAS

Green Giant Vegetables
15-OZ WT CANS **5⁹⁵**

ALL PURPOSE FLOUR 10-LB BAG **88¢**

OAK-HILL IN HALVES **1-LB 13-OZ 22¢**

Freestone Peaches.....

HANDY NO DEPOSIT BOTTLES 10-FL **10-FL 59¢**

Frosty Root Beer..... 6 OZ BTLS

KROGER SMALL OR LARGE CURD

Cottage Cheese 1-LB CTN **27⁹⁵**

KROGER Tomato Soup..... 10-1/2 WT CAN **10¢**

TASTY RED Demings Salmon..... 1-LB CAN **88¢**

GREEN GIANT IN BROWN SUGAR Pork & Beans..... 15-OZ WT CAN **10¢**

SPECIAL LABEL

Roman Bleach
GAL JUC **44⁹⁵**

Rib Steak
98⁹⁵ LB

FRESH PICNIC

Pork Roast..... **46¢** LB

KROGER All Beef Wieners..... **59¢** LB

SHANK OR BUTT PORTION Smoked Ham..... **44¢** LB

GLENDALD OLD FASHIONED ROUND OR FLAT Boneless Ham..... **88¢** LB

SERVE 'N SAVE THICK Sliced Bacon... **2⁹⁹** PKG

MARHOEFER BONELESS

Canned Ham
5⁹⁵ LB CAN

Save 18¢
ON 2 BTL WITH THIS COUPON & \$1.00 PURCHASE OF MORE

Heinz Ketchup
14-OZ WT BTL **15⁹⁵** LIMIT 2 BOTTLES

Mon., May 10 thru Sun., May 16 at Kroger in Wayne, Oakland, Macomb, Macomb, Livingston & St. Clair Counties. Subject to applicable state & local sales tax. Limit one coupon.

FROZEN

French Fries..... **5⁹⁵** LB BAG

SUMMER ISLE TROPICAL Fruit Salad..... **1-LB 25¢**

WHOLE BEAN Spotlight Coffee..... **3 LB \$1.99**

COUNTRY OVEN Potato Chips..... **14-OZ WT PKG 49¢**

SUN GOLD FRESH BAKED

Sliced White Bread
4⁹⁹ 14-LB LOAVES

Sunrise Fresh Fruits & Vegetables
CALIFORNIA JUMBO 56 SIZE VALENCIA Oranges **10⁹⁹** FOR

WASH. STATE EXTRA FANCY Winesap Apples..... **3 LB 59¢**

10 SIZE CABANA Pineapples..... **EA 49¢**

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. PRICES AND ITEMS EFFECTIVE AT KROGER IN WAYNE, MACOMB, OAKLAND, MACOMB, LIVINGSTON & ST. CLAIR COUNTIES MON., MAY 10 THRU SUN., MAY 16. NONE SOLD TO DEALERS. COPYRIGHT 1971. THE KROGER CO.

Sirloin Steak
1¹⁸ LB

U.S. GOV'T. GRADED CHOICE TENDERAY

Rump Roast..... **\$1.38** LB

U.S. GOV'T. GRADED CHOICE TENDERAY Sirloin Tip Roast..... **\$1.38** LB

GRADE 'A' 16 TO 22-LB Honeysuckle Turkeys..... **48¢** LB

HICKORY HOPST SMOKED OR Polish Sausage..... **77¢** LB

SERVE 'N SAVE Skinless Wieners.. **3¹⁴⁹** PKG

1/2 PORK LOIN SLICED INTO

Pork Chops
66⁹⁵ LB

Save 20¢
WITH THIS COUPON & \$1.00 PURCHASE OF MORE CHOICE OF GRINDS

Kroger Coffee
2¹⁰⁹ LB CAN

Mon., May 10 thru Sun., May 16 at Kroger in Wayne, Oakland, Macomb, Macomb, Livingston & St. Clair Counties. Subject to applicable state & local sales tax. Limit one coupon.

FLEECE ASSORTED COLORS

Bathroom Tissue
4²⁸ ROLL PACK

FUDGEES OR Twin Pops..... **12 CT PKG 49¢**

COUNTRY STYLE OR BUTTERMILK Pillsbury Biscuits..... **8-OZ WT PKG 10¢**

KROGER DAIRY FRESH Half & Half..... **8-OZ CTN 39¢**

SILVER FLOSS Saver Kraut..... **1-LB 11-OZ CAN 18⁹⁵**

TENDER STRINGLESS FRESH Green Beans..... **29¢** LB

6 X 7 SIZE VINE RIPE Tomatoes..... **EA 10¢**

U.S. NO. 1 Red Potatoes..... **10 LB BAG 99¢**

ASSORTED U.S. NO. 1 FIELD GROWN Rose Bushes..... **EA 79⁹⁵**

VALUABLE COUPON

100 Extra Top Value Stamps

WITH THIS COUPON AND \$10.00 PURCHASE OR MORE NOT INCLUDING BEER, WINE OR CIGARETTES

Valid thru Sun., May 16, 1971 at Kroger in Day & East Mich. Limit one coupon.



FRESH FRYERS WHOLE OR

Mixed Fryer Parts
3-HINDQUARTERS WITH BACK, 3-FOREQUARTERS WITH BACK, 3-WINGS WITH GIBLETS INCLUDED

29⁹⁵ LB

FRESH FROZEN

Fryer Drumsticks
5¹⁹⁹ LB BOX

For Your Convenience
USE OUR NEW STAMP STRIP AND GET UP TO

2025 Top Value Stamps

PLEASE PRESENT THIS TO CASHIER TO CHECK OFF ITEMS

T.V. STAMPS	GROCERY
50	WITH TWO 4-OZ BTL KROGER LIQUID DRESSINGS
25	WITH 1-LB CAN KROGER CHILI WITH BEANS OR BEEF STEW
25	WITH ONE 1-LB CAN KROGER FROZEN ORANGE JUICE
50	WITH ANY 1-LB KROGER LABEL ICE CREAM
25	WITH ONE 1-LB KROGER FRANKENMUTH CHEESE
50	WITH ONE 1-LB KROGER FLAKE ROLLS OR COMBO PAK
50	WITH 1-LB KROGER CLOVER VALLEY PEANUT BUTTER
100	WITH ONE 1-LB KROGER LAND O LAKES BUTTER
50	WITH ANY 2-LB KROGER VITEAMINE
50	WITH ANY 2-LB KROGER GOLD CREST CANDY
75	WITH ONE 1-LB KROGER TURKEY ROAST
50	WITH TWO 4-OZ BTL KROGER THIGHS OR BREASTS
100	WITH 1-LB KROGER CENTER CUT HAM SLICES
50	WITH ONE 1-LB KROGER KROGER LUNCHEON MEATS
100	WITH TWO 4-OZ BTL KROGER CORNED BEEF
50	WITH 1-LB KROGER GROUND ROUND OR GROUND CHUCK
25	WITH ONE 1-LB KROGER GORDON'S LINK SAUSAGE
100	WITH ONE 1-LB KROGER HORMEL CANNED HAM
100	WITH ANY 1-LB KROGER SHADE TREE 4.51 99
200	WITH ANY 1-LB KROGER SHADE TREE 4.51 99
100	WITH ANY 1-LB KROGER HOLLAND BULBS
50	WITH 1-LB KROGER 10-LB BAG POTATOES
50	WITH 1-LB KROGER APPLES
50	WITH 1-LB KROGER TOMATOES
50	WITH 1-LB KROGER MISC. CANNED VEGETABLES
150	WITH 1-LB KROGER WORLD SCOPE ENCYCLOPEDIA
150	WITH 1-LB KROGER WORLD SCOPE ENCYCLOPEDIA
25	WITH 1-LB KROGER SPRUCEWOOD GLASSES (2 FOR 25¢)
*VALID AT KROGER DETROIT & EAST MICH. TOTAL 2025 STAMPS, MAY 10 THRU SUN., MAY 16, 1971.	

VALUABLE COUPON

\$1.00 OFF THE PRICE OF MELAMINE

2 SOUP AND 2 SALAD DISH SETS

Choice of Windfall or Sunset Pattern

22.99 Price

Yow \$1.00 Coupon Value

Pay \$1.99 With Coupon

Good only May 9 thru May 15, 1971 at Kroger