

Treat your children to Sesame Street treats

See Larry Jones' column on Taste front. These recipes were taken from: The Sesame Street Cookbook, written by Pat Thornborg, (Copyright 1978, Platt and Munk, Publishers.)

Prairie Dawn's Popcorn Pudding
2 1/2 quarts of popped corn
4 cups milk, scalded
1 egg, lightly beaten
1/2 cup sugar
1/2 cup raisins
1/2 teaspoon each nutmeg, cinnamon and allspice

Crush the popcorn into small crumbs using a rolling pin. Place popcorn crumbs and milk in a large bowl. Cover and allow to set for 2 hours. Stir in remaining ingredients, then pour into a lightly greased baking dish and bake at 300 degrees for 1 hour. Serve with ice cream or cold applesauce.

Chef Larry's secret: "I tried this and substituted 1 cup of honey for the sugar and increased the eggs to 2 and had excellent results. Sunflower seeds are great additions, too!"

Herb's New Bread
Oatmeal Bread
1 cup leftover cooked oatmeal
1/2 cup bread crumbs
1/2 tablespoon butter or margarine
Take the bowl of leftover oatmeal from the refrigerator. With a large, rounded spoon, spoon out patties about 2 inches wide and 1/4 inch thick. Then, with clean hands, place them on a plate covered with bread crumbs. Turn them over once so that the sides are covered with crumbs. Next, for each oatmeal burger, place 1/2 tablespoon butter or margarine in a frying pan. Fry the oatmeal

burgers until they are golden brown and crispy on both sides. Enjoy with milk, syrup or apple butter, if desired.

SNUFFLE-LOAF IN A SPAGHETTI NEST
1 pound chopped meat
1 whole egg
1/2 cup bread crumbs
2 tablespoons of milk
2 tablespoons of onion flakes
2 teaspoons salt
1/2 teaspoon dry mustard

1 small piece of hard boiled egg
1 black olive

Place all the ingredients except egg white and olive in a big bowl. Mix them with clean hands until they are blended together. Then shape the mixture with your hands to look like a snuffle-upagus. Place snuffly's tail and trunk close to his body so they don't overcook. Bake the loaf in the oven at 400 degrees for 50 minutes.

When the loaf is cooked, with your scissors, cut little pieces of the egg

white and the olive to make eyes. Fasten the olive and egg white with the length of a toothpick. Remember not to let anyone eat the toothpicks!

To make a spaghetti nest, cook an 8 ounce box of spaghetti just the way the box tells you. Drain the water and stir in 3 tablespoons butter or margarine. On a large, round platter, arrange the spaghetti in a ring, leaving a space in the center large enough to hold your snuffle-loaf. Place the snuffle-loaf carefully in the nest and have a snuffle-upagus for dinner!

Easy to make dishes help kids learn how to cook

See related story on Taste front.

NIGHT OWL SNACK
Peanut butter or soft-style cream cheese
Saltine or graham crackers
Rich round or wheat crackers
Banana slices
Faislas or cereal bits
For the owl's head, spread peanut butter on saltine. To make eyes, place two smaller crackers and two banana slices on top of the cracker. Add two spoonfuls of cream cheese and top with two raisins. For the

beak, use half of a banana slice. For eyebrows, use cereal, if desired.

(Beter Homes and Gardens, Day and Night, Fun Projects for Kids to Do, Copyright 1989, Meredith Corp., Des Moines, Iowa)

MINI PIZZA
English muffin, split in two halves
Pizza sauce
Shredded mozzarella cheese
Spread pizza sauce on each English muffin half. Top each muffin with shredded mozzarella. With help of a grownup, broil until cheese melts, about 5-7 minutes.
(Pooh's Pantry Recipe Book, fall session 1991).

CANDY APPLE DIP
8 oz. cream cheese, softened
1/2 cup brown sugar
1/2 cup white sugar
1 tsp. vanilla
Combine ingredients. Beat until smooth. Serve with 1/4-inch apple slices dipped into mixture.
(Pooh's Pantry Recipe Book, fall session 1991).

GREEN EGGS AND HAM
1 egg
1 teaspoon milk
1/2 slice American cheese
few small pieces of ham

few drops green food coloring
Crack egg into bowl. Beat well with fork or whisk. Add milk and 2 drops of green food coloring, if desired. Pour into styrofoam cup. Gen-

tly add cheese and ham, cut into small pieces, if desired. Place in microwave on a small plate. Microwave on high for 1 1/2 minutes. Check. Micro an additional 30 seconds if egg is too runny. Serve with orange smiles (slices of orange).

(Pooh's Pantry Recipe Book, winter session, 1991-92)

Twice-baked potatoes low in calories

AP — How's this for a skinny side dish? Twice-baked potatoes with only 190 calories per serving! The secret: Use 1 cup non-fat yogurt in place of 1 cup sour cream. You'll save 366 calories, or about 92 calories per serving.

or until filling is golden brown. Makes 4 servings.
Nutrition information per serving: 190 cal., 9 g pro., 44 carbos, 2 g fat, 5 mg chol, 280 mg sodium, 850 mg potassium. Percent of

U.S. RDA: 18 percent vit. C, 14 percent thiamine, 10 percent riboflavin, 12 percent niacin, 18 percent calcium, 4 percent iron.
Recipe from: Under 350 Calories by the editors of Betty Crocker.

TWICE-BAKED POTATOES
4 medium baking potatoes (about 1 1/2 pounds)
1 cup plain non-fat yogurt
1/2 cup grated Parmesan cheese
2 tablespoons freeze-dried chives or dried parsley flakes
1/2 teaspoon salt
1/2 teaspoon pepper
Paprika

Heat oven to 400 degrees F. Bake potatoes about 1 hour or until tender. Cut a thin lengthwise slice from each potato; scoop out potato, leaving a thin shell.

Mash potatoes until no lumps remain. Beat in remaining ingredients except paprika until fluffy. Sprinkle with paprika. Place shells on ungreased cookie sheet; fill shells with potato mixture. Bake uncovered in a 400-degree F oven about 20 minutes.

Come to terms with turkey cuts

AP — The phrase "let's talk turkey" has taken on a whole new meaning. No longer relegated to the once-a-year holiday table, turkey is now available in handy small portions, perfect for quick family meals any time of the year. Because all of these smaller turkey cuts need names, there's a whole new glossary of turkey terms to learn. To make sure you're buying the right cut for your recipe, read through these descriptions:

Turkey Breast Tenderloin is the whole muscle on the inside of the breast. Each one weighs about 8 ounces.

Turkey Breast Tenderloin Steaks are cut lengthwise from the tenderloin. They are usually 1 1/4-inch thick and resemble a fish fillet.

Turkey Breast Steaks are cut crosswise from the breast. They are usually 1 1/4-to 1-inch thick. They are interchangeable with boned, skinless chicken breast halves of the same weight.

Turkey Breast Slices or Cutlets are also cut crosswise from the breast but are thinner than the steaks (usually 1/4 to 1/2-inch thick). They can be used in recipes that call for pounded skinless, boneless, chicken breast halves.

Ground Turkey usually combines white and dark meat and may include some skin and fat. Because no official standards exist for the amount of fat in ground turkey, read the label before you buy.

Buying and Storage Tips: Look for ground turkey that's at least 90 percent lean by weight. In some areas, you can buy ground turkey breast, which is generally more than 90 percent lean. If there's no label, look at the meat. Lots of little white specks indicate that fat and skin were ground up with the meat, which increases the fat content. To ensure that you have the leanest ground turkey, you can grind your own or have your butcher grind it for you. Start with a turkey breast. (Avoid the self-basting kind, because they're frequently injected with saturated fat.) Remove the skin and discard it. Then grind the meat in a food grinder, using a coarse blade. Package the ground meat in 1/2 or 1-pound packages and freeze them until you're ready to use them.

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