



FOR THE  
**FARM  
WIFE  
AND  
FAMILY**

*Shaping Up For Summer*

by Mrs. Richard C. Spence

Dieting is easier when you have a collection of low calorie 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 indoors or out. Feature big, juicy beefburgers on crisp rolls, topped with an unusual pimiento sauce. Hearty enough for any member of the family, this colorful dish has only about 170 calories per portion.

**SAUCY BEEFBURGERS**

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

- 1 (3-ounce) can mushrooms, drained, chopped
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 (4-ounce) jar pimientos, sliced
- 1/2 cup plain yogurt
- 1/4 teaspoon liquid artificial sweetener
- 5 Holland rusk
- 5 green pepper rings

Combine first six ingredients thoroughly. Shape mixture into 5 equal patties. Place on grill or under broiler, several inches from heat, for 6 to 8 minutes on each side. Meanwhile, puree pimientos in blender. Or heat in saucepan for about 5 minutes; then force through a sieve.

Blend pimiento puree with yogurt and artificial sweetener. Heat carefully in double broiler; do not overheat or sauce will break down. Just before serving, quickly warm Holland Rusk, topped with green pepper rings, on grill or in broiler. Top with beef patties and cover with sauce. Makes 5 (about 3 ounces meat) servings, about 170 calories each.

**CABBAGE ROLLS FOR THE CALORIE-CONSCIOUS**

- 8 large cabbage leaves
- 2 cups 4-grain flake cereal (Team)
- 4 ounces cooked ham, diced (about 3/4 cup)
- 3/4 cup diced cooked carrots
- 1 tablespoon finely chopped onion
- 1/8 teaspoon ground black pepper
- 1 vegetarian style bouillon cube
- Hot water
- 1 (10-3/4 ounce) can condensed tomato soup, undiluted
- 2 teaspoons grated Parmesan cheese

Cook cabbage leaves in boiling water for about 5 minutes, or until tender. Combine next five ingredients; mix well. Divide mixture into 8 portions and place in center of cabbage leaves. Loosely fold sides of leaves into center and roll up toward stem end. Place seam side down in skillet. Dissolve bouillon cube in 1 cup hot water, add 1/2 cup to pan with cabbage rolls. Cover tightly and simmer about 15 minutes. Combine 1/2 can tomato soup, 2

cheese in small saucepan; heat just to boiling. Serve cabbage rolls. Makes 4 servings of 2 rolls, about 170 calories per serving including sauce.

NOTE: For a low calorie afternoon pick-up combine remaining 1/2 cup bouillon with remaining 1/2 can tomato soup. Heat and serve with thin crackers.

**DIETERS COFFEE CREAM PIE**

- 1 1/2 cups finely rolled zwieback crumbs
- 1/4 cup butter or margarine, melted
- 1 1/2 tablespoons instant coffee
- 1 cup cold water
- 1 envelope unflavored gelatine
- 1 egg, slightly beaten
- 1 1/2 cups skim milk
- 2 teaspoons liquid artificial sweetener
- 1 (4 1/4 ounce) package whipped topping mix
- 1/2 teaspoon vanilla extract

Blanch almonds, if desired. Combine zwieback crumbs and melted butter thoroughly. Press mixture against bottom and sides of a 9-inch pie plate. Bake in a preheated moderate oven (375 degrees) 6 minutes, or until

lightly browned. Cool. Dissolve instant coffee in cold water. Sprinkle gelatine over 1/4 cup coffee liquid to soften. Meanwhile, combine egg, 1 cup milk, and artificial sweetener in saucepan. Heat just until tiny bubbles appear on surface; do not boil. Immediately add hot mixture to gelatine; 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 1/2 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 CALORIES**—Often it's the sauce, dressing or butter which add unnecessary calories particularly to vegetables. Add flavor excitement and cut calories by substituting spices and herbs for (Continued on Page 17)

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