

# Skim off

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**Tomato Cabbage Jelly**  
36 calories per serving

- 1 envelope unflavored gelatin
- ¼ cup cold water
- 1 cup vegetable juice cocktail
- ½ cup tomato sauce
- 2 tablespoons tarragon vinegar
- 1 tablespoon Worcestershire sauce
- 2 tablespoons sweet pickle relish
- salt and pepper to taste
- 2 cups shredded cabbage
- mixed salad greens

Soften gelatin in cold water. Heat with vegetable juice, tomato sauce, vinegar, and Worcestershire sauce until gelatin is dissolved. Add relish, salt, and pepper, and chill until slightly thickened. Add cabbage and pour into 6 individual molds. Chill. Serve on a nest of greens.

P.S. You may use white or red cabbage, or a combination of the two.

Variation: Substitute 1 cup tomato juice for the vegetable juice. Substitute prepared horseradish to taste for the pickle relish. Add 2 tablespoons grated onion or chopped radishes. Substitute ¼ cup slivered green pepper



Marcy Seckman, assistant home economist in York County, talks about low calorie recipes during a seminar on preparing slenderizing meals.

or chopped celery for ¼ cup cabbage. Top each serving with a tablespoon of Gourmet Cream Salad Dressing.

**Epicurean Chicken**  
150 calories per serving

- 2 chicken breasts, split and boned (1-½ pounds)
- 2 teaspoons butter, melted
- 2 tablespoons grated onion
- ½ cup minced fresh mushrooms
- 1 tablespoon minced parsley
- 1 teaspoon minced pimiento
- salt and pepper to taste
- 1 tablespoon grated sharp Cheddar cheese
- 1 cup chicken bouillon
- 1 teaspoon lemon juice
- 8 parsley sprigs

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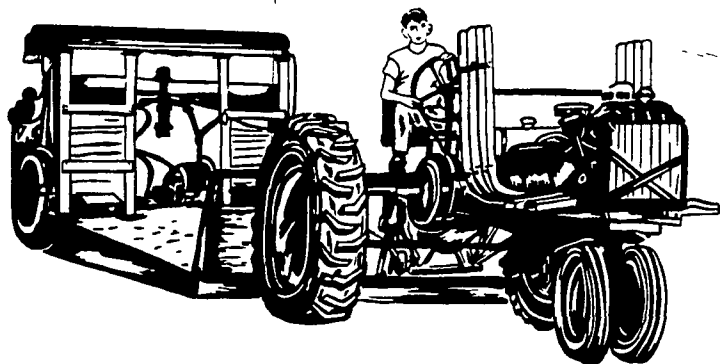
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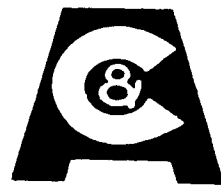
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