Popcorn has been around awhile — for a reason

What is more American than apple ple, is a super snack for dieters and nowadays comes in a wide variety of flavors?

flavors?
Popcorn! And this natural and nutri-tious food will be in the national spot-light all during October. It's Popcorn Poppin' Month, according to the Pop-corn Institute, the Chicago-based asso-ciation of United States popcorn pro-

cessors.

For 31 days, popcorn fans across the country can feast on their favorite snack, try out new recipes and flavors, hold popcorn fests and festivals and generally have a joyous time saluting the food that's good to the last crunch.

Although the October celebration

they tasted it.
Popcorn snackin' was not limited to

will generate lots of popcorn nibbling, there's plenty consumed the other eleven months, too. Last year Americans and Mexican Indians also ate almost 10-billion quarts of popped popcorn. That's 42 quarts per man, woman and child!

Popcorn poppin' and munchin' have been an one going event in the U.S. for thousands of years, Long before the Institute established a special popcorn month and even before Columbus set sail to the New World, American Indians were popping corn in hot sand, on hot stones, in hashlow clay pots or right on the cob over an open fire. The original Americans knew a good thing when they tasted it.

Popcorn specific was not limited to even the control of the state of the control of th

POPCORN HAS many pluses. The longtime all-American favorite snack has a lot going for it. Besides being great tasting and fun to eat, popcorn is:

• Versatile — from breakfast to

midnight snack. Since the nation's beglinding when colonial wives served
popcorn with sugar and cream for
treakfast — the first purified breakfast
cereal — the ties to proporn has expanded greatly. Today popcorn is an
aparty nibble. Kids love it as a substitute for crouson or crackers in soup
and as an after-school treat. Popcorn is
a college student's late-night study
snack. Creative cooks turn it into deliclous desserts — Fantasy Popcorn
Cake and Chocolate Popcorn Pie delight guests. And, of course, movicgoers favorite munch is popcorn.

*It's nutritious — downright good
for you. The experts agree, popcorn is a

wholesome snack food. The American Dental Association recommends poporaria a sugar-irce snack. Furthermore, chewing poporar creates a mild cleaning and masseging action that is beneficial to both teeth and gums.

The Illinois Division of the American Cancer Society lists high-fiber food as one of the 11 things that don't cause cancer. Poporon is a high-fiber food so cancer. Poporon is a high-fiber food weight Watchers international Inc. in its weight-reduction program. Many diet plans recommend poporar as a between-meal snack. Weight Watchers International Inc. in the kitchen. It is weight-reduction program. Many diet plans recommend popcorn as a between-meal snack. A quart of popcorn ween-meal snack. A quart of popcorn (popped at home) costs only 4 to 9 cents, a big bowliul averages 17 cents.

More than 1 way to coat a fish

If you're among the millions of Americans limit-lag sodium intake, there is an array of low-sodium seafood recipes that will satisfy even the most dis-criminating diner. Certain fresh fruits and vegetables that are low

Certain fresh fruits and vegetables that are low in sodium, such as plincapple and green pepper, will enhance the flavor of a favorite fish variety. Unsailed nuts add a unique taste and provide necessary fiber, vitamins and nutrients, while keeping down the sodium content of the dish. Unsailed cashews, combined with cracker crumbs, Parmesan cheese, margarine and sherry make a crunchy nut stuffing for shrimp, topped with lemon sauce.

A cashew sauce made with unsailed cashews, pincapple and tomato paste enhances that freshfrom-the-sea flavor of scrod.

FILLETS IN CASHEW SAUCE Makes 4 servings 3 tbsp. peanst oil 14 cup chopped green pepper 14 cup chopped onion

oz.) can pineapple tidbits in juice

tbsp. tomato paste

I tsp. cornstarch 2 tbsp. white vinegar ¼ cup dry white wine 1 ib. scrod fillets ¼ cup dry roasted unsalted cashews

Heat 2 tablespoons peanut oil in saucepan over medium heat. Add pepper and onion; saute until teeder. Stir in undrained pineapple and tomato paste. Mix cornstarch and vinegar until smooth, add to saucepan. Cook, stirring constantly, until mixture comes to a boil. Reduce heat to low. Stir in

mixture comes to a boil. Reduce heat to low. Stir in white wine. Keep sauce warm.

Place scroof fillets in a greased baking dish; brush with remaining peanut oil. Bake at 425 degrees for 10 to 12 minutes, or until casily finaked. Mix cashews into prepared sauce and serve with fillets. Microwave Preparation:

In a 1-quart microwave-proof bowl, combine 2 tablespoons oil, pepper and onion; cook on high (100 percent power) 2 to 3 minutes. Stir in undrained pincapple and tomato paste. Mix constancts and vinegar nutil smooth; add to bowl. Cover bowl with wax paper. Cook on high (100 percent power) 2½ to 3½ minutes, stirring twice during cooling time, until mixture boils. Stir in wine. Leave sauce covered and set aside.

Arrange scrod in a shallow microwave-proof

and set aside.

Arrange scrod in a shallow microwave-proof baking dish; brush with remaining oil. Cover with wax paper and cook on high (100 percent power) 5 to 7 minutes, giving dish ¼ turn hallway through cooking time, or until rish flakes casily. Mix cashews into prepared sauce and serve with fillets.

CASHEW STUFFED SHRIMP Makes 4 servings

Rediscover pasta

Good cooks everywhere are rediscovering pasta. Shops specializing in "homemade" varieties are opening, grocery and department stores have special sections for homemade pasta devotees, and many dedicated lovers are experimenting with their own combinations at home past a devotees, and many dedicated lovers are experimenting with their own combinations at one of the past and their own combinations at their own combinations (in the past and their own combinations). The past and their own serving it cold in delicious salad combinations, one of these is Macarcoal and Vegetable Salad, which uses spiral measuroal in a mixture of cheese, broccoli, tomato and cocumer silees. To lend an Italian favor to this salad, the recipe uses Italian dressing. The salad ingredients are tossed with the dressing and chillied overnight to marinate them in the savory blend of Italian herbs and spices. Start with Macaroni and vegetable salad and discover the many ways cold state salads can add new flat to your menus.

MACARONI AND VEGETABLE SALAD

2 spp (7 or 3) spiral or shell mearoni, cooked,

2 cups (7 ozs) spiral or shell macaroni, cooked,

drained 1½ cups (6 ozs) cubed natural Monterey Jack

2 cups 1-inch broccoll pieces 1 cup cherry tomato halves l cup cucumber slices, o % cup Italian dressing er slices, cut in half

Combine ingredients; toss lightly. Chill several hours or overnight. Toss before serving. 10 servings.



MAPLE DRUGS

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WESTLAND-

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12 jumbo shrimp 22 soda crackers, unsalted tops, finely rolled (about ¾ cup erumbs) ¼ cup dry roasted unsalted cashews, coarsely

chopped
4 cup grated Parmesan cheese
3 then margarine, melted
2 then dry sherry
4 tep, paprika
4 cop water
Lemon Sauce (recipe below)

Lemon Sauce (recipe below)
Shell shrimp, leaving tail attached; wash thoroughly and drain. Butterfly shrimp by splitting almost completely through center. Lay, cut side up, in large shallow baking dish.
Mix together cracker crumbs, cashews, cheese, margarine and sherry. Mound I tablespoon mixture on top of each shrimp. Pour water into bottom of dish. Bake at 350 degrees for 20 minutes, or until

shrimp are tender. Transfer shrimp to platter and drizzle with lemon sauce (recipe below).

Lemon Sauce:
In a saucepan combine ¼ cup margarine, juice from 1 lemon, 1½ (caspoons white vinegar and ¼ (caspoon Worcestershire sauce. Heat until margine from 1 lemon, 1½ (caspoons white vinegar and ¼ (caspoon Worcestershire sauce. Heat until margine from 1 lemon 1 lem





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