

Perk up your meals with nutritious dried fruits

LITE SUCCESS



FLORINE MARK

We already know they're great in cookies, cakes, and breads, but they're also fabulous as part of every meal, from start to finish.

Raisin-Onion Sauce is a tasty, versatile sauce. It can either be served warm over poultry or ham, or refrigerated and served as a salad dressing. In main dishes, like Chicken in Creamy Fruit

Sauce, raisins perk up the taste with a touch of sweetness. Instead of plain rice, try Fruited Rice with Cinnamon.

You'll love this deliciously different combination. It is important, however, to keep in mind that dried fruits are also high in calories — so reduce the serving size when comparing to regular fruit.

As you try these raisin recipes, follow my tip for preventing the dried fruit from sticking to the knife while dicing — spray the knife blade with nonstick cooking spray. Now, how's that for "raisin" your raisin awareness?

RAISIN-ONION SAUCE

- 1/2 cup diced onion
- 1/4 cup golden raisins
- 1 tablespoon plus 1 teaspoon vegetable oil
- 1/4 cup water
- 1 tablespoon each rice vine-

gar, Dijon-style mustard, and honey

In small microwavable mixing bowl combine onion, raisins, and oil and stir to combine; cover with vented plastic wrap and microwave on High (100 percent) for 4 minutes, until raisins are plumped, stirring once halfway through cooking.

Transfer mixture to blender container; add remaining ingredients and process until smooth. Return mixture to microwavable bowl; cover with vented plastic wrap and microwave on High for 2 minutes, until flavors blend. Makes 4 Servings (about 1/4 cup each)

Each serving provides: 4 Vegetable, 1 Fat, 1/4 Fruit, 15 Optional Calories. Per serving: 95 calories, 6 g fat

Source: Weight Watchers Meals in Minutes Cookbook, 1989

CHICKEN IN CREAMY FRUIT SAUCE

- 1 teaspoon olive oil or vegetable oil
- 1/4 pound chicken cutlet, cut into thin strips
- 1/4 cup sliced onion
- 1/4 cup sliced mushrooms
- 1/2 garlic clove, minced
- 1/4 cup canned ready-to-serve low-sodium chicken broth
- 2 tablespoons plus 2 teaspoons apricot nectar
- 3 dried apricot halves, cut into strips

1 tablespoon golden raisins
1 teaspoon Dijon-style mustard
1 tablespoon light sour cream

In 9-inch nonstick skillet heat oil; add chicken and cook over medium-high heat stirring occasionally, until chicken is browned on all sides; about 3 minutes. Add onion,

mushrooms and garlic, and cook, stirring frequently, until onion is translucent, about 2 minutes.

Add remaining ingredients, except sour cream, and stir to combine; bring mixture to a boil. Reduce heat to low, add sour cream and let simmer until flavors blend, about 5 minutes. Makes 1 Serving

Each serving provides: 1 Fat, 3 Proteins, 1 Vegetable, 1/4 Fruit, 35 Optional Calories. Per serving: 299 calories, 9 g fat

Source: Weight Watchers Simply Light Cooking, 1992

FRUITED RICE WITH CINNAMON

- 1 teaspoon margarine
- 1/2 ounce sliced almonds
- 1/4 cup diced onion
- 1/4 cup canned ready-to-serve chicken broth
- 4 dried apricot halves, diced
- 2 tablespoons golden raisins

2 cups cooked long-grain rice
1/4 teaspoon ground cinnamon
1/4 teaspoon salt
1/4 teaspoon white pepper

In 1-quart microwavable shallow casserole heat margarine on High (100 percent) for 30 seconds, until melted. Add almonds and onion and microwave on High for 1 minute, stirring once halfway through cooking, until onion is softened.

Add broth, apricots, and raisins and microwave on High for 2 minutes. Add rice and stir to combine; microwave on High for 2 minutes, until rice is heated through. Stir in cinnamon, salt and pepper. Makes 4 Servings

Each serving provides: 4 Protein, 1 Bread, 4 Vegetable, 1/4 Fat, 1/4 Fruit, 3 Optional Calories. Per serving: 181 calories, 3 g fat

Source: Weight Watchers Meals in Minutes Cookbook, 1989

Send in a substitute before heading out for the store



LOIS THIELEKE

There is nothing more frustrating than to get all ready to do some baking and realize that one of the ingredients is "missing." You were sure you had it on hand, but no such luck.

Before you run out to the store, here are some emergency substitutions that could be used in a pinch.

To make your own half and half for a recipe, use seven-eighths cup of milk plus one-half tablespoon butter to equal one cup. One cup of heavy cream is made by mixing three-fourths cup milk plus one-third cup butter. Use this only

when a recipe calls for heavy cream in cooking or baking, as this will not whip.

Sour cream can be made by using three tablespoons of yogurt plus seven-eighths cup sour milk or seven-eighths cup buttermilk plus 3 tablespoons melted butter equal one cup. Don't use this making a dip, but for baking purposes it will work. Puree cottage cheese in the blender with a little yogurt or skim milk to make a low-fat version of sour cream.

Cream cheese can be made by blending one cup low-fat cottage cheese with 1/4 cup margarine to equal one cup. One cup of skim milk plus two tablespoons melted butter will equal one cup whole milk. (Think about that butter next time you reach for a glass of whole milk.) Low-fat plain yogurt

can replace an equal amount of buttermilk in any recipe.

If your milk is just starting to turn sour, sweeten by adding a pinch of baking soda.

Oil substitutes

When substituting vegetable oil for a solid vegetable shortening, butter or margarine, use one-third less. Use two teaspoons of oil to replace one tablespoon of hard shortening. For a perfect product, don't substitute oil for a solid shortening. Instead, find a recipe that has been tested using oil. It is not recommended substituting light or extra light margarine for regular margarine in cakes or cookies.

The water content is very different so you would have to change the proportion of the other

ingredients to make up for the added water. Regular margarine is about 16 percent water, light is 40 percent and extra light can be as much as 68 percent. This really changes a recipe proportion.

Dried herbs can be substituted for fresh ones, use about one-third the amount called for in the recipe. One tablespoon instant minced onion, rehydrated equals one small fresh onion. Three teaspoons chopped fresh parsley will substitute nicely for one teaspoon dried. One-eighth teaspoon garlic powder is equal to one small clove. If your dried herbs are more than a year old they have probably lost their fragrance so you may want to increase the amount used.

You can make your own fresh garlic salt by slicing three cloves

of peeled garlic into an empty shaker, then fill the shaker with salt.

Plain unpopped popcorn loses moisture and will not pop when it starts to dry out. There isn't enough water inside the kernel to expand from heat to make it pop. Popcorn that dries out won't pop. When you notice that a number of kernels in the pan aren't popping you'll need to re-condition it. Put about three cups of popcorn in a quart jar, pour one tablespoon of water into the jar, and put the lid on tightly.

Shake the jar every five or 10 minutes, until the popcorn has absorbed all the water.

Chocolate substitutes

Milk chocolate cannot be substituted for other chocolates in re-


places. It is made from chocolate liquor, milkfat, milk solids and the rest sugar. The same goes for instant hot cocoa mix, it is a mix of sugar and dry milk solids and does not make a good substitution for regular cocoa.

Substituting chocolate syrup for other chocolate in baking is also not recommended for a good product. To replace one-ounce of unsweetened chocolate, use one-fourth cup of cocoa mixed with two teaspoons of any kind of shortening. For semisweet chocolate you'll need one-ounce of unsweetened chocolate plus four teaspoons sugar.

Lois Thieleke is an Extension Home Economist for the Cooperative Extension Service, Oakland County office.

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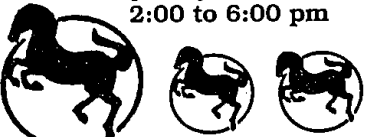
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