

Here's lowdown on condiments

Everyone loves a good sandwich. Put your favorite filling on your favorite bread, slather on your favorite condiment and enjoy. It seems that in the last few years all sandwich ingredients — meat, cheese and bread — have come under scrutiny. But what about the condiments — the mayonnaise, mustard, ketchup and other products that give our sandwiches zip?

Alternatives are products labeled "salad dressing" as well as "light," "diet" or "imitation" mayonnaise. These products may have one-half to two-thirds of the calories of real mayo and less than half the fat. Water and starch replace some of the oil.

IF YOUR PALATE demands real mayo, use a smaller amount or blend the mayo with plain low-fat yogurt. Flavor the yogurt with a little mustard, lemon juice and pepper for dressing in chicken or tuna salad. When eating out, be aware that tartar sauce and the "secret sauce" used on fast-food hamburgers are mayonnaise based. Substitute a light mayo or plain low-fat yogurt with a little chopped pickle mixed in. Do not eat homemade mayonnaise with raw eggs because of the danger of salmonella food poisoning.

Ketchup consists mainly of tomatoes. The average ketchup is 20 percent sweetener and contains up to 180 milligrams of sodium per tablespoon. Even the national brand "lite" ketchup has a fairly high sodium level. Substitutes for the ketchup lover to consider are tomato paste or puree or low-sodium or homemade spaghetti sauce.

Some brands of bottled Mexican salsa ranchera and taco sauce have slightly less sodium than regular



Lois Thieleke

home economist, Cooperative Extension Service

ketchup, as do Worcestershire sauce and pickle relish. Most chili sauces, steak sauces, barbecue sauces and cocktail sauces have even more sodium than ketchup. Make your own Mexican-style salsa of a combination of fresh chopped tomatoes, chilies, onions, lemon juice and spices. Fresh fruit salsa is an interesting twist to a plain sandwich.

Mustard's natural pungency somewhat limits the amount you use, but even a tablespoon of prepared mustard packs a major sodium wallop. If you need to watch your sodium intake, buy a no-salt-added mustard. Cut the mustard with some plain low-fat yogurt or mix your own from dry mustard powder.

Chutney is usually served with Indian food but equally good with cheese, plain meats and poultry. Chutneys are sweet and spicy fruit or vegetable-based relishes. All contain negligible amounts of fat. One type is made with brine-pickled mangoes and is very high in sodium. Look for chutneys made from ap-

ples, tomatoes, cranberries and other relishes. If you can't find a salt-free chutney, choose one that has salt at the bottom, not the top, of the ingredients list. Or substitute apple, cranberry or other fruit sauces, which are low in sodium and virtually fat free.

HORSERADISH complements meat, poultry and vegetables but is used far less than mustard or ketchup. It is made with salt, but the sodium content is fairly low. You can combine it with low-sodium mustard for an eye-opening sandwich spread, blend it with plain low-fat yogurt to make it less biting or stir it into applesauce for a traditional Austrian accompaniment to beef. There is a powdered horseradish found on the spice shelf. Mix with water for a tasty sauce.

Don't ruin a low-calorie sandwich with a high-calorie condiment. The Earl of Sandwich would be proud of our modern-day sandwich concoctions that are so popular with everyone.

How to cut down on fat in kids' diets

AP — Kids for Healthy Hearts is a group of 11- to 17-year olds who are working to change the eating habits of American children.

The latest edition of "Kids for Healthy Hearts News" includes tips on how to cut down on fat and add more complex carbohydrates to the diet.

Among the suggestions for reducing fat, don't put lots of margarine on bread, cream sauce on pasta, sour cream on potatoes or butter on rice.

To increase complex carbohydrates, the newsletter suggests:

• Have cereal for breakfast. A cereal with low-fat milk, fruit and toast is a quick and easy way to start each day with great sources of complex carbohydrates, vitamins and minerals.

• Pack a sandwich for lunch. Try a turkey or chicken sandwich with lettuce and tomato on whole grain bread.

• Eat a meatless dinner including vegetable chili, pasta with marinara sauce, stir-fried vegetables with rice, or a baked potato topped with vegetables.

Kids for Healthy Hearts is a national program sponsored by the Kellogg Co. under the scientific direction of the American Health Foundation. Following is a recipe from the newsletter that is designed for young appetites.

HONEY RAISIN BRAN MUFFINS

1 1/4 cups all-purpose flour
2 tablespoons sugar
1/4 teaspoon salt
1 tablespoon baking powder
2 1/2 cups raisin bran cereal
1 1/4 cups skim milk
1/4 cup honey
1 egg

1/4 cup vegetable oil
Stir together flour, sugar, salt and baking powder; set aside.

In a large mixing bowl, combine cereal, milk and honey. Let stand 2 minutes or until cereal softens. Add egg and oil; mix well. Add flour mixture, stirring only until combined. Portion batter evenly into 12 lightly greased 2 1/2-inch muffin-pan cups. Bake in a 400-degree oven about 20 minutes or until lightly browned. Serve warm. Makes 12 muffins.

Fresh salsa combines tomatoes and almonds

AP — Take fresh tomatoes and almonds for a salsa seasoned with green onion, cilantro and Tabasco sauce. The recipe comes from the "In a Nutshell — Good Health" recipe booklet from the Almond Board of California.

GARDEN FRESH SALSA
1/2 cup chopped whole almonds
2 medium tomatoes, chopped

2 tablespoons thinly sliced green onion
1 tablespoon chopped cilantro
1/4 teaspoon salt
1/4 teaspoon Tabasco sauce, or season to taste

Combine all ingredients in a small bowl. Cover and chill until ready to use. Makes 1 1/2 cups. Nutrition information per serving: 52 cal., 4 g fat, 0 mg chol., 93 mg sodium.

Add more variety to potato salad

AP — For more color, more crunch, more fiber and more nutrition — all with fewer calories — add extra vegetables to potato salad.

VEGETABLE POTATO SALAD
2 medium potatoes
1/4 cup chopped zucchini
1/4 cup chopped sweet red pepper
2 tablespoons thinly sliced green onion

2 tablespoons sliced celery
2 tablespoons thinly sliced radishes
1/2 cup reduced-calorie creamy cucumber salad dressing
1 1/2 teaspoons sliced fresh dillweed
or
Red and/or green cabbage leaves (optional)

In a medium saucepan cook the

potatoes, covered, in boiling salted water for 20 to 25 minutes or until tender; drain well.

When cool enough to handle, peel and cube potatoes. Place in a medium mixing bowl. Add zucchini, sweet red pepper, green onion, celery and radishes; cover and chill. In a small mixing bowl combine the reduced-calorie cucumber dressing and

dillweed; cover and chill.

Just before serving, add dressing mixture to vegetable mixture. Toss lightly to coat. Serve in a bowl lined with red and/or green cabbage leaves, if desired. Makes 4 servings.

Nutrition information per serving: 118 cal., 2 g pro., 16 g carb., 5 g fat, 0 mg chol., 226 mg sodium. U.S. RDA: 41 percent vit. C.

SWEETEST DAY GIFTS

YOU'LL LOVE

♥ SWEET DEALS ON LIONEL!

WE HAVE IN-STOCK THE SANTA FE DASH 8 SET, THE 90TH ANNIVERSARY SET

- CP RAIL LTD SET
- FF#2 MILWAUKEE ROAD
- CHESSIE SYSTEM
- FF#3 GREAT NORTHERN
- READING T-1 ENGINE
- WRAIL SOUNDS, SMOKE
- DL & W NORTHERN ENGINE, TENDER & CABOOSE
- AMTRAK GO! SET

We have THE BEST prices on radio control cars & trucks.

DREAM STATION HOBBIES

29533 FORD ROAD • GARDEN CITY
W. OF MIDDLEBELT • ACROSS FROM K-MART

522-5440

Village Doors

*Elegant Styling
And Uncompromised Quality
In Premium Oak Doors and
Sparkling Beveled Glass Inserts*

- Oak, Steel & Fiberglass Doors
- Marvin Windows
- Peachtree Windows & Doors
- Fine Quality Tiffany Lamps

714 Starkweather
Plymouth, MI 48170
453-1660



CHINA SALE Save up to 50%

Check our prices before you buy
Just a few examples of our low prices on 5 pc. plate settings:

Vortake	
Shanandiah	\$53.50
Cumberland	27.95
Sweet Leland	23.95
Gold & Sable	65.50
Living Tree	31.95
Barnmore	53.50
Sweet Surprise	50.95
Satin Green	50.95
Rothchild	41.95
American Flowers	49.95
Broadstock	26.50
Raindance	36.95

Royal Doulton	
Juliet	\$53.95
Musical	83.95
Diana	53.95
Rhodora	75.95
Carlyle	132.95
Clavique	42.95

Wedgwood	
Wild Strawberry	\$69.95
Osborne	89.95
Adam Crane	84.95
Rumseyade	92.95
Amberst	72.95
Blue Sam	118.95
Solar	57.95
Cavendish	84.95
Nantucket Basket	52.95

Hours:
Mon.-Sat. 10-6
Thurs. 10-8



Call us for prices on your pattern
W. Bloomfield
in the CHERRY HILLS
at corner of Middlebelt Road
855-5222

HOUSE OF MAPLE, OAK & PINE

COUNTRY CLASSICS

**NOW SAVE BIG
1/2 OFF SALE!**

Select Group of Country Furniture
You'll love the timeless beauty of this "Country Classic" grouping. Each piece is master crafted with extra firm cushions, solid oak trim & frames, built-in legs and steel spring construction. Complimented with coordinated, ruffled decorator pillows.

Sofa
\$549⁰⁰

Love Seat
\$499⁰⁰

Chair
\$315⁰⁰

Sleeper
\$699⁰⁰

From The Makers of
Clayton Marcus
6 months interest free

**LIVONIA - 32098 Plymouth Rd.
1 Mile S. of Jeffries Fwy. E. of I-275
Between Merriman & Farmington • 421-0700
OPEN DAILY 9:30 - 9:00, Wed. & Sat. 'til 6
OPEN SUNDAY 12-5**

FALL SALE

WALLCOVERING

UP TO 70% OFF IN-STOCK PATTERNS

Selected \$2.00 PATTERNS

DOUBLE ROLL FINAL SALE
Good thru 10-31-90

- Store Is Color Coordinated
- Steamer Rental Available
- FREE Book Rental
- Helpful & Experienced Personnel
- New Patterns Arriving Daily

In Stock WALLPAPER, INC.

LIVONIA
MIDWAY CENTER
2945 FIVE MILE
427-5500

NOVI
NOVI MILE CENTER
4193 W. MILE
348-2171

CANTON
HAWKWOOD SQUARE CENTER
4020 SHILOH ROAD
421-2580

OPEN 7 DAYS
MON.-FRI. 10-9
SAT. 9-6
SUN. 11-4

Double your closet usage

FACTORY DIRECT SALE!

15% OFF CLOSET SYSTEMS

Sale ends Oct. 31st.

Call for a free-at-home consultation or visit our showroom

CLOSETEC **473-0700**
24407 Halsted Rd.
Farmington Hills, MI
1 Mi. N. of Grand River

INTRODUCTORY SPECIALS!

ALL NEW PINE ENTERTAINMENT UNIT

SALE \$699⁰⁰
Reg. '829⁰⁰

ALL NEW PINE CORNER JELLY CUPBOARD

SALE \$220⁰⁰
Reg. '275⁰⁰

The YANKEE CARPENTER

1751 S. TELEGRAPH • BLOOMFIELD HILLS • 338-0441
Hours: Mon., Thurs. & Fri. 10-9; Tues. & Wed. 10-6; Sat. 9-5; Sun. 12-4