## Nutrition on a shoe string budget

Every time you buy a convenience food in the grocery store you are paying the food manufacturer to provide you with a maid service. When you buy total convenience foods such say TV dinner, you are hiring a cock. Are these luxuries you want?

want?
The average family spends over one-third of each food dollar for protein foods — meat, poultry, fish and eggs. Another one-fourth is spent on non-food items such as paper prod-

ucta. Despite the high cost of food, there are a number of ways the grocery bill can be cut down without giving up the quality of foods you like.

If you spend \$80 a wree to groceries, in a year the total dollar amount would be \$4,100. Food shopping should be treated more businessike. Appoint someone else or yourself to be the food purchasing agent for the

be the food purchasing agent for the family.

A savings of \$10 a week would be \$520 in a year — a niee, tidy little savings. To figure the food bill, sub-ract all the non-cibiles, such as beauty care products, magazines, and pet food.

To take this a step further, sub-tract everything that has little or no nutritional value. Soda, snack foods, coffee and tea would all come under this heading. These totals will probably astoomly you!

this heading. These totals was proceedly astomy you!

Perhaps consideration should be made to shop for non-edibles and non-outritional foods somewhere other than the grocery store. Let's start with a game plan for super-

start with a game plan for super-market savings.

Step One: Take inventory. Loss through cupboards, refrigerator and freezer and see what's on hand. Foods stored in a freezer for more than one year loss quality. Since you consume it at its peak to get all the



#### **Lois Thieleke**

home economist, Cooperative Extension Service

nutritical value.

If you haven't seen the back or bottom of your freezer for a year, check it out. You may have more food on hand than you realize. Incorporate last week's dairy products and other pershables in food prepared this week.

Step Two Check coupons and newspaper ads for specials. Watch out for a coupon come out Couponed food is only a bargain if you use the product. When shopping don't buy more than you have planned to use or can store property.

product. When shopping don't buy more than you have planned to use or can store property. Step Three: Plan your meals at home, not in the grocery store. You have an idea of what's on, hand, available coupons and weekly specials, so now is the time to plan meals. Meal planning, may sound tedious, but it doesn't have to be. Consider what your family like to eat, do you have enough time to prepare it, the nutritional balance of the meals and of course, how much it will cost. Meats and/or protein sufferently realized, mill and cheek mill and the preads and cereals, mill and cheek mill and the property of the planning means P you which you have the ball of the product of the property of the planning means P you which you have the planning means P you which you want to be preaded to the product of the product of the product of the product of the your family will acryo. Step Your, a should be lift. This is

meals and snacks that your family will enjoy.
Step Four: A shopping list! This is a check off list so when you get home from the store you have all the ingredients you need. Every time you run back to the store for one or two Items it costs.
Put unplanned purchases in the

baby seat portion of the cart and have them rung up separately. Inpulse shopping accounts for 20-30 percent in additional spending.

Bon't buy cute little containers, little cans or packages. Generally they cost more than the larger quantity. Check the cost per serving to determine the best buy. Never buy food cut up that you can buy whole. Learn to cut up a chicken, make stew meat and silice a watermelor and save money.

Stop Five Frepare the food — not merely heat it if you enjoy cooking, you can save money on baked goods, soups, and entrees by making your own. Consider making heat ook all the same day. Cookies, muffins, soup, stews and casseroles can all be prepared at the same time. Freeze them for your very own convenience foods.

Siep Six: Think before you shop and when you shop! Bon't be like some shoppers that realize the food is running low and jump into the car and head for the nearest grocery stores.

The following are some food budget stretchers to get your money's worth:

Day-old bread makes better toast then fresh.

Use a clean frozen juice can to store dough for refrigerator cookies. Run hot water over the sides of the

can when ready to bake, then push out the dough and silce. They will certainly taste better than the convenience box or tube.

• Lettover cooked cereal can be stored in, the small cans, fry, it the next time.

the soup. ● Vinegar is a natural meat ten-

Watting food is really poor economics — so make sure you eat what you purchase at its peak quality. Buy nutrient dense foods to get more for your food dollars. This means they are exceptionally high in vital nutrients. A few of these are sphach, tomatoes, tuna packed in water, noo-fat or low-fat milk, tofu, fresh carroits, ground turkey, dry kidney beans, whole wheat bread, potatoes and frown rice.

The cost of food is a major concern for consumers who must cope with a limited budget. Making intelligent selections from the thousands of available food products is essential in obtaining optimum nutrient value for the price paid.

To save money and have more nu-

To save money and have more nu-tritious meals is to take time at home planning, time in the store shopping, and time at home prepar-ing.

Lois Thieleke is a home economist with the Oakland County Co-operative Extension Service. Watch for her next column, "Cooking for One or Two."

"Cooking for One or Two."

If you have any ideas or topics you'd like to see addressed in future columns or stories on the food pages, send your ideas to: Food Editor, Observer & Eccentric Newspapers, 38251 Schoolcraft, Livonia, Mich. 48150.

## Meat week

### Convenience is key in paillards with zucchini

Convenience is a key meal-time ingredient for today's active families. But what makes one recipe more convenient than another? The main criteria for a convenient recipe are as follows:

• It should contain a maximum

It should contain a maximum of eight ingredients.

It should take no more than 30 minutes to prepare from refrigerator to table.

It should provide two to four

e It should use a minimum of prepared foods.

one recipe that meets all of these convenience criteria is Lemmy Beef Palliards with Pan-Grilled Zacchini. This flavorful entere contains eight ingredients, can be prepared and cooked in 24 minutes, provides four servings and uses fresh ingredients like boneless beef top sirioin steak, arcchini, fresh lemon juice and other season-less.

LEMONY BEEF PAILLARDS WITH PAN-GRILLED ZUCCHINI Preparation time: 12 minutes Cooking time: 12 minutes 1 to 1¼ lbs. boneless beef top sir-loin steak, cut ¼ inch thick 1 clove satile minad

1 clove garlic, minced 1 tsp. dried rosemary leaves, crushed

crushed % tsp. salt, divided % tsp. carriely ground black pepper, divided 1 thsp. plus 2 tsp. olive oil 4 small zucchini, cut in half

lengthwise 2 tbsp. fresh lemon juice, divid

lengthwise
2 tbsp. fresh lemon julce, divided
Cut boneless beef top sirloin
steak ind of serving-sire pleces.
Place each plece on flat surface;
Place each plece on flat surface;
cover with waxed paper and flatten with bottom of saucepan, mallei or cleaver to ¼ inch thick.
Mash garlic with French knife;
combine with rosemary, ¼ teaspoon salt and ¼ teaspoon pepper.
Combine with 1 slablespoon oil and
rub both sides of steaks with garlic
mixture; reserve. Score cut side of
each zucchloil in a diamond pattern
i inch apart and ¼ inch deep. Pat
dry; reserve. Heat heavy nonstick
frying pan's over medium to medium-high heat 3 minutes. Add remaining all and zucchini. Cook 3
minutes, turn and continue cooking
S minutes or until tender. Remove
zucchiol to warm platter and season with remaining salt and pepper
and 1 tablespoon lemon julce; keep
warm. Reheat frying pan nulli hot.
Quickly cook steaks, 2 at a time, 1
minute or to desired degree of
doneness, turning once. Add remaining lemon julce to frying pan,
turning steaks to glaze. Serva
steaks with succhini. Makes 4 servlegs.

"A well-seasoned cast iron fresh lemon Julce and other seasonings.

One reason this meal can be prepared so quickly is because, of the way the beef is prepared. You start which are cut Just one-half with the which deep, Irak which are cut Just one-half with the which deep, Irak which are cut Just one-half with the which deep, Irak which are cut Just one-half with the which deep, Irak which are cut Just one-half with a part of the which are continue cooking brief with a garlic/herb paste.

Before cooking the beef pallards."

Before cooking the beef pallards."

Before cooking the beef pallards beef with a garlic/herb paste.

Zuechiol halves make a great color and flavor accompaniment to the beef. Give an interesting appearance to the rucchiol by scoring them in a diamond pattern. Use el-ther a heavy nonsite frying pan or a well-seasoned cast iron frying pan to ensure quick and even cooking. The end result is a fast, under 250 calorie meal in minutes.

# Elegant stuffed chicken easy to fix 435 calories, 34 g protein, 11 g car-bohydrates, 28 g fat, 60 mg choles-terol, 243 mg sodium.

AP — Stuffed chicken rolls are a specialty for entertaining. Each plump, golden roll equals one sering portion so they're convenient for buffet dining.

This recipe made with Boursin choese with garlic and herbs is a fastorite. The choese is available in the dairy case in most supermarkets.

If your schedule calls for a makeahead meal, pound, stuff and roll the chicken breasts, then cover and refrigerate them for several hour factoring may be added just before baking so it stays crispy.

CHEESE AND HERB STUFFED CHICKEN

2 whole medium chicken breasts (1½ ibr.), skinned, boned and halved lengthwise 5 oz. p½s. Boursin cheese with garlic and herbs, softened

1 thrp, all-purpose flour
4 cup shredded carrots
4 cup coarsely chopped
4 cup snipped parala-

% cup saredded carrots
% cup carely chopped walnuts
% cup snipped parsley
% cup fine dry breed crumbs
2 they, grated Parmesan cheese
2 they, grated Parmesan cheese

Place each chicken breast half, boned side up, between 2 pieces of clear plastic wrap. Using the flat



Free Federal Consumer Information Catalog.

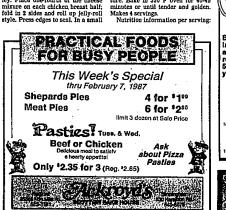
#### Please HelpA **Neighbor's** Child In Need!

CCF sponsors help provide chil-dren throughout the world with food, clothing, medical care. Be a good neighbor by sponsoring a needy Third World child.

Christian Children's Fund, Inc. 1-800-228-3393 (fol free)

side of a mest mallet, pound lightly, working from center to edges to form a 544-inch square. Remove plastic wrap, in a small mixer bowl beat together Boursin cheese and flour until smooth. Stir in carrot, walnuts and half the snipped parsely. Place one-fourth of the cheese mixure on each chicken breast half; and in 2 sides and only in ellipsell.

bowl combine remaining parsley, bread crumbs and Parmesan. Brush chicken rolls with melted margarine, roll in ceating mixture. Place rolls, seam side down, on a wire rack in an 8x8x2-icoch baking dish. Sprinkle with any remaining coating mixture. Bake in 350°F over 160° 40-45 minutes or until tender and golden. Makes 4 servines.



Now your favorite donuts are even harder

to resist.

Dozen Donuts

\*Back Case Donuts Only

1943 I.A. DUNKIN' 67713
Weyne Ind.
19415 DONUTS 27919
19415 DONUTS 27919
19416 DONUTS 17919
19416 DONUTS 17919
19416 DONUTS 17919
19416 DONUTS 17919
19416 DONUTS 101010ded

Thru 2-9-87

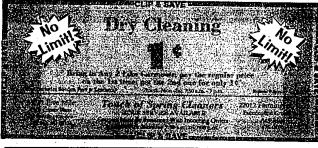
OPEN 24 HOURS, 7 DAYS A WEEK

for \$1.99









### Inventory Reduction Sale

Ends Feb. 14, 1987

While Supplies Last

**Bolts of** 

**Fingertip** Towels by Charles Craft Reg. 12.69 SALE

OF COTTON PRINTS SALE \$1.20 to \$3.95



**Country Keeper** Jars 2 & 3 Qt. Sizes Reg. \$4.98 to \$7.98 SALE \$1.99 <sub>10</sub> \$2.99

No Rainchecks

Darice Packaged

**OFF** 

478-4155

38503 W. Ten Mile Rd. East of Haggerty in Freeway Plaza Farmington Hills Amy's Crafts

