Lois Thieleke

Oops! You can fix your mistakes For best results, make the recipe as given and repeat until you have the amount you need. The next problem a cook can experience is not having an ingredient. You're in the middle of a recipe and you realize you don't have something and don't have time to run to the store. There are many substitutes that can be made without anyone knowing the difference.

anyone knowing the difference.

Sugar substitutes can be done, but some are tricky. One cup firmly packed brown sugar can be substituted for 1 cup granulated sugar and vice versa. The product will be dark-ri f brown sugar ls used but will be acceptable. Do not substitute powdered sugar for granulated sugar in baking.

Even the best cooks make mis-takes in the kitchen. You're in the middle of a recipe, the phone or doorbell rings, the kids are lighting, and when you get this all settled, you find the food may have been ruined. Don't despair. Many things can be salwaged and no one will know there may have been a "kitchen goof." Think of this the next time some-thing goes wrong in the kitchen. "A' mistake is just another way of doing something."

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WHAT HAPPENS If you have salted a product twice and it's too saity? Try to add a small quantity of sugar or vinegar. In a soup or gravy, try a cut-up, raw, peeled polato, which may also the excess sait. Or you can dilute the saltiness by adding more liquid. If popcorn won't pop, the core is probably too dry, soak it in water a few minutes, then drain and dry thoroughly and start over again.

over again.

Be careful about doubling or halv-ing a recipe. There are some that can be increased or decreased suc-cessfully but many others cannot.



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Serve frightfully good treats

Plan to turn Oct. 31 Into an evening filled with thrills, chills, tasty treats and harmless (no. Rganica and larmless (no. Rganica and harmless (no. Rganica and present). Invite farmer and ready to have a ghostly good time.

Decorating can become festive with carved pumpkins, candles, Indian corn and squash from the fall harvest. Keep your efforts for the evening simple by following a few favorite (Halloween rituals. Bob for apples, Play spooky must cord dance to the "Monster Mash." You might also want to consider storycling or creating a "haunted house."

With all the activities you will need to provide healthy refreshments for your guests. Offer handmade treats that are frightfully good, such as Party Popcorr Snack. For the younger goblins, Gelatin Critters are a linger food they are sure to enjoy. To satisfy a sweet tooth, enchant your guests with Pumpkin Cheesecakes or Pumpkin Chilfon Ple.

These recipes, along with your own creative thinking, can provide a Halloween Intl. of traditional, healthy, old-lashoned fun.

A note to all parents who have little trick-or-treaters: Feed your children a good meal before treating rounds begin. This will help to delay the eating of any goodies until they return home. Then you can check their bags and limit their candy intake.

PARTY POPCORN SNACK PARTY POPCORN SNACK
4 cups plain prepared popcors
8 dried apricot halves, diced
2 tablespoose each dark and golden
raisias
1 tablespoon sunflower seed
54 cup light corn syrup
3 tablespoons firmly packed light
brown sugar

I tearpoon vanilla extract

In large mixing bowl combine popcorn, apricola, raisina, and sun-flower seed; set aside.

In small saucepan combine remaining ingredients; set candy thermometer in pan and cook over medium-high heat until thermometer racaches 230 degrees. Pour sugar mixture over popcorn mixture and toss quickly to thoroughly coat.

Spray 8-by-8-by-9-inch baking pan with nonstick cooking spray. Turn popcorn mixture into pan and, using back of spoon, preas mixture into pan. Let stand until mixture cooks, to 10 minutes. Invert onto serving dish and cut into 4 equal portions. Makes 4 serving memeter is not available, cook until drop of hot mixture spins a 2-inch thread when dropped into cold water (thread stage).

Each serving provides: 4 Bread Exchange; 1 Fruit Exchange; 120 Optional Calories.

Optional Calories.

GELATIN CRITTERS

2 envelopes unflavored gelatin
1 package (four 14-cup servings) sugar-free strawberry-bannan flavor
gelatin
14 teaspoon ground clanamon
1 % cups boiling water
1 na medium bowl, stir gelatins together with a fork. Stir clanamon
into boiling water until dissolved.
Add water to gelatin and stir until
completely dissolved. Pour into an 8-9-inch square pan. Chill about 2
hours, until firm. Using 2-3-inch animai cookie cutters (such as cat, owl,
bat), cut out shapes. (These little
critters do not melt at room temperature.) Makes 8 servings.
Each Serving Provides: 10 calories Optional Exchange.
Note: To make pumpkin shapes,
substitute sugar-free orange gulatin
in recipe above.

Lite success

Florine Mark

PUMPKIN CHEESECARES 12 gingersusp cookies (2-loch diame

ter)
2 ½ cups part-skim ricotta cheese
1 cup canned pumpkin puree up canned pumpkin puree cup granulated light brown sugar

2 large eggs
1 % teaspoons vanilia extract
1 teaspoon ground allsplee
15 teaspoon ground elinamon
15 teaspoon ground ginger
15 teaspoon ground ginger
15 cop frozen nondairy whipped
16 topping, thawed

topplog, thawed

Preheat oven to 325 degrees. Line a 12-cup muffin pan with paper liners. Place 1 gingersnap in each cup. In food processor fitted with steel blade, process ricotta until smooth. Add remaining ingredients, except topping, and process until well combined, scraping down sides of workbowl. Divide evenly among cups. Bake 20 minutes, until lightly set, turn off heat. Let stand in oven 1 hour. Cool on rack, then chill overnight. To serve, top each cheesecake with 1 tablespoon topping, Makes 12 servings.

Each serving provides: 1 Protein Exchange, 1/56 Vegetable Exchange, 1/56 Vegetable Exchange, 1/56 Vegetable Exchange, 1/56 Vegetable Exchange and 1 calories a

PUMPKIN CHIFFON PIE

Filling: Sugar substitute to equal ¼ cup sug-

ar
I envelope unflavored gelatin
% teaspoon each ground allapice and
grated orange peel
Pioch of salt (optionat)
2 cups canned pumpkin purce
1 teaspoon vanilla extract
1 cup nondatiry whipped topping to
garnish (optional)

l cup nonuerly suppers segments (optional)

Preheat oven to 375 degrees. To prepare crust, in food processor fitted with steel blade, finely grand to the segment of the se

Tasty potato skins can be made at home

wiles aways for granulated sugar in baking.

WHEN BAKING, to substitute corn syrup for sugar, the liquid has to be reduced by ¼ for every 2 cups of sugar. Honey has greater sweeten power that the sugar, substitute components and sugar, substitute and the substitute of the substitut The article "World Series Party" in the October issue of Bon Appetit magazine features the following recipe:

OVEN-CRISPED POTATO SKINS WITH SOUR CREAM, BACON AND CHIVES

Potato salad would be a good substitute here, especially if you're toking your team on the road. But at home, with major league appliances at hand, these crisp potato skins, topped with sour cream, bacon and chives, make great eating.

18 5- to 6-ounce russet pointoes 1 pound bacon slices

2 cups sour cream 's cup (1 stick) unsalted butter,

melted Coarse sait Pepper 's cup minced fresh chives

Position rack in center of oven and preheat to 400 degrees. Pierce each potato several times with fork. Place on rack and bake until tender, about 45 minutes. Let stand until cool enough to handle, about 20 min-utes.

Cut polatoes lengthwise in half, Cool completely, Scoop out Insides of potatoes, leaving 44-inch blick shell (reserve insides of potato for another use). (Can be prepared 1 day ahead. Cover with plastic wrap and chill). Cook baceon in heavy large skillet until crisp. Transfer to paper towels and drain. Fluely chop baceon. Whisk sour cream in medium bowl to blend. Mix in baceon. Set aside. Position rack in top third of oven





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