

# Modify recipes for health's sake in summer

**AP** — Many traditional summer recipes can be modified to be lower in calories, fat, cholesterol and sodium.

For grilling: select lighter, lower-calorie meats, poultry and seafood instead of hamburgers, hot dogs and steak. Opt for fish, chicken, turkey and well-trimmed cuts of lean beef, lamb and pork.

Use marinades instead of rich, heavy sauces. Marinades of light wines, lemon juice, oil and herbs transform both meats and seafood into tender and succulent fare.

Substitute plain, low-fat yogurt for mayonnaise in your salad dressing. For a distinctive oil and vinegar dressing, select olive oil and a flavored vinegar. Use an assortment of

fresh herbs for flavor.

Serve fresh fruit for dessert. Combine a colorful mixture of apples, oranges, grapefruit, melon, cherries and berries. Sorbets, ices and sherbets also make light desserts.

## VEAL BURGERS

1 pound ground veal  
2 tablespoons seasoned salt-free bread crumbs  
1 tablespoon minced onion  
1 tablespoon low-fat milk  
1 large egg white  
1 teaspoon dried parsley  
1/4 teaspoon garlic powder  
1/4 teaspoon dried savory  
4 slices Swiss cheese  
4 hamburger buns, preferably whole-wheat

In medium-size bowl, combine all ingredients except Swiss cheese and hamburger buns, mix well. Shape into 4 patties. Grill 3-4 inches from hot coals, about 3 minutes on each side. Top each burger with 1 slice of cheese. Continue grilling 1-2 minutes.

To broil: Preheat oven to broil. Place burgers on rack in broiler pan. Cook 3-4 inches from heat source, about 3 minutes on each side. Top each burger with 1 slice of cheese and continue broiling 30 seconds. Serve on buns. Makes 4 servings.

Note: For 8 patties, double all ingredients, except egg white.

**MACARONI AND CHEESE SALAD**  
1/4 pound elbow macaroni

one 6-ounce package American cheese, diced  
1 cup thinly sliced celery  
1/4 cup thinly sliced radishes  
1/4 cup grated carrots (2 small)  
1/4 cup diced green pepper  
2 tablespoons plus 1 teaspoon olive oil

1 tablespoon plus 1 teaspoon red-wine vinegar  
1 1/2 teaspoons lemon juice  
1/4 teaspoon dried dillweed  
1/4 teaspoon dried lemon rind  
1/4 teaspoon celery seed  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
dash black pepper

Cook macaroni according to package directions but without salt.

Drain and refrigerate until well chilled.

In large mixing bowl, combine macaroni, cheese, celery, radishes, carrots and green pepper.

In small bowl, whisk together remaining ingredients. Add macaroni and toss to coat. Refrigerate at least 1 hour before serving. Makes sixteen 1/4-cup servings.

## BROCCOLI-CAULIFLOWER SALAD

1/2 cup plain non-fat yogurt  
1 large head fresh broccoli, trimmed and cut into bite-size pieces  
1 large head cauliflower, trimmed and cut into bite-size pieces  
one 8-ounce package Muenster cheese, diced  
1/4 cup finely chopped red onion

1/4 cup sliced black olives  
2 tablespoons reduced-calorie mayonnaise  
1 tablespoon red-wine vinegar  
1/4 teaspoon lemon rind  
1/4 teaspoon black pepper

Place yogurt in small strainer and set over a bowl; set aside to drain. In large pot of boiling water, blanch broccoli 2 minutes; drain and rinse in cold water. Repeat with cauliflower. Place vegetables in large bowl; add cheese, onion and olives.

In small bowl, combine drained yogurt, mayonnaise, vinegar, lemon rind and pepper; stir to blend. Pour over vegetables and toss to coat. Refrigerate until well chilled. Makes ten 1-cup servings.

# How many pounds of potatoes did you eat in '88?

**AP** — A potato is a nutrient-dense food. One medium potato provides 50 percent of the daily RDA for vitamin C, 15 percent for vitamin B6 and

8 percent for iron, thiamin and folacin.

One medium potato (5-8 ounces) contains only 110 calories.

Potatoes are an excellent source of complex carbohydrates. Nearly 100 percent of a potato's calories come from complex carbohydrate and protein. Potatoes also contain plenty of dietary fiber, especially if eaten with the skin.

According to the U.S. Department of Agriculture, the average American consumes 120 pounds of potatoes annually.

Americans ate more potatoes than any other vegetable last year, more than twice as much by weight

than the No. 2 vegetable, tomatoes. This made potatoes the second greatest source of vitamin C in the American diet, after oranges, the January 1989 issue of the University of California, Berkeley Wellness Letter reported.

A baked potato can be cooked in the microwave in 3-5 minutes; 7-10 minutes for boiled potatoes. Just follow these tips from the Potato Board, which is based in Denver.

## BAKED POTATOES

Scrub a 6-to-8-ounce potato; pierce with fork. Place in microwave on rack or paper towel. Cook on high (100 percent power) 4-6 minutes, turning once. After removing from

oven, let stand 2 minutes. Baking time can vary depending on size, shape and variety of potato.

To test for doneness, hold the potato with a cloth or paper towel and firmly press. The potato should give only slightly under your fingers right under the surface; the center will still feel firm.

## Cooking Tips

Be sure to pierce the potato skin once on top and bottom before cooking to release steam that may build up later.

When a potato bursts or explodes, it is often not because of overcooking, but because of heat and

steam buildup under a skin when no holes were pierced.

Cook potatoes on a paper towel to absorb any excess moisture.

Cook all potatoes on high (100 percent power).

Potatoes will continue cooking during standing time, but they should not be covered. Use a terrycloth towel to hold in the heat but keep them from becoming soggy.

## BOILED POTATOES

For sliced boiled potatoes: Scrub a 6-ounce potato. Slice 1/4-inch thick. Place in microwave dish. Add 1 tablespoon water; cover with plastic wrap. Cook on high (100 percent power) 4-5 minutes. Let stand 3 minutes.

For cubed boiled potatoes: Scrub a 6-ounce potato. Cut into 1-inch cubes. Place in microwave dish; cover with plastic wrap. Cook on high 5-7 minutes. Let stand 3 minutes.

To test for doneness, potatoes should be easily pierced with a fork but still remain slightly firm. They should not break apart when pierced.

## Cooking Tip

Peel and cut up potatoes to release steam during cooking.

If salt is added to the dish, stir into the cooking liquid or shake on at end of cooking to prevent surfaces from overcooking.

Potatoes must stand for 3 minutes after cooking, with wrap on to hold in steam.

## Get ready to put up produce

AP — It's time to put up the harvest, whether from your garden or your city market.

Before you start, make sure all canning equipment is clean and in good condition. Do not use jars in which commercially processed foods such as mayonnaise have been packed.

Use canning jars and closures from reputable manufacturers. Make sure the jars, lids and bands are free of chips, cracks or defects.

Follow the jar manufacturer's instructions for preparing the jars, lids and bands; filling the jars; closing the jars; and tightening the bands.

Use good quality produce of the same size and degree of ripeness. Wash well and drain before slicing. Prepare only enough food for one canner load at a time.

Don't change or reduce the amount of any ingredient in a canning recipe. Some ingredients, such as sugar and salt, have preservative qualities and help prevent spoilage. Other ingredients, such as lemon juice and vinegar, affect the acidity. If you reduce the level of acid in a recipe, bacteria that cause spoilage and food poisoning may grow.

**DO NOT DEVIATE** from the processing time specified in the recipe. After filling the jars, remove the air bubbles in the liquid by running a wooden spoon, plastic paddle or non-metallic spatula around the inside of the jar.

Wipe jar rims and threads with a clean cloth dipped in hot water to remove any food particles that might prevent a proper seal.

Use a canner with a rack so that the jars will not hit the bottom and heat can circulate around them.

When using a boiling-water bath, make sure the water is at a full boil before you begin to count processing time.

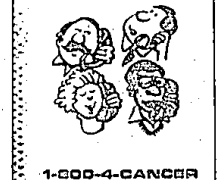
When processing time is up, remove jars immediately and let them cool on a rack or a dish towel away from drafts. When jars are completely cool (about 12 hours), check to see that they are properly sealed. Jars with flat metal lids are sealed if the lid has popped down in the center, does not move when pressed down and gives a clear, ringing sound when tapped with a spoon. If a jar is not properly sealed, refrigerate or freeze the contents.

The experts at Sweet 'N Low also suggest: low-acid foods must be canned using a pressure canner. A boiling water bath is a safe method for canning high-acid foods. Do not use a hot-water bath, and do not use paraffin seals for jams and jellies.

Do not use recipes or procedures from old cookbooks. Recommendations for safe canning may change, so it is best to rely only on current information from reliable sources, such as your local cooperative extension agent.

Although foods to be canned may be cooked in a microwave oven, do not process them in the microwave. Metal lids reflect microwaves; therefore the food may not be uniformly heated to the proper temperature.

## CANCER INFORMATION?



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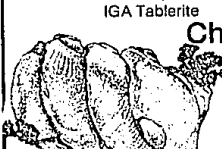
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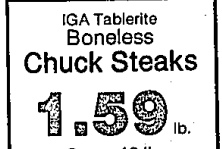
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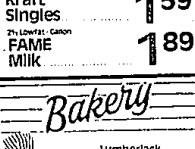
IGA Tablerite Sirloin Tip Roasts  
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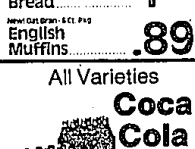
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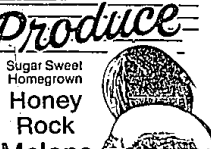


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