

Pounds off with Betty Crocker

Millions of Americans will decide to slim down and get healthy this year.

Although a lot of weight will be reported lost, many will fail to reach weight-loss goals, or will quickly gain back those unwanted pounds.

"Betty Crocker's Eat and Lose Weight: The Complete Five-Point Program for Weight Control and Health" (Prentice Hall; Jan. 6, 1990; \$18.95) gives the key to permanent weight loss.

THE NINE chapters in this book cover everything from snacks to seafood.

In the first chapter, "How to Use Eat and Lose Weight," you are walked through the five-point program.

"Menus for Four Weeks" provides a guide to good nutrition within a 1,200-calorie-a-day weight loss plan.

And the "Eat and Lose Weight Workbook" is designed to help dieters understand their own eating patterns, record meals and keep track of weight loss and changing habits.

MORE THAN 250 recipes are included in "Betty Crocker's Eat and Lose Weight."

From Mock Guacamole, Mushroom Fita Pizzas and Beef Stroganoff to the Quick Oatmeal Cookies, Almond Apple Crisp and Ginger-

bread with Orange Sauce, these palate pleasers can help you lose weight by satisfying your appetite with nutritious foods that are low in calories, fat and sodium.

Each recipe includes a per-serving nutrition analysis, including a count of calories, protein, carbohydrates, fat, cholesterol and sodium.

PINEAPPLE PORK CHOPS
4 lean pork loin or rib chops, about 1/2 inch thick
Salt

1 can (8 ounces) pineapple slices in juice, drained (reserve juice)
2 tablespoons packed brown sugar
1/4 teaspoon ground nutmeg

Heat oven to 350 degrees. Trim fat from pork chops. Lightly sprinkle both sides of pork with salt. Place pork in ungreased square pan or baking dish, 8 by 8 by 2 inches.

Mix 2 tablespoons of the reserved pineapple juice with the brown sugar and nutmeg; spoon half of the mixture over pork. Top with pineapple slices; spoon remaining mixture over pineapple.

Cover and bake 30 minutes. Uncover and bake, spooning sauce over pork occasionally, until done, 15 to 20 minutes longer. Garnish with snipped chives if desired.

Makes 4 servings.
Microwave Directions: Prepare pork chops as directed. Arrange pork, narrow ends toward center,

in square microwaveable dish, 8 by 8 by 2 inches.

Mix 2 tablespoons of the reserved pineapple juice with the brown sugar and nutmeg; spoon half of the mixture over pork. Cover with vented plastic wrap and microwave on medium (50 percent) 10 minutes.

Arrange pineapple slices over pork, spoon remaining mixture over pineapple and pork. Cover and rotate dish 1/4 turn. Microwave until pork is done, 10 to 15 minutes longer.

Let stand covered about 3 minutes. Garnish with snipped chives if desired.

Calories 305, fat 19 g, protein 17 g, cholesterol 65 mg, carbohydrate 16 g, sodium, 590 mg.

SAVORY STUFFED MUSHROOMS

Serve 6 of these with slices of ripe tomato for a fresh, summertime lunch.

36 medium mushrooms (about 1 pound)

1/4 cup chopped onion (about 1 small)

1/4 cup chopped green bell pepper

2 tablespoons reduced-calorie margarine

1 1/2 cups soft bread crumbs

1/4 teaspoon salt
1/4 teaspoon ground turmeric
1/4 teaspoon pepper

Remove stems from mushrooms; reserve caps. Finely chop enough stems to measure 1/2 cup. Cook and stir chopped mushroom stems, onion and bell pepper in margarine until tender, about 5 minutes; remove from heat. Stir in remaining ingredients.

Heat oven to 350 degrees. Fill reserved mushroom caps with stuffing mixture; place mushrooms, filled sides up, in baking or broiler pan sprayed with non-stick cooking spray. Bake uncovered 15 minutes.

Set oven control to broil. Broil with tops 3 to 4 inches from heat until light brown, about 2 minutes. Serve hot.

Makes 36 appetizers.

Microwave Directions: Place chopped mushroom stems, onion, bell pepper and margarine in 1-quart microwaveable casserole. Cover tightly and microwave on high (100 percent) 1 minute; stir.

Cover lightly and microwave until tender, 1 to 2 minutes longer. Continue as directed.

Arrange mushroom caps, filled sides up (smallest mushrooms in center), on two 10-inch microwaveable plates. Microwave 1 plate at a time uncovered on high (100 percent) 1 minute; rotate plate 1/4 turn. Microwave until hot, 30 to 60 seconds longer.

Calories 25; fat 1 g; protein 1 g; cholesterol 0 mg; carbohydrate 4 g; sodium 70 mg.

Betty Crocker's EAT AND LOSE WEIGHT



"Betty Crocker's Eat and Lose Weight" contains more than 250 recipes designed for weight control and good health. The book has many color photos of tempting, low-calorie dishes.

Recipes feature shiitake mushrooms and nori

AP — Shiitake mushrooms from the forests of Japan and nutrient-rich nori from the depths of the sea are delicious ingredients for a variety of dishes. Both products can be found at Oriental food shops and gourmet specialty stores.

Shiitake (pronounced shi-ta-kay) are large cap mushrooms found on trees in Japan's moist, shady forests. These mushrooms, which are meaty and rich in flavor, can be served with steaks, chicken and pasta; in salads, soups and casseroles. Dried shiitake, the most available form from Japan, is considered by many to be more flavorful and aromatic than the fresh varieties. Shiitake is an excellent source of vitamin D.

Nori is a sea vegetable that has been a delicacy in the Orient since about 800 B.C. These thin sheets of dried algae are most familiar to Americans as the outside wrapper of sushi. However, nori is also used as a garnish and a seasoning. Nori provides protein, minerals and significant amounts of vitamin A, vitamin C and B-complex vitamins.

The following recipes for Fragile Salty Shrimp and Sweet Potato and Shiitake Pancakes were developed by food stylists Delores Custer and Mariann Sawdon. This delicate dish of sweet and salty flavors can be served as an appetizer or light entree.

FRAGILE SALTY SHRIMP
1 1/2 pounds fresh shrimp with shell on
5 slices fresh ginger, cut 1/4-inch thick
2 cloves garlic, sliced
2 tablespoons dry sherry
1/4 teaspoon chili oil

Wash shrimp. Remove legs, leaving shells intact, then devein by cutting down the back with sharp scissors, leaving shells on. Wash and pat dry.
In a medium bowl, mix together

Oil for deep frying
2 tablespoons rice flour or cornstarch
1 1/2 teaspoons salt
8 sheets of nori, cut into thin strips, or 1/4 ounce pre-shredded nori
1/4 cup scallion, cut into strips

Wash shrimp. Remove legs, leaving shells intact, then devein by cutting down the back with sharp scissors, leaving shells on. Wash and pat dry.
In a medium bowl, mix together

FOOD CLASS
With today's interest in "back to nature" foods and healthier eating styles, the old-time methods of food preservation are making a comeback.
Oakland County Cooperative Extension is offering a complete seven-

week correspondence course in canning and food preservations. The fee of \$15 covers all mailing and

you add each batch reduce heat and stir shrimp as they are cooking. Arrange nori on platter and top with cooked shrimp. Sprinkle with scallion. Makes 4 servings.

cooking calendar
new 1990 information as specified by the United States Department of Agriculture. Lessons in general canning,

SWEET POTATO AND SHIITAKE PANCAKES
1 cup shiitake, cut into strips
2 cups coarsely grated sweet potato
1/4 cup scallions, cut into strips
1 teaspoon grated fresh ginger
1/4 teaspoon salt
1/4 teaspoon hot chili oil

1 egg white, lightly beaten
4-5 tablespoons peanut or vegetable oil for frying
In medium bowl combine all ingredients except oil. Mix well to coat evenly. Heat frying pan on medium heat. Add 2 tablespoons of oil. Using 1/4 cup of the mixture for each pancake, place in a pan and flatten lightly. Cook 2-3 minutes on each side. Serve immediately. Makes 8 pancakes.

food safety, jams, jellies, pickling, freezing and drying are all included.

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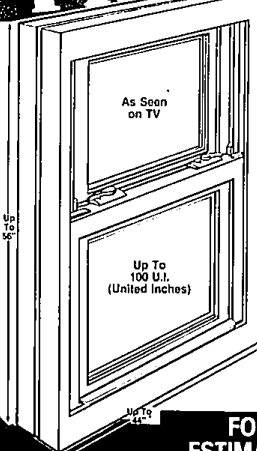
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