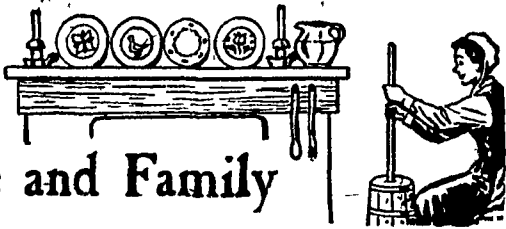


For the Farm Wife and Family



Macaroni In A Minute

By Mrs. Richard C. Spence

Did you realize that within fifteen to twenty minutes (from the time you start 'til the dinner bell is rung) that a tempting macaroni meal can be ready?

While an easily assembled macaroni dish cooks, a salad can be tossed or a vegetable heated, depending upon your choice of accompaniment for the main course. Canned or fresh fruit, cookies, sherbet are fine dessert suggestions.

The calorie-conscious are happy to learn they can enjoy energy-giving elbow macaroni, spaghetti and egg noodles, and still keep calorie intake at the desired level. Macaroni products supply important protein, vitamins, and minerals, and furnish satisfying eating. The key to including these foods in a low-calorie diet is the selection of what is to be eaten with them. Vegetables to choose from are carrots, tomatoes, salad greens, cucum-

bers, beets, green beans, celery, cabbage, squash. Broiled or baked fish, meat, poultry add variety, as do fresh fruits served for dessert.

In planning slimming meals it is the total number of calories which is important, and the menus should add up to well balanced meals.

We have for you some menus and the recipes for the macaroni dishes included in those menus.

MENU

Low Calorie Macaroni Skillet
Lettuce Tomato Salad (1 teaspoon Mayonnaise)
Raspberry Water Ice (1/2 cup)

Sugar Wafers (2)
Total calories per serving-550
Preparation Time - 20 min.

LOW CALORIE MACARONI SKILLET

1 tablespoon salt
3 quarts boiling water
2 cups elbow macaroni (8 ounces)
1 beef bouillon cube
1 cup boiling water
1 can (12 ounces) luncheon meat
1/2 cup chopped onions
1 teaspoon seasoned salt
1/2 teaspoon pepper
1/2 cup chopped parsley
Add one tablespoon of salt to three quarts rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook, uncovered, stirring occasionally until tender. Drain in colander. Meanwhile, combine bouillon cube, 1 cup boiling water and onions in large skillet; mix well. Cover and cook over low heat 10 minutes. Add macaroni and remaining ingredients; mix well. Cook 5 minutes, stirring occasionally. Serves six. 325 calories per serving.

NOODLES & FISH DINNER
Green Beans (1/2 cup)
Molded Orange Gelatin

(about 1/2 cup)
Chocolate Snap Cookies (2)
Total calories per serving 550
Preparation Time - 20 min

NOODLE & FISH DINNER

1 tablespoon salt
3 quarts boiling water
8 ounces medium egg noodles (about 4 cups)
2 tablespoons butter or margarine
4 fresh or frozen flounder filets
2 tablespoons chopped onion
2 beef bouillon cubes
1 cup boiling water
2 tablespoons flour
1/2 cup milk
1/4 teaspoon dill seed
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 lemon, cut in wedges
Add 1 tablespoon salt to 3 quarts rapidly boiling water. Gradually add noodles so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Meanwhile, melt butter or mar-

gine. Add flounder and onion and cook over low heat until flounder is browned on both sides and tender. Arrange noodles and flounder on heated platter. Combine bouillon cubes and 1 cup of boiling water; stir until bouillon cubes dissolve. Add flour to onion-butter mixture stir well. Gradually stir in bouillon, milk, dill seed, one-half teaspoon of salt and pepper and cook over low heat, stirring constantly, until thickened. Pour sauce over noodles and flounder. Garnish with lemon wedges. Serves 4 - (438 calories per serving).

VEGETABLE NOODLE SOUP

Lettuce, Tomato, Bologna Salad

(4 lettuce leaves, small Turn to page 14)



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