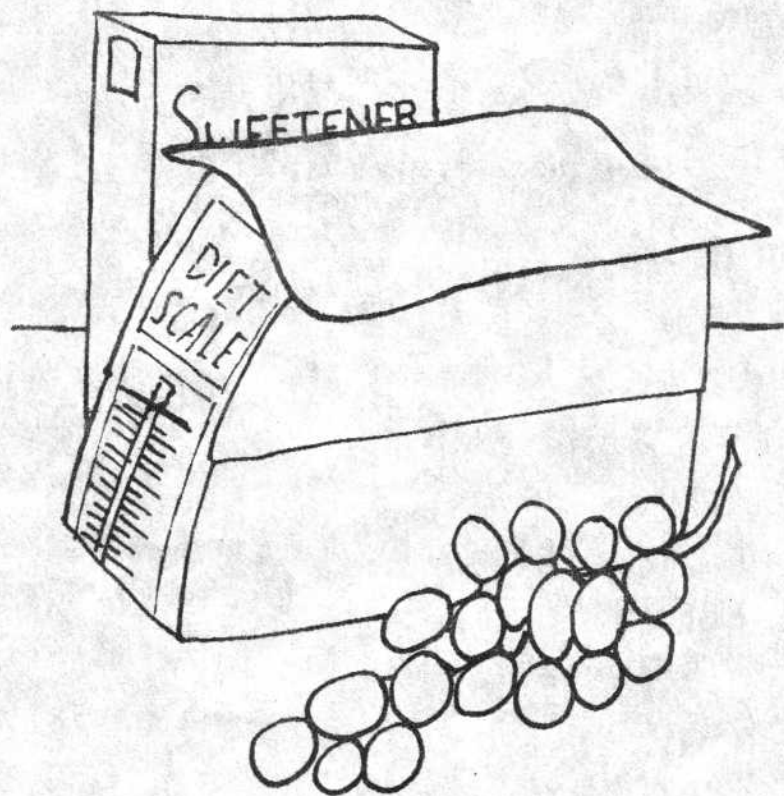


CALORIE COUNTERS



SPARENTS

Sparents are those
That "spare the rod"
When offspring need
Attention.
They find their troubles
Multiplied
In ways too sad
To mention!

Alice Marie Graves

CALORIE COUNTERS

PICKLED BEETS

Nancy Foster

- 1-16 oz. can cooked beets with juice
- $\frac{1}{2}$ c. vinegar
- $\frac{1}{2}$ c. sugar or equivalent in artificial sweetener
- $\frac{1}{4}$ t. cinnamon
- $\frac{1}{4}$ t. ground cloves

Drain beet juice into saucepan. Add vinegar, spices and bring to a boil. Cool 5 min. and add artificial sweetener or sugar. Pack beets into a jar and cover with liquid. Let stand 24 hours.

LOW-CALORIE MAPLE SYRUP

Meredith Platt

- 1 T. cornstarch
- 5 T. sugar
- pinch salt
- 1 c. cold water
- 2 t. maple flavoring

Combine cornstarch, sugar, salt, and water in small saucepan; mix well. Cook over med. heat; stirring constantly, until syrup thickens and bubbles. Lower heat, simmer 1 min. Remove from heat, stir in maple flavoring. Cool; use immediately or store in container with tight-fitting lid. Makes 1 cup; 14 calories per tablespoon.

BROILED CHICKEN

Edna Goings

Young chickens weighing $2\frac{1}{2}$ lbs. or so can be broiled. They should be skinned and halved

or quartered. Turn wing tips onto back side. Set oven at broil or 550 degrees. Brush one tablespoon low calorie Italian salad dressing on each $\frac{1}{2}$ lb. chicken. Place chicken meat side down on rack in broiler pan; place broiler pan so top of chicken is 7-9 in. from heat. If it's not possible to place the broiler pan this far from heat, reduce oven temperature to 450 degrees. Broil chicken 20 min. Season brown side with salt and papper. Turn chicken; brush again with dressing. Broil 10 min. longer or until chicken is brown and crisp and thickest pieces are tender. 210 calories per $\frac{1}{2}$ lb. serving.

PEPPER STEAK

Teri Schultz

1 $\frac{1}{2}$ lbs. sirloin steak,
cut in $\frac{1}{8}$ in. thick
strips
1 T. paprika
2 cloves garlic, crushed
2 T. lo-cal margarine
1 c. sliced green onions
2 green peppers, cut in
strips
2 large fresh tomatoes,
diced
1 small can mushrooms,
drained
1 c. beef bouillon
 $\frac{1}{4}$ c. water
2 T. cornstarch
2 T. soy sauce

Sprinkle steak with paprika and allow to stand while preparing other ingredients. Cook steak and garlic in margarine until meat is browned. Add onions, peppers, and mushrooms; continue cooking until vegetables are wilted. Add tomatoes and bouillon; cover and simmer about 15 min. Blend water with cornstarch and soy sauce. Stir into steak and cook until thickened. May be served with rice.

TUNA SALAD

Teri Schultz

4 c. torn lettuce
1-6½ oz. can water-pack tuna, drained and flaked
¾ c. cherry tomatoes, halved
¼ med. onion, thinly sliced and separated into rings
½ med. cucumber sliced
¼ c. sliced celery

Toss lettuce with rest of ingredients and toss with chilled dressing.

DRESSING

¾ c. cider vinegar
2 t. sugar or sweetener
1½ t. basil, crushed
dash pepper

Makes 4 servings, 78 calories each

COTTAGE DILL DRESSING

Weight Watchers

1 c. cream-style cottage cheese
1 T. lemon juice
3 T. finely chopped dill pickle
1 T. finely chopped onion

Put cottage chees, lemon juice, and $1/3$ c. water into blender; cover. Blend until smooth. Stir in pickle and onion. Chill. Makes 1 cup.

PINEAPPLE ORANGE CREME

Edna Goings

1 c. graham cracker crumbs
1 T. butter, melted
 $1/2$ c. non-fat dry milk
 $1/2$ c. well-chilled orange juice
1 egg white
1 T. lemon juice
 $1/4$ c. sugar
1-8 oz. unsweetened crushed pineapple,
drained

Mix graham cracker crumbs and butter. Reserve $1/3$ c. crumb mixture; press remaining mixture in ungreased baking pan. In mixer bowl, beat dry milk, orange juice, and egg white on high speed 3 min. Add lemon juice; beat 3 min. at high speed. Blend in sugar on low speed, about $1/2$ min. Fold in pineapple. Pour into pan; sprinkle with reserved crumb mixture. Freeze at least 8 hours. Makes 9 servings-110 calories each.

CHEESELESS CHEESECAKE

Jackie Dunn

2 c. crushed pineapple
2 envelopes unflavored gelatin
 $1/2$ c. boiling water
 $1\frac{1}{2}$ c. non-fat dry milk
4 pkg. artificial sweetener
dash salt
2 t. lemon juice
2 t. vanilla

Blend in blender; pour into 8 in. square pan.
Refrigerate.

MILK SHAKE

Weight Watchers

1 c. skim milk
 $\frac{1}{2}$ to $\frac{3}{4}$ t. flavoring or extract
artificial sweetener to taste
3 ice cubes

Place all ingredients in blender and blend for about 30 seconds until mixture froths. Unsweetened frozen strawberries or other fresh fruit such as peaches, blueberries, etc., may also be added.

ZERO SALAD DRESSING

Charlotte Schultz

$\frac{1}{2}$ c. tomato juice
2 T. lemon juice
or vinegar
1 T. onion, finely chopped
Salt and pepper

Combine ingredients in a jar with a tightly fitted lid. Refrigerate. Shake well before using. Chopped parsley or green pepper, or horseradish mustard, etc. may be added, if desired.

FRED ME! I'M YOURS
(BABY & KIDDIE FOODS)

BABY FOOD

Equipment you will need to make your own baby food:

Steamerbasket--The steam method of cooking best preserves the vitamins and minerals because the food is held above rapidly boiling water and cooks in the rapidly rising steam. It is especially important that your baby eats as nutritiously as possible, but your entire family will enjoy steamed foods for their natural flavor and color. This method is also the easiest and simplest way of cooking.

Electric blender--to puree to the finest consistency for the youngest.

Vegetable brush

Rubber spatula

Hand juicer

Sharp paring knife

Vegetable peeler

Ice cube trays



THE FOOD CUBE METHOD:

1. Take prepared, pureed food and pour into plastic "pop out" ice cube trays.
2. Freeze the food cubes quickly.
3. Pop out cubes and transfer to plastic freeze bags.
4. Label and date.