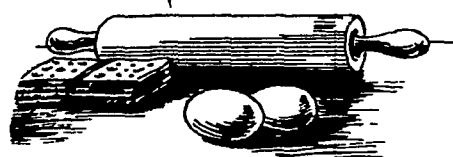


Home on



The Range



Diets. Diets are something you are always going to start Monday, but never do. Right? The main reason is that the foods usually associated with low calorie eating are so hum drum. Just how many different ways can you eat grapefruit, or cabbage, or low calorie cottage cheese? And, what if you HATE grapefruit, cabbage, or low calorie cottage cheese?

There is an answer to the "diet blab", however. Instead of making your normal, high calorie meals, why not make the same foods, substituting low calorie

ingredients for the fattening ones? It can be done, and this week's recipes are the start of three weeks of showing you how.

Meats are on today's schedule. Whether you like beef, pork, chicken, or lamb, or liver, we have a recipe for you to try. Hope you like them. And, keep watching for next week's "Easy on the Waistline Desserts."

Beef

BARBECUED BEEF PATTIES

1 pound ground beef
1 cup bread crumbs
1/2 cup milk

1 teaspoon salt
1/4 teaspoon pepper
Mix and shape the above ingredients into patties. Place in baking dish.

1 1/2 tablespoons Worcestershire sauce
1/4 cup vinegar
3 tablespoons sugar
1/2 cup catsup
1/2 cup water
1/2 cup onions (optional)

Mix above ingredients and pour over patties. Bake at 350 degrees F. for one hour.

Mrs. Timothy Newswanger
Danville, Pa.

BRANDED SWISS STEAK
1/2 cup packaged dry bread

crumbs
2 teaspoons salt
1/4 teaspoon pepper
2 lbs. round steak
2 tablespoons butter or margarine, melted
1 can (1 lb.) tomatoes, undrained
2 medium onions
1 clove garlic, finely chopped
1 tablespoon Worcestershire sauce

Combine bread crumbs, salt, and pepper. Trim fat from steak; wipe meat with damp cloth. Sprinkle one side with half of crumb mixture; pound into steak using rim of saucer. Repeat on other side. Brush both sides with butter; place under broiler, turning once, until browned on both sides. Meanwhile, in Dutch oven or heavy skillet with tight-fitting cover, combine remaining ingredients. Add steak; simmer, covered, two hours, or until meat is tender. Makes six servings; one slice with two tablespoons pan juices equals 311 calories per serving.

McCall's Cookbook
xxx

Pork

HAM KABOBS

1 cup chunk pineapple, canned in own juice
1 tablespoon steak sauce
1 teaspoon cider vinegar
1 teaspoon brown sugar replacement
Dash ground cloves
1 medium tomato cut in six wedges
1/2 medium green pepper cut in quarters
12 oz. boneless fully cooked ham cut in 1/2 to 1 inch cubes
1/2 teaspoon paprika
1/2 teaspoon garlic powder
Dash white pepper
Sauer Kraut Supreme
Chopped parsley

Reserve 1/2 cup chunks of pineapple for kabobs. Place remaining pineapple and juice in blender container. Add steak sauce, vinegar, brown sugar replacement, and cloves. Cover and process at medium speed until smooth. Pour into small sauce pan. Heat slowly. Arrange reserve pineapple chunks, green pepper, tomato, and ham on skewers. Combine paprika, garlic powder, and pepper. Sprinkle over kabobs. Place on rack and broiler pan. Broil about four inches from heat source for three to five minutes. Turn kabobs. Broil until meat is thoroughly

heated—about three to five minutes. Serve on Sauer Kraut Supreme with equal amounts of heated pineapple sauce. Sprinkle with parsley. Makes two servings.

Sauer Kraut supreme
1/2 cup water
1 pack of instant beef broth and seasoning mix
2 teaspoons dehydrated minced onion flakes
1 bay leaf
1/4 teaspoon salt
1/4 teaspoon fennel seed
2 cups sauer kraut, rinsed and drained
1 medium apple, pared, cored, and chopped
Place all ingredients in medium sauce pan. Cover and cook over medium heat for 30 minutes. Divide evenly and serve with ham kabobs.

Weight Watchers
Primer on Pork
xxx

Chicken

LOW-CALORIE CHICKEN PAPRIKA

2 (2 1/2 - to 3-lb size) broiler-fryers, cut up
2 1/2 teaspoons salt
4 teaspoons paprika
1/2 cup chopped onion
1 cup yogurt
2 tablespoons chopped parsley

Wash chicken well; drain on paper towels. Sprinkle with two teaspoons salt and two teaspoons paprika. Arrange in broiler pan without rack; broil, about six inches from heat, five minutes on each side, or until nicely browned. Place chicken and onion in large skillet with tight-fitting cover. Add 1 1/2 cups water; simmer, covered, 40 minutes, or until chicken is tender. Remove chicken to serving platter. Stir yogurt and rest of salt and paprika into liquid in skillet; heat slowly, stirring, until hot. Do not boil. Pour over chicken. Sprinkle with parsley. Makes six servings; 282 calories each.

McCall's Cookbook
xxx

BAKED CHICKEN AND PINEAPPLE

2 (3-lb size) broiler-fryers, cut up
2 teaspoons dried rosemary leaves
2 teaspoons salt
1/2 teaspoon pepper
10 shallots, peeled
2 cups unsweetened pineapple juice
1 teaspoon ginger
Paprika

Preheat oven to 350 F. Wash chicken; drain well on paper towels. Combine

[Continued on Page 44]

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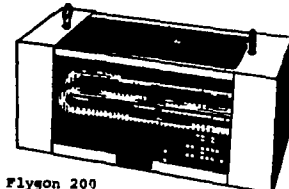
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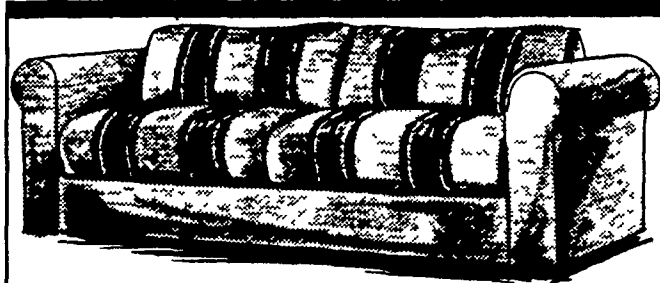
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