

FOR THE **FARM** WIFE AND **FAMILY**

(3-ounce) can mushrooms,

(4-ounce) jar pimientos,

drained, chopped

1/4 teaspoon ground black

4-teaspoon liquid artificial

green pepper 1ings

teaspoon salt

½ cup plain yogurt

Holland rusk

pepper

sliced

sweetner

Shaping Up For Summer

by Mrs. Richard C. Spence

Dieting is easier when you have a collection of low calorie 1. recipes for a variety of occasions, good enough to serve both family and friends

With one eye watching for signs of summer and the other for signs of a trimmer figure, have an early-bird picnic in- 5 doors or out Feature big, juicy 5 beefburgers on crisp rolls, topped with an unusual pimiento calories per portion

SAUCY BEEFBURGERS

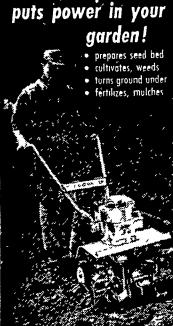
- pound ground lean beef
- small onion, finely chopped dill pickle, (about 3 inches long), finely chopped



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down. Just before serving, quick- including sauce. 5 (about 3 ounces meat) serv- serve with thin crackers. ings, about 170 calories each.

CABBAGE ROLLS FOR THE CALORIE-CONSCIOUS

- large cabbage leaves cups 4-grain flake cereal
- (Team) ounces cooked ham, diced 11/2 tablespoons instant coffee
- (about %cup) cup diced cooked carrots tablespoon finely chopped
- onion 1/8 teaspoon ground black pepper
- vegetarian style bouillon cube

Hot water

- tomato soup, undiluted
- teaspoons grated Parmesan

til tender Combine next five in degrees) 6 minutes, or until gredients; mix well Divide mixture into 8 portions and place in center of cabbage leaves Loose Combine first six ingledients ly fold sides of leaves into censauce Hearty enough for any thoroughly Shape mixture into ter and roll up toward stem end member of the family, this 5 equal patties Place on grill or Place seam side down in skillet colorful dish has only about 170 under broiler, several inches Dissolve bouillon cube in 1 cup from heat, for 6 to 8 minutes on hot water, add ½ cup to pan each side Meanwhile, puree with cabbage rolls. Cover tightpimientos in blender Or heat in ly and simmer about 15 minutes saucepan for about 5 minutes; Combine 1/2 can tomato soup, 2 then force through a sieve tablespoons water and Parmesan

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Blend pimiento puree with yog- cheese in small saucepan; heat lightly browned. Cool. Dissolve urt and artificial sweetener. Heat just to boiling. Serve cabbage instant coffee in cold water. carefully in double broiler; do rolls. Makes 4 servings of 2 rolls, Sprinkle gelatine over 1/4 cup not overheat or sauce will break about 170 calories per serving coffee liquid to soften. Mean-

with green pepper rings, on grill noon pick-up combine remaining pan. Heat just until tiny bubbles or in broiler. Top with beef pat- 1/2 cup bouillon with remaining appear on surface; do not boil. ties and cover with sauce Makes 1/2 can tomato soup. Heat and Immediately add hot mixture to

DIETERS COFFEE CREAM PIE

- 11/2 cups finely rolled zwieback crumbs
- 1/4 cup butter or margarine, melted
- cup cold water envelope unflavored gelatine
- egg, slightly beaten 1½ cups skim milk
- teaspoons liquid artificial sweetener
- (41% ounce) package whipped topping mix
- 1/2 teaspoon vanilla extract (10-34 ounce) can condensed Blanched almonds, if desired

while, combine egg, 1 cup milk, ly warm Holland Rusk, topped NOTE: For a low calorie after- and artificial sweetener in saucegelatine; stir until dissolved. Add remaining coffee liquid; chill until the consistency of unbeaten egg whites, stirring occasionally. Prepare whipped topping mix according to package directions, using remaining ½ cup milk and vanilla Fold 1 cup of whipped topping into gelatine mixture, reserving remainder to garnish non-dieters' portions. Pour into prepared crust and chill 4 hours, or until set. Fashion a center garnish with almonds, if desired. Makes 8 wedges, about 160 calories per serving.

SPICE UP TO CUT CALOR-IES-Often it's the sauce, dress-Combine zwieback crumbs and ing or butter which add unnecesmelted butter thoroughly. Press say calones particularly to mixture against bottom and sides vegetables. Add flavor excite-Cook cabbage leaves in boiling of a 9-inch pie plate. Bake in a ment and cut calories by subwater for about 5 minutes, or un- preheated moderate oven (375 stituting spices and herbs for (Continued on Page 17)

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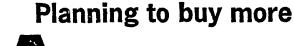
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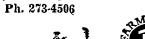
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