

# Super for summertime zucchini bread, iced tea

How would you describe the perfect glass of iced tea?

Perhaps you'd start with its color — golden amber or bright copper. Then maybe you'd comment on its crystal clarity. And its fresh, clean taste that goes so well with all manner of foods. Not to mention its lack of calories, which means you can drink all you want without adding unwanted pounds. And its super-duper thirst-quenching quality, achieved because it is non-sweet and non-carbonated.

There are a number of ways to prepare perfect iced tea. The traditional way uses loose tea and boiling water. A

newer method uses cold water and teabags, which stand for six hours of overnight to develop the tea flavor and color. (Incidentally this tea will never turn cloudy.) If you're in a hurry, turn to the instant tea powders or the flavored and sweetened iced tea mixes.

So make up a pitcherful, sit down and enjoy. To go with it serve slices of homemade zucchini bread, a moist and spicy loaf which can be spread with cream cheese or whipped butter and apricot jam.

Using instant tea or iced tea mix: Follow directions on jar or envelope. In general, allow 2 rounded tablespoons of instant tea powder to each quart of cold water. Stir. Add ice. If using lemon-flavored iced tea mix, use 2 small envelopes or ½ cup mix to each quart of cold water.

### SPICY ZUCCHINI BREAD

- (Makes 2 loaves)
- 3 cups unsifted all-purpose flour
  - 1 tsp. baking soda
  - ¼ tsp. baking powder
  - 1½ tsp. salt
  - 2½ tsp. cinnamon
  - ¼ tsp. nutmeg
  - 3 eggs
  - 2 cups sugar
  - 1 cup salad oil
  - 2 cups grated raw unpeeled zucchini (2 small)
  - 3 tsp. vanilla
  - 1 cup chopped nuts

Combine flour, baking soda, baking powder, salt and spices. Mix thoroughly. Set aside.

In a large bowl, lightly beat eggs with a spoon. Stir in sugar and oil. Mix well. Add flour mixture and stir just enough to blend. Mix in zucchini, then vanilla and nuts. Turn into 9 x 5 x 3 inch greased loaf pan. Bake in preheated 350-degree oven until done, about 50 to 60 minutes. Cool on rack for 5 minutes before removing from pans.



Cream cheese or apricot preserves go with zucchini bread and iced tea.

## Small dose

Despite the national preoccupation with vitamins, the required amount of the 13 vitamins needed in the daily diet comprise only about one-eighth of a teaspoon.

## Goodbye, good mood

Nine out of every 10 shoppers enter a supermarket in a good mood, but only three of four are in a good mood when they leave.

# Leg of lamb assures 3 fine meals

In years gone by, leg of lamb was served in every household at least once a week — often for Sunday's midday dinner because the cold sliced lamb was so good for supper that evening and in sandwiches the next day.

But lamb suffered in popularity after World War II. As a result of eating mutton sometimes overcooked and mistreated by mess hall cooks, veterans of the war came home turned off by lamb. Also, Mediterranean emigrants of pre-war vintage became accustomed to American foods and switched from Mousseau to hamburgers, lowering lamb consumption even further.

Today, the good news is that lamb is staging a comeback. More and more lamb is showing up on American tables — at home and in restaurants simply because sheep producers are growing more lamb.

Now is the ideal time to get away from the "sameness" experienced in daily menu planning and take advantage of this year's abundant lamb crop.

A good place to begin is with a leg of lamb. There are at least three meals in this versatile piece of meat. The sirloin half is delicious and simple to prepare as a one-piece roast. Or, it may be sliced into four sirloin steaks to be broiled or pan-broiled, indoors or out.

The shank half of a leg makes a second meal. But first, cubes or slices may be removed to make shish kabobs, casseroles, soups and stews for the third meal. If you prefer, however, roast the whole shank half at 325 degrees for 20 to 25 minutes per pound.

There will be leftover cooked meat from which you may make quiche, crepes, salad, pita bread filled with lamb, stuffed vegetables or creamed lamb in patty shells just to name a few of hundreds of dishes suitable for cooked lamb.

Build a new awareness of lamb or become acquainted with this young, tender, fresh delicate meat for the first time. It's versatile, it's easy to prepare and it is delicious.

### ROAST LEG OF LAMB WITH CORIANDER (6 servings)

- 1 leg of lamb (5 to 9 lbs.)
- 1 tbsp. lemon juice
- 2 cloves garlic, peeled and thinly sliced
- 1 tsp. salt
- 1 tsp. ground coriander
- ¼ tsp. pepper
- 2 tbsps. cooking oil

With point of sharp knife, cut many small slits in surface of lamb. Push a garlic silver into each incision. Mix coriander, lemon juice, salt and pepper together, add oil. Rub into incisions; then coat outside of lamb leg with remaining mixture. Place lamb on rack in roasting pan and roast in 325 degree oven for 20 to 25 minutes per pound, or until internal temperature reaches 140 degrees for rare doneness, 160 degrees for medium and 170 degrees for well-done. Slice and serve with pan gravy.

## Super turf

Most people associate artificial turf with football fields, but initially it was developed for city playgrounds, where workmen often have a hard time keeping grass alive and healthy. National Geographic World magazine points out.

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NOTE: Not responsible for errors made in printing. QUALITY MARKET ASSOCIATES. Ad Good Thru Sunday, August 2, 1981.

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IGA TABLERITE WESTERN BEEF STEAK SALE

<p style="text-align: center;">IGA TABLERITE BEEF <b>Round Steak</b></p> <p style="text-align: center; font-size: 24px;"><b>\$1.98</b> LB.</p> <p style="text-align: center; font-size: 10px;">FULL CUT SOLD AS STEAK ONLY</p>	<p style="text-align: center;">IGA TABLERITE BEEF <b>Sirloin Steak</b></p> <p style="text-align: center; font-size: 24px;"><b>\$2.78</b> LB.</p>	<p style="text-align: center;">IGA TABLERITE BEEF <b>T-Bone &amp; Porterhouse Steaks</b></p> <p style="text-align: center; font-size: 24px;"><b>\$3.48</b> LB.</p>	<p style="text-align: center; font-weight: bold; font-size: 18px;">Southern Sweet Peaches</p> <p style="text-align: center; font-size: 24px;"><b>44¢</b> LB.</p> <p style="text-align: center; font-weight: bold; font-size: 18px;">Plums &amp; Nectarines</p> <p style="text-align: center; font-size: 24px;"><b>69¢</b> LB.</p> <p style="text-align: center; font-weight: bold; font-size: 18px;">Red Ripe Watermelon</p> <p style="text-align: center; font-size: 24px;"><b>\$2.89</b></p> <p style="text-align: center; font-size: 10px;">GENERIC NO BRAND Savings!</p> <ul style="list-style-type: none"> <li>Shrimp 49¢</li> <li>Crackers 49¢</li> <li>Onion 49¢</li> <li>Escrow 49¢</li> <li>Bleach 65¢</li> <li>EXTRA STRENGTH Dishwashing Detergent 1.17</li> </ul>
<p style="text-align: center;">IGA TABLERITE BEEF <b>Chuck Steaks</b></p> <p style="text-align: center; font-size: 24px;"><b>\$1.59</b> LB.</p> <p style="text-align: center; font-size: 10px;">Blade Cut</p>	<p style="text-align: center;">IGA TABLERITE BEEF <b>Rib Steaks</b></p> <p style="text-align: center; font-size: 24px;"><b>\$2.98</b> LB.</p>	<p style="text-align: center;">IGA TABLERITE BEEF <b>Liver Steaks</b></p> <p style="text-align: center; font-size: 24px;"><b>\$1.18</b> LB.</p>	
<p style="text-align: center; font-weight: bold; font-size: 14px;">New Kent Sausage</p> <p style="text-align: center;">9 Varieties 14 oz. pkg.</p> <p style="text-align: center; font-size: 24px;"><b>\$1.59</b></p>	<p style="text-align: center; font-weight: bold; font-size: 14px;">HOLLY FARMS GRADE A Breast Quarters</p> <p style="text-align: center;">with Wing 14 oz. pkg.</p> <p style="text-align: center; font-size: 24px;"><b>99¢</b> LB.</p> <p style="text-align: center; font-size: 10px;">Fresh from the Dairy</p>	<p style="text-align: center; font-weight: bold; font-size: 14px;">HOLLY FARMS GRADE A Leg Quarters</p> <p style="text-align: center;">5 lb. Bag</p> <p style="text-align: center; font-size: 24px;"><b>89¢</b> LB.</p> <p style="text-align: center; font-size: 10px;">From the Freezer</p>	

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COUPON COUPON

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