

Trendy yogurt has gone from plain to fancy

Have you ever stopped to think how many of our foods can be traced back to biblical times? Yogurt is a biblical food made modern. Plain and simple yogurt is now fancy, stylish and fashionable.

Yogurt is made by mixing cream, whole milk, lowfat milk or skim milk with a bacterial culture that contains the lactic-acid-producing bacteria. Other ingredients are vitamin A and D, whey, nonfat dry milk, sweeteners, flavoring ingredients, color additive, stabilizers and preservatives. Of course, if you make your own, those last few ingredients are unnecessary.

Most yogurts are available in four basic types: unflavored, flavored, no fruit, fruit on the bottom and fruit blended. Unflavored yogurt is known as plain or natural, as it contains no flavors or fruits. This is the most versatile for use in recipes. Flavored, it is smooth, no chunks or fruit. Vanilla, or lemon flavored, are examples of these. Fruit on the bottom and yogurt on the top is known as the "sundae-style" because if you turn it upside down it resembles a sundae. Fruit blended can also be



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purchased as Swiss or French style yogurt. Pieces of fruit are blended throughout flavored or plain yogurt. Then, of course, there are frozen yogurts, soft or hard. A wide variety of flavors is available on sticks, in cups, bars or cones. Yogurt beverages are packaged in single-serving containers, also in a wide variety of flavors.

YOGURT CAN BE beneficial in helping the lactose-intolerant person. Estimates are that about 40 million American suffer from an inability to adequately digest lactose, the carbohydrate in milk. Once ingested, yogurt cultures secrete lactase, the enzyme that breaks down some of the milk sugars.

Store yogurt at 40 degrees to

maintain peak flavor for at least 10 days after the expiration date. Yogurt left on the shelf too long will sour and lose some of its live bacterial culture. If the container says "best treated" the yogurt will keep longer. Freeze flavored yogurts for smooth snacks or desserts. The fruit-flavored and unflavored yogurts tend to develop large coarse ice crystals when frozen but it's okay to eat.

Cooking with yogurt can be interesting to the taste buds. In most re-

cipes calling for sour cream, substitute yogurt and save about 300 calories per cup. Use yogurt in salad dressings, or dips, or especially to top your baked potato. Substitute yogurt for half the mayo when you make potato salad or coleslaw. To keep yogurt from separating in foods that are cooked or stirred vigorously, treat it gently. Mix one tablespoon of cornstarch with one tablespoon yogurt and stir this back into the rest of the mixture. This will help stabilize the product.

Yogurt also makes a great marinade and adds a special flavor burst to sauces, gravies or stuffings. When using a condensed cream soup for sauce, use a little plain yogurt to thin soup to correct consistency. When making a gelatin salad, add a cup of plain or fruit-flavored yogurt to replace one cup of cold water. A

great way to create something colorful and new for the family meals. Since modern up-to-date yogurts are big business, there are a couple things to remember. Yogurts come in all sizes. Check the amount in making nutritional comparisons. Also, choosing a low-fat or nonfat yogurt doesn't necessarily provide the least calories. Flavored, low-fat yogurts have a high level of carbony-

drates because of the preserves or sugar or fruit mixture. Read the label carefully. Yogurt is an excellent source of calcium, riboflavin and protein. To many people yogurt is one of those products you either love or hate. Just remember, it's a product that's been around a long long time and, guess what, it is still good for you in its modern trappings.

Meatloaf is filled with mozzarella

AP — Who would believe a meat loaf this good could be ready in just 30 minutes? Buy pizza sauce for easy seasoning and prebaked cheese for a fast filling. But the biggest time-saver is your microwave. It cooks the meat loaf in 21 minutes.

MOZZARELLA-STUFFED MEAT LOAF
1 beaten egg
8-ounce can pizza sauce
1/4 cup fine dry bread crumbs
1/4 cup toasted wheat germ
1 1/2 pounds ground beef
1/4 cup shredded mozzarella cheese (2 ounces)
1/4 cup grated Parmesan cheese
2 tablespoons dried parsley flakes
1/4 cup shredded mozzarella cheese (1 ounce)

In a large bowl combine egg, 1/4 cup of the pizza sauce, bread crumbs and wheat germ. Mix in beef. On foil, pat beef mixture into a 9-by-8-inch rectangle.

In a small bowl combine the 1/4 cup mozzarella cheese, Parmesan and parsley. Spoon cheese mixture down center third of beef mixture parallel to 8-inch side and to within 1/4-inch of edges. Use foil to bring short ends of beef together; seal edges and ends of roll. Roll from foil seam-side down onto a microwave-safe meat rack in a 12-by-7 1/2-by-2-inch microwave-safe baking dish. Cook immediately, or cover and chill overnight.

To cook, cover loaf with waxed paper. Cook in the microwave on 100 percent power (high) 5 minutes. Give dish a half-turn. Cook, uncovered on 70 percent power (medium-high) 12 to 16 minutes or until no pink remains, shielding ends with foil as necessary to prevent overcooking and giving dish a half-turn every 5 minutes. Tent with foil. Let stand 10 minutes.

Meanwhile, cook remaining pizza

sauce on 100 percent power (high) 1 minute or until heated through. Spoon over meat loaf. Sprinkle top with 1/4 cup mozzarella. Return to microwave. Cook, uncovered, on high 1 minute or until cheese melts. Makes 6 servings.

Nutrition information per serving: 355 cal., 28 g. pro., 9 g. carb., 22 g. fat, 133 mg. chol., 454 mg. sodium. U.S. RDA: 10 percent vit. A, 13 percent thiamine, 19 percent riboflavin, 26 percent niacin, 19 percent calcium, 21 percent iron.

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