

When you've got the time ...

Nutritionists and doctors say breakfast is the most important meal of the day, but it's also the one people often skip. A nourishing breakfast can get you off to a good start and doesn't need a lot of time.

Sprinkle crunchy almonds on your favorite cereal for a delicious eye-opener. Make a trail mix of dried fruits and who natural almonds. It's a table meal that you can munch all through the morning. Have a breakfast-in-a-glass, combine fruit juice, egg, milk, almonds and ice cubes in a blender and whirl until smooth.

Almonds can also dress up those weekend mornings when you have more time to prepare and enjoy special meals. Fold, chopped toasted almonds into waffle or pancake batter. Add sliced almonds to your favorite muffin, coffee cake or sweet roll recipe. They add a wonderful flavor and crunchiness.

For a unique brunch with a south-of-the-border flair, try Hacienda Eggs with Almonds. Poached or scrambled eggs are topped with a spicy tomato sauce and crunchy almonds and served on crisp tortillas.

HACIENDA EGGS WITH ALMONDS
1/2 cup chopped onion
1 Tbsp. vegetable oil
1/4 cup diced green chilies
1 can (8 ounces) tomato sauce
1/4 tsp. salt
1/4 tsp. basil
1/4 tsp. garlic powder
1/2 cup toasted blanched slivered almonds
4 corn tortillas, fried crisp, drained
4 fried, poached or scrambled eggs
6 avocado slices
1/4 cup sour cream

In a small saucepan, saute onion in oil 5 minutes over medium heat. Stir in chilies; cook 1 minute. Add tomato sauce, salt, basil and garlic powder. Simmer 3 minutes. Stir in 3 Tbsp. of the almonds. For each serving, place 2 tortillas on an individual plate. Top with 2 eggs, 1/4 cup of the hot sauce, 3 avocado slices and 2 Tbsp. of the sour cream. Sprinkle with half of the remaining almonds. Makes 2 servings.

Or ...

With 380 calories to get your morning off to an energetic start, this nutritious breakfast drink supplies 100 percent of the U.S. Recommended Daily Allowance for vitamin C as well as 25 percent of the U.S. RDA for protein, 30 percent vitamin A and riboflavin and 20 percent thiamine.

ORANGEY-BANANA SHAKE
1 small banana, cut into chunks
1 container (8 ounces) plain yogurt
2 Tbsp. wheat germ
1 Tbsp. orange flavored instant breakfast drink
1 Tbsp. honey
1 Tbsp. lemon juice
1 ice cube
Combine all ingredients in a blender container. Blend until smooth, about 30 seconds. Serve immediately. Makes 1-1/2 cups or 1 serving.

Love is an egg roll wrapped in friendship



Kathe Ross

20 large egg roll skins (found in produce section of larger grocery stores or obtainable at some Chinese restaurants)

Saute the onions and celery. Set aside. Drain grease well. In a large bowl, combine the rest of the ingredients together. Add the sauted vegetables; mix well; refrigerate. In large egg roll skins, wrap about 1/4 cup of the filling. Fry in deep hot fat until golden brown. Serve with sweet and sour sauce.

SWEET AND SOUR SAUCE

1 cup peach preserves
1 cup pineapple preserves
1 cup orange marmalade
1 cup vinegar
1 Tbsp. soy sauce
1 tsp. dry mustard
1/4 tsp. garlic powder

Blend all ingredients in electric blender until well-mixed.

EGG FOO YOUNG

6 eggs
1 1/2 cups (16 ounces) drained bean sprouts
1/4 cup instant minced onion or 1 cup chopped onion
2 Tbsp. chopped green pepper
1/4 tsp. salt
dash pepper
(Cooked pork or shrimp may be added)

In large mixing bowl, beat eggs well. Add remaining ingredients and mix well. In large fry pan, heat about 2 Tbsp. oil. Drop egg mixture by tablespoon into pan. Fry until golden. Turn and brown other side. Drain on paper towel. Repeat procedure with remaining mixture. Serve hot with soy sauce.

SWEET AND SOUR PORK

Salad oil or sesame oil
1/4 cup cornstarch
1/4 cup all-purpose flour
1 tsp. salt
1/4 tsp. monosodium glutamate
1/4 tsp. baking powder
1/2 cup water
1/2 pound pork, tenderloin, cut into 1-inch pieces
1 green pepper, cut into diagonal 1-inch pieces
1 small onion, sliced diagonally into 1/2-inch pieces
1 can (8 ounces) pineapple chunks, drain and reserve juice
1 cup semi-cooked carrots, cut diagonally into 1/2-inch pieces
1 tomato, thin wedges

Pour oil into electric skillet or large dutch oven to a depth of 1 or 1 1/2 inches.

es. Heat to 375° F or until 1-inch bread cubes brown in 1 minute. While oil heats, prepare sauce.

SAUCE

1/4 cup packed brown sugar
2 Tbsp. cornstarch
1/4 cup vinegar
4 Tbsp. ketchup

In small saucepan, mix sugar and cornstarch. Add enough water to reserved pineapple juice to measure 1 cup. Stir this mixture, vinegar, and ketchup into cornstarch mixture. Cook, stirring constantly until sauce thickens and boils. Keep warm over very low heat.

In small bowl, beat flour, cornstarch, salt, MSG, baking powder, water and 1 tsp. oil with rotary blender until smooth. Dip meat into batter and fry in hot oil until golden brown. Drain. Keep in warm oven.

Stir in vegetables in sauce in dutch oven. Cover and simmer until vegetables are crisp-tender, about 5 minutes. Fold meat tidbits into the sauce and vegetables. Serve over rice.

CRUNCHY CABBAGE SALAD

4 cups shredded Chinese cabbage
1/4 cup (5 ounces) drained, sliced water chestnuts
1/4 cup (4 ounces) drained, sliced fresh mushrooms
1 Tbsp. chopped onion
1/4 cup mayonnaise
1 1/2 Tbsp. soy sauce
1/4 cup chow mein noodles

In large bowl, combine cabbage, water chestnuts, mushrooms, and onion. In small bowl, combine mayonnaise and soy sauce. Pour over cabbage mixture. Toss lightly. Just before serving add chow mein noodles and toss lightly. If desired, garnish with toasted almonds.

QUICK FRIED RICE

6 slices bacon, fried and crumbled
1 Tbsp. oil
2 medium finely chopped
2 eggs, slightly beaten
4 cups cooked rice
2 Tbsp. soy sauce
1/4 tsp. salt
1/4 tsp. Worcestershire sauce
1/4 tsp. pepper

Heat oil in same pan you fry bacon. Fry onion and egg until cooked. Add all other ingredients. Reduce heat to medium, stirring pot occasionally for 10-15 minutes.

CHINESE ALMOND COOKIES

2 3/4 cups sifted all-purpose flour
1 cup granulated sugar
1/4 tsp. soda
1/4 tsp. salt
1 cup margarine
1 slightly beaten egg
1 tsp. almond extract
1/4 cup whole almonds

Sift flour, sugar, soda and salt together into bowl. Cut in margarine till mixture resembles cornmeal. Add egg and extract; mix together well.

Shape dough into walnut-size balls. Place 2 inches apart on ungreased cookie sheet. Place an almond on top of each cookie and press down to flatten slightly. Bake in a slow oven 325° F 15 to 18 minutes. Cool on rack. Makes 1 1/2 dozen cookies.

A mexican meal extender

There is more to Mexican food than tacos, enchiladas and refried beans. Mexican dishes are a good way to introduce a little spice and add variety to your everyday meals.

A south of the border style dish, like Stuffed Peppers Mexicali, looks and tastes like an authentic fiesta, but preparation is fast and simple. Packaged enriched precooked rice helps assure that the results are easy and foolproof. With the addition of beans and cheese as meat extenders, you get the bonus of good taste and sound economy.

Acapulco Rice is another way to put Mexican-style excitement into your menu. Precooked rice absorbs all the rich spicy flavor of the tomato sauce.

Cut peppers in half lengthwise and remove stems and seeds. Cook in boiling salted water for 10 minutes, or until just tender. Drain and set aside.

Drain beans, reserving liquid. Add water to liquid to make 3/4 cup. Brown beef lightly with 1/4 tsp chili powder in oil in small skillet; add salt and the measured liquid. Bring to a boil; stir in rice, cover and simmer 5 minutes. Stir in 1/4 cup of the cheese and spoon meat mixture into peppers. Pour tomatoes, kidney beans and 1/4 tsp. chili powder into the skillet. Place stuffed peppers in the skillet; sprinkle with remaining cheese. Cover and simmer 5 minutes. Serves 2.

ACAPULCO RICE

1 can (16 ounces) tomato sauce
1/4 cup water
2 to 3 Tbsp. chili powder
1-1/4 cups instant rice
1/2 cup crushed tortilla chips
1/2 cup shredded cheddar cheese

Combine tomato sauce, water and chili powder in saucepan. Bring to a full boil. Stir in rice. Cover; remove from heat and let stand 10 minutes. Sprinkle with chips and extra cheese. Serve with shredded lettuce and sour cream, if desired. Serves 4.

STUFFED PEPPERS MEXICALI

2 medium green peppers
Boiling salted water
1 can (8 ounces) kidney beans
1/4 pound ground beef
1/4 tsp. chili powder
1 Tbsp. oil
1/4 tsp. salt
1/4 cup instant rice
6 Tbsp. grated cheddar cheese
1 can (8 ounces) stewed tomatoes
1/4 tsp. chili powder

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