

# Dips and snacks to keep the couch crowd going

The riveting culmination of the NFL season spawns more casual at-home parties around the television than almost any other annual event. Big game anticipation, good friends and good food just naturally seem to go together.

Even the most rabid football fans need to nibble as the excitement and appetites mount, so as the game time approaches, set out the crackers, chips and veggies and bring on the dips. These always-welcome, no-fuss snacks are just the ticket for kicking off an afternoon of indoor football watching.

Hot or chilled, made in advance or briskly whisked together at the last minute, they are ideally easy to serve and eat.

For this year's Superbowl party, try a duo of spectacular new dips developed by home economists for Pace Picante Sauce. This product, first introduced to San Antonio by the Pace family in 1947 and now available in all 50 states, is the starting point for both.

Football Fan's Frijole Dip ready to serve minutes, is sure to keep the crowd cheering. It begins with a convenient can of refried beans, then adds

Tex-Mex nacho topping ingredients — cheese, onion and picante sauce — to elevate the humble bean to lively new culinary heights.

None of the game watchers will pass on Touchdown Tuna Dip. Based on a recipe that has been a Pace favorite for years, the dip is a lively new variation of the standby sour cream and salad dressing combo. Made hearty with tuna and chopped egg and spiced up with picante sauce in the cook's choice of mild, medium or hot, it's sure to go fast. Don't forget to set out a bowl

of picante sauce to dip with chips or veggies, as well. The weight watchers in your crowd will appreciate the fact that there are only 6 calories per tablespoon in this sauce.

**FOOTBALL FAN'S FRIJOLE DIP**  
(Spicy Bean Dip)  
1-16 oz. can refried beans  
2 cups (8 oz.) shredded cheddar cheese  
¼ cup picante sauce  
2 green onions with tops, thinly sliced  
¼ teaspoon ground cumin  
¼ to ½ teaspoon salt, as desired

Combine beans, ¼ cups of the

cheese, picante sauce, onion and seasonings in saucepan; cook over low heat, stirring frequently, until cheese is melted and mixture is hot. Transfer to heated serving dish, chafing dish or fondue pot. Sprinkle with remaining ¼ cup cheese. Serve with tortilla chips, corn chips or vegetable dippers. Makes about 2½ cups dip.

**TOUCHDOWN TUNA DIP**  
1-7 oz. can water-packed tuna, drained  
1½ cups (12 oz.) sour cream  
¼ cup picante sauce  
17 oz. envelope Italian salad dressing mix  
2 teaspoons lemon juice  
1 hard-cooked egg, finely chopped  
¼ cup ripe olive slices

Place tuna in mixing bowl; mix well. Chill. Garnish with olives and additional picante sauce, if desired. Serve with crackers, chips or vegetable dippers. Makes about 2½ cups dip.

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Mexican Snack Mix and Nutty-Fruit Wheat Mix are delicious and loaded with nutritional value in a handy form. They provide protein, carbohydrates and vitamins and can be made in large batches for storing in airtight containers or individual packets.

And since football isn't always on television — it just seems that way — the snacks also are ideal for taking along on outings in the fall, including, of course, football games.

**MEXICAN SNACK MIX**  
Makes 6 cups  
2 cups bite-size shredded wheat cereal with raisins  
1 cup dry roasted unsalted peanuts

½ cup unsalted margarine, melted  
¼ teaspoon onion powder  
¼ teaspoon chili powder  
¼ teaspoon paprika  
¼ teaspoon garlic powder  
¼ cup semisweet chocolate morsels

In large bowl, mix bite-size shredded wheat & raisins and dry roasted unsalted peanuts. Combine margarine, onion powder, chili powder, paprika and garlic powder; mix well. Gradually pour over peanut mixture, tossing while pouring.

Spread mixture in thin even layer on large baking sheet. Roast at 300° F. for 15 minutes, stirring once or twice. Mix in chocolate morsels. Store in airtight containers.

**NUTTY-FRUIT WHEAT MIX**  
Makes 5 cups  
2 cups bite size shredded wheat  
1½ cups dry roasted unsalted mixed nuts  
¼ cup unsalted margarine, melted  
¼ cup honey  
1 teaspoon lemon extract  
½ cup dried apricots, halved  
½ cup pitted dates, halved lengthwise  
½ cup dried apples

In large bowl, mix shredded wheat and unsalted mixed nuts. Combine margarine, honey and lemon extract. Four over shredded wheat and nuts, tossing mixture while pouring.

Spread mixture in thin even layer on large baking sheet. Roast at 300° F. for 15 minutes, stirring once or twice. Cool. Mix in apricots, pitted dates and apples. Store in airtight container.

**CINNAMON VARIATION:** Substitute ¼ teaspoon ground cinnamon for lemon extract.



pilot light  
**Greg Melikov**

## Successful end to war

D-Day plus 35: 212 pounds. Every great losing streak must come to an end. It must have been the chunk of birthday cake, but only two sweets in a month isn't bad. Yet, I have lightened my belt a notch; beltless pants fit tailor-made.

D-Day plus 42: 210½ pounds. To celebrate, I chew a stick of gum and tighten my watchband a notch.

D-Day plus 49: 210 pounds. The celebration continues: I eat Italian strawberries, but avoid most of the whipping cream. Three sweets in seven weeks is an achievement.

D-Day plus 56: 208 pounds.  
D-Day plus 63: 207 pounds. I'm on a roll, but my barber deserves some credit. While I had a no-off, he gets out the sheep shears and bags half a pound of hair.

D-Day plus 70: 207 pounds. A good omen falls to pan out for me: A colleague, Ed, who credits me with inspiring him to diet, drops six pounds in four days, getting down to 269.

D-Day plus 77: 206 pounds. Ed drops another 10 pounds. "What are you going to do for pants?" I snicker. "I've got all the sizes," Ed says, pointing to his waist, "from 34 to 44."

D-Day plus 84: 205 pounds.  
D-Day plus 91: 204 pounds. I'm the lightest since getting out of the Army in Ike's last presidential year. Ed's at 250.

D-Day plus 98: 204 pounds.

D-Day plus 105: 204 pounds. I've hit the proverbial plateau.

D-Day plus 112: 204 pounds. "It's tough to break through those plateaus," Ed says. He didn't do so well either: "I celebrated my son's graduation and gained two pounds."

D-Day plus 119: 203½ pounds. My financial consultant, Charlie, is so inspired by my self figure that he vows to cut back on the late-night big meal and forget cookies and peanuts and several other goodies. Ed is down to 241. I feel like the Pied Piper of Fat City.

D-Day plus 126: 202 pounds. The plateau is behind me. So is Ed at 240.

D-Day plus 133: 202 pounds. Ed isn't happy either; something about a Father's Day celebration. He gained two pounds. Charlie quit eating ice cream at night and lost a pound.

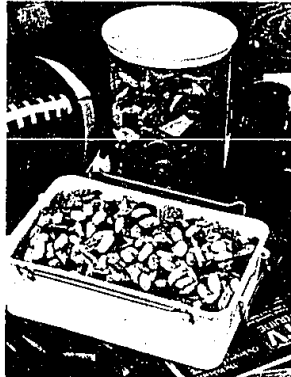
D-Day plus 140: 202 pounds. I've plateaued again. It's the wrong time because I'm going on vacation and won't weigh for three weeks. Ed wishes he was in my shoes — he's up to 245.

D-Day plus 147: 202 pounds. I can't believe it. I watched my dining habits — and I look and feel thinner.

D-Day plus 154: 202.

D-Day plus 172: 202 pounds. I should have played that number in the New York lottery.

D-Day plus 182: 201 pounds.  
D-Day plus 189: 200 pounds. Whew! That's a load off my mind.



Fine foods to keep up the strength of the football fans in your house are the Mexican snack mix, front, and nutty-fruit wheat mix.

## Microwave terms

A little microwave cooking knowledge will go a long way if you know a few of the following basic microwave principles:

**Starting food temperatures:** Unlike conventional cooking, the quantity of food being microwaved greatly affects the cooking time. When cooking four potatoes, for example, it could take almost four times longer than cooking one potato. Therefore, more food means more time.

**Moisture content of food:** Foods that contain a high amount of water, sugar or fat microwave more quickly. Microwaves are attracted to such ingredients which in turn increase cooking speed.

**Sizes and shapes of food:** Thin foods microwave more quickly than thick ones. Spread foods out when possible and never stack foods. Foods cut in small pieces also microwave more quickly.

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**THE BACK PAGE**  
TODAY'S GOOD NEWS  
FOR YOUR HEALTH & INFORMATION, THE GOOD FOOD COMPANY PRESENTS THE FOLLOWING FREE LECTURES:

Tuesday, January 22, 7-9 P.M.

**Herbal Remedies For Children**, by master herbalist **Glen Russell**. Glen will present a FREE lecture on the historical and present day uses of herbs for various children's ailments. Advance registration is required.

Monday, Jan. 28 and Tuesday, Jan. 29, 7-9 P.M.

**Billy Martin** will present the 1st in a series of FREE lectures on the **Human Body Systems** and how they function in relationship to our health and well being. This month's lecture is on the **Digestive System**, including the entire process of digestion, assimilation and elimination, and their related organs. Billy will also talk about enzyme activity in the body and the absolute necessity of enzymes for proper assimilation of nutrients in the foods we are eating. Now that we're all learning to eat better, it's important that we assimilate what we're taking into our bodies. This lecture will last for 1½ hours, with a ½ hour period for questions at the end. Please register in advance for this class.

Wednesday, February 6, 7-8:30 P.M.

**Victoria Bonneau** will present a FREE lecture on **Astrology, Nutrition and Children's Behavior**. Victoria will talk about her experiences using astrology and nutrition along with other natural therapies. In the regulation and modification of children's behavior. She will discuss effective ways to reverse hyperactivity in children, as well as other behavior imbalances. Victoria is the director of the Personal Development Center in Royal Oak, and recently spent 3 years in Ohio developing and co-directing a Holistic Treatment Home for Emotionally Disturbed Children. Her astrological assessment techniques were used in developing a treatment plan for children placed in the program, as well as in conjunction with the overall nutritional and psychological interventional and remedial therapies used. Advance registration is required.

Additional lectures and classes monthly

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## If you still believe in me, save me.



For nearly a hundred years, the Statue of Liberty has been America's most powerful symbol of freedom and hope. Today the corrosive action of almost a century of weather and pollution has eaten away at the iron framework, etched holes in the copper exterior.

Less than a mile away, on Ellis Island where the ancestors of nearly half of all Americans first stepped onto American soil, the Great Hall of the Immigration Center is a hollow ruin. Rooms are vandalized, walls crumbling in decay.

Inspiring plans have been developed to restore the Statue and to create at Ellis Island a living monument to the ethnic diversity of this country of immigrants. But unless restoration is begun now, these two national treasures could be closed at the very time we celebrate their hundredth anniversaries. The 230 million dollars needed to carry out the work is needed now.

All of the money must come from private donations; the federal government is not raising the funds. The Statue of Liberty-Ellis Island Centennial Commission appointed by President Reagan is asking every American to contribute. The torch of liberty is everyone's to cherish.

Could we hold up our heads as Americans if we allowed the time to come when she can no longer hold up hers?

You can keep the torch of liberty burning bright. Send your tax-deductible contribution to The Lady, Box 1986, N.Y.C. 10018. Or call, toll free, 1-800-USA-LADY.

**KEEP THE TORCH LIT**