

MISCELLANEOUS

DIET:

BEEF ORIENTAL

1 1/2 pounds sirloin beef
2 teaspoons seasoned salt
1 teaspoon pepper
2 tablespoons chopped onion
2 cups green peppers, cut in strips
1 tablespoon soy sauce
1 package frozen peas, thawed
2 tablespoons vegetable bouillon

Sprinkle beef with 1 teaspoon salt and 1/2 teaspoon pepper. Broil 4 inches from heat, five minutes. Cut meat in 1 inch cubes. Cook all but peas over medium heat 4 minutes. Add peas and cook 3 minutes more. Drain, add beef. Cook until blended and heated.

DIET:

QUICHE LORRAINE

4 oz. can crabmeat, drained well
2 eggs
1 cup evaporated skim milk
2 oz. Swiss cheese or Gruyere, cubed
dash of pepper
1/2 teaspoon salt
1/2 teaspoon nutmeg

In a pie plate, spread crabmeat. Beat eggs with milk. Add cheese and seasonings. Mix well. Pour over crabmeat. Bake in 375 degree oven for 30 minutes or until firm. Serve hot. Filling can be mixed, refrigerated, and poured over crabmeat just before baking.

DIET:

ZUCCHINI OMELETTE

1 zucchini
salt and pepper to taste
1 tablespoons Parmesan cheese
2 eggs, well beaten

Brown zucchini in teflon pan. Season with salt and pepper. Add cheese and pour in eggs. Cook on low flame until eggs are done.

DIET:

MUSHROOM BURGERS

1½ chopped mushrooms
1½ pound hamburger meat
1/4 cup chopped onion
1½ teaspoon salt
1 teaspoon powdered mustard
1/4 teaspoon pepper
1/8 teaspoon minced garlic

Combine and broil. Makes 6 patties.

DIET:

VEAL PARMESAN

4 frozen veal patties
2 cans Snappy Tom Bloody Mary Mix
1 3½oz. can mushrooms
1/2 cup peppers, diced
1/2 cup onions, diced
2 oz. grated Mozzarella cheese

Brown veal patties in a Teflon pan. Place in a flat casserole dish. Combine other ingredients except cheese in Teflon pan. Simmer until liquid is reduced by half. Pour over veal patties. Sprinkle cheese on top. Cook at 350 degrees for 15 minutes or until bubbly.

LOW CALORIE PEANUT BUTTER

2 cups blanched, dry roasted peanuts
1½ cups water
2 teaspoons sugar (optional)

Blend peanuts in blender at high speed for several minutes until nuts are powdered. Add water slowly, blending after each addition. Scrape down often with spatula. Yield: 2½ cups. 43 calories per tablespoon. Other nuts may be used.

DIET:

ORANGE CHICKEN

1 2-3 pounds chicken, cut up
1/2 teaspoon salt
1 cup orange juice
2 packages of Sweet-n-Low
2 tablespoons dietetic orange marmalade

The day before: Parboil the chicken for 40 minutes in salted water. Drain. Mix other ingredients. Marinate overnight.

The next day: Place chicken over coals for 10 minutes. Turn and continue cooking until well done. Baste occasionally with remaining sauce. Left over marinade may be used on fish for another meal.

DIET:

BEEF BARBECUE

4 pounds round steak, cut in chunks
3/4 large can tomato juice (36 oz.)
1/4 cup Worcestershire sauce
3/4 cup white vinegar
2 packages Sweet-n-Low
1/2 cup onions, diced
optional: mushrooms and green peppers

Cook, covered, 2 hours on low. Cook 2 more hours uncovered. Stir occasionally. Serve over bean sprouts or French style green beans.

DIET:

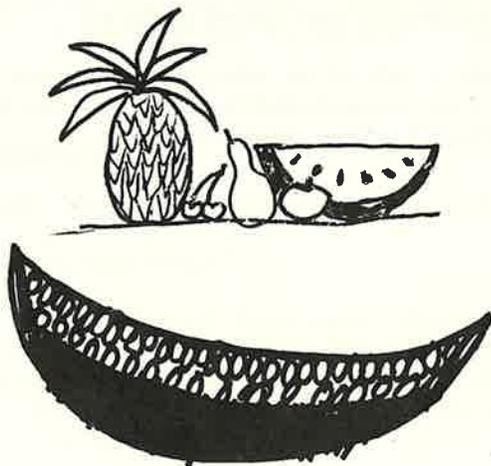
CHICKEN CASSEROLE

1 10 oz. package broccoli, cooked and drained
or, 1 can French style green beans, or 1 can asparagus,
drained
1 3½ oz. can mushrooms
2 cups cooked chicken, cut in chunks
mock sour cream*
2 oz. hard cheese, grated

*Mock Sour Cream

6 oz. cottage cheese
2 teaspoons skim milk
1/4 teaspoon garlic salt
1/8 teaspoon salt
1/8 teaspoon paprika
1 tablespoon onion flakes
Combine these 6 ingredients and blend.

Layer mushrooms, chicken, mock sour cream and
cheese in that order in casserole dish. Bake
in a 350 oven for 30 minutes.



DIET:

HAMBURGER SOUP

1 pound hamburger, browned and drained
3 chicken bouillon cubes
2 beef bouillon cubes
4 cups water
2 cups tomato juice
4 cups combined chopped vegetables, e.g. celery,
onions, cabbage, green pepper, broccoli, bean sprouts,
mushrooms, French-style string beans, etc.

Simmer 1 hour or longer. It keeps well.

DIET:

TWO BEAN SALAD

1 can french-style green beans, drained
1 can yellow French-style beans, drained
1 can mushrooms, drained
1/4 cup lemon juice
1/2 cup wine vinegar
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1/2 teaspoon dill weed
2 tablespoons onion flakes
3 packages Sweet-n-Low

Combine all ingredients. Chill overnight.

DIET:

STUFFED MUSHROOMS

2 pounds fresh mushrooms (caps only)
6 oz. cottage cheese
2 tablespoons onion flakes
1 teaspoon dill

Combine cottage cheese, onion and dill. Stuff washed
mushroom caps with mixture. Bake 350 degree oven for
15 minutes.

LOW-CALORIE, LOW-CHOLESTEROL, LOW-BUDGET CHEESECAKE

6 crushed graham crackers
1 tablespoon melted margarine
2 cups cottage cheese
2 eggs
1/4 cup sugar
1/4 cup flour
1 tablespoon lemon juice
1 cup applesauce
1 teaspoon vanilla extract

Combine graham crackers with margarine; line bottom of 9 inch pie plate with mixture.

Finely sieve cottage cheese. Add eggs, 1 at a time. Add remaining ingredients, mixing until well-blended. Pour into pie plate and bake in a preheated 325 oven. Bake 1 hour and 10 minutes or until mixture is brown. Top with apples, cherries, blueberries, strawberries, or your favorite pie filling.

Aviva Greenland

LOW-CALORIE SPICED FRESH BLUEBERRY COMPOTE

1/4 cup sugar or use Sweet-n-Low
1/2 cup water
1/2 teaspoon fresh lemon juice
1/2 stick whole cinnamon
3 whole cloves
dash of salt
1 pint of fresh blueberries

Boil first 6 ingredients together, 3-4 minutes, in a small saucepan. Remove spices. Cool. Pour over washed blueberries. Chill 3-4 hours. Serve in sherbet glasses. 4 servings.

Ann Gibson

LOW CALORIE CURRY DIP

1 pound cottage cheese
2 tablespoons mayonnaise
2 dashes of Tabasco
1 tablespoon of curry powder (less if it is too spicy)
1 tablespoon Worcestershire sauce
1/2 teaspoon salt
1 tablespoon grated onion

Blend on high in blender for 30 seconds. Stir, and blend again. Chill. Serve with all kinds of fresh vegetables.

Ann Gibson

SEMI-TROPICAL FRUIT CUP

1/2 pint of plain yogurt
1 ripe banana, sliced
1 orange, diced (a large naval orange is best)
1 cup diced pineapple (or unsweetened pineapple chunks cut in half)

Put yogurt and sliced banana in the blender. Blend until smooth. Pour banana-yogurt sauce over the diced orange and pineapple. Mix well and serve in sherbet glasses. Garnish with sprinkle of cinnamon (or cardamom) and a mint leaf. Makes 6 servings. Each serving contains 40 calories.

Ann Gibson

RUSSIAN TEA (Southern Style!)

1 gallon tea
2 small cans frozen lemon juice, undiluted
1 large can frozen orange juice with 3 cups water
3 cups pineapple juice
2 cups sugar

Tie a few whole cloves in a small bag in small amount of water and boil a few minutes. Mix all ingredients, heat and serve. Approximately 30-40 cups.

Marion Fey

GREEN TOMATO PICKLES

1 peck sliced green tomatoes	3 tablespoons mustard seed
3 tablespoons salt	½ teaspoon tumeric
2 cups vinegar	3 cups sliced onions
¾ cup dark brown sugar	2 large sweet red peppers, chopped
1 cup white sugar	1 hot green or red pepper, chopped

Mix tomatoes with salt. Stand about 12 hours. Heat vinegar, sugars, and spices to boil; add sliced onions and boil gently 5 minutes. Add drained tomatoes and peppers; bring slowly to boil. Simmer 5 minutes and stir. Pack into hot, sterilized jars. Be sure syrup covers vegetables. Seal at once. Makes 9-10 half pints. Easily doubled.

Jane Galbraith

CHERRY TOMATO JUICE

Wash 4 cups cut-up tomatoes, unpeeled. Add small amount of water; just enough to prevent burning. Cook until juicy, about 20 minutes. Put juice through food mill or strainer. Double strain. Put 1 teaspoon salt in each quart jar. Process 15 minutes after the water boils.

Ginny Brooks

GRANOLA

5 cups uncooked oatmeal
1 cup sesame seeds
1 cup sunflower seeds
1 cup wheat germ
1 cup soy flour
1 cup coconut
1 cup powdered milk
1 cup warmed honey
1 cup vegetable oil
raisins, dates, nuts or other dried fruits

Mix the first 7 ingredients together. Add the honey and oil and mix thoroughly. Spread in greased shallow pans and bake at 250 degrees for one hour, stirring often. Cool and add dried fruit and nuts.

Marguerite Plume

MUESLI

For 6 people:

1½ cups old-fashioned oatmeal
1/3 cup water
1/4 - 1/3 cup raisins
juice of 1 lemon
1 large or 2 medium apples, grated
1 banana, sliced
1 tablespoon honey, or to taste
pinch salt
Any other fruit, canned, frozen or fresh. Strawberries and raspberries are especially good. Approximately 1 cup in all.
1/4 cup of chopped nuts

The night before, moisten oatmeal and raisins with water and let soften overnight. In the morning, add all the other ingredients, mix and serve. You can also add wheat germ, grated coconut, dates, figs, etc. This is a vitamin-laden breakfast favorite in our house.

Barbara Vayo

HORSERADISH MOUSSE

1 envelope unflavored gelatin
¼ cup chicken broth (can be made with ¼ cup hot water
and 1 bouillon cube)
1 small onion minced
¾ cup brated horseradish (about one 6 oz. jar)
1½ cups sour cream
2 egg whites, stiffly beaten
½ teaspoon salt

Dissolve gelatin in chicken broth. Combine with onion, horseradish, sour cream and salt. Fold in beaten egg whites and pour into small mold. Chill. Good with roast beef.

Dixie McKelvey

SPICED CHEESE, TOMATO AND ONION SAUCE (For boiled potatoes or string beans)

2 tablespoons butter
4 scallions, cut into 1 inch length
½ cup finely chopped onion
5 tomatoes, peeled, seeded and chopped or 1 2/3 cups
chopped, drained, canned Italian plum tomatoes
½ cup heavy cream
1 teaspoon chopped coriander
¼ teaspoon oregano
Pinch of ground cumin
½ teaspoon salt
freshly ground black pepper
1 cup freshly grated Munster or Mozzarella cheese
8 peeled and boiled potatoes or 2 lbs. cooked beans

In heavy 8-10 inch skillet, heat butter until foaming. Add scallions and onions. Cook and stir until transparent but not brown. Add tomatoes. Cook and stir for 5 minutes. Add cream, coriander, oregano, cumin, salt, and a few grindings of pepper. Drop in cheese while stirring constantly. Cook until cheese melts, stirring. Pour over potatoes or beans.

Rosemary MacKenzie

HOT HAM SAUCE

6 tablespoons chili sauce
6 tablespoons sherry
2 tablespoons Worcestershire sauce
2 teaspoons dry mustard
2 tablespoons vinegar
4 tablespoons butter

Combine chili sauce, sherry and Worcestershire sauce in saucepan. Dissolve dry mustard in vinegar; add to chili mixture. Blend well. Add butter. Cook slowly over low heat until mixture thickens. Serve hot with ham slices or ham loaf. Easy and delicious!

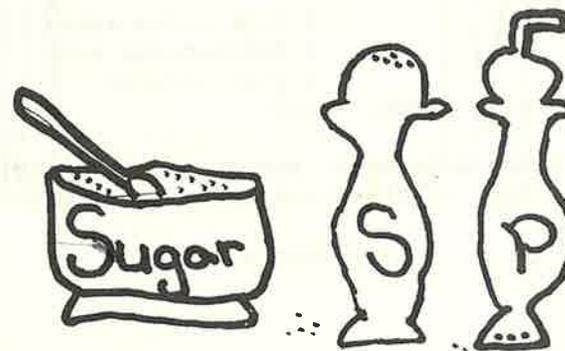
Peggy Kintz

CRANBERRY-NUT RELISH

4 cups cranberries
1 cup orange juice
2 cups sugar
1/2 cup chopped walnuts

Combine cranberries and orange juice in a saucepan. Simmer 6-8 minutes until cranberry skins pop. Add sugar; stir to dissolve. Cool. Add chopped walnuts. Chill in refrigerator.

Peggy Kintz



SAL'S SEASONING

2 parts curry powder
1½ parts garlic powder
1½ parts pepper
½ part paprika
5 parts salt
2 tablespoons minced parsley

Mix together thoroughly. Can be kept in jar.

Macie Wilsie

SPANISH COCKTAIL SAUCE (Especially good with fish)

2 tablespoons mayonnaise
1 tablespoon catsup
1 drop Tabasco
1 teaspoon cognac
1 teaspoon orange juice (fresh is best)
½ teaspoon Worcestershire sauce
½ teaspoon mustard
salt and pepper to taste

Mix the above into a creamy mixture. This can be done several days ahead and must be refrigerated. Can be doubled or tripled.

Loma Clarke

FRUIT RELISH

6 peaches
6 tomatoes
6 onions
6 sweet peppers, 3 green, 3 red
4 cups white sugar
4 tablespoons salt
1 pint vinegar

Cut up everything into small pieces; boil 1 hour or until thick. Seal in sterilized pint jars; makes 6 pints.

Ann Wiley

NUT TOFFEE CANDY

1 pound butter
2 cups sugar
4 oz. chopped walnuts
1 tablespoon vanilla
6 oz. semi-sweet chocolate

Slowly mix, heat, cream butter and sugar to hard crack stage, (310 degrees). Remove from heat. Mix in nuts and vanilla. Pour into 10 x 14 inch pan, lined with waxed paper. Cool. Snap out of pan and remove waxed paper. Chocolate may coat one or both sides. Makes 2 pounds.

Gail McGuire



THE END

