



## Microslim cooking

Are you trying to get back in shape for the coming summer? Diets are hard to keep, but your microwave can make it easier! Here are some hints for using your microwave for low-fat, low-calorie cooking and an Oriental-style, low-calorie dinner. Look for The Micro Way next week for more low calorie recipes.

Foods such as vegetables, fish and poultry can be steamed easily in the microwave. They won't stick and don't need added fat for cooking. Fats such as butter, margarine and oils have about 100 calories per tablespoon. Instead of the fats, use one or two tablespoons water for steaming. Put foods in a closed container or cover with plastic wrap.

Cook skinned chicken parts in a closed container for 10 minutes per pound on medium high (70,7). Arrange with thicker parts to the outside and the biggest pieces in the corners of the dish. Let stand at least 5 minutes to finish cooking. The meat will be juicy and tender, but very pale looking. If more color is desired, sprinkle with herbs, paprika, or 1 teaspoon Kitchen Bouquet mixed with 1 teaspoon

water, wine or lemon juice before cooking.

Vegetables steamed in a microwave have a better flavor as well as a higher vitamin content than those boiled on a stove. They taste good with less butter or other high-calorie topping.

For quick, low-calorie meals from fresh ingredients, "stir fry" in the microwave in a closed casserole. The foods will steam quickly instead of cooking in oil in a frying pan. For best results, have all ingredients sliced thinly or chopped evenly. Cook those that take longest to get tender first, and add the quick cooking ones part way through. See the Beef and Snow Pease recipe below for the technique. Prepare sauces separately, so the meat and vegetables do not overcook and toughen.

Microwaving meat extracts more fat from the meat than cooking it on the range. For lowest fat content, cook the meat on a rack (like a bacon cooker or roasting rack) so the fats can drain away. Brown ground beef in a plastic colander over a plate. It will drain as it cooks. Use high

power for ground meats, but use medium (50,5) for roasts to avoid toughening the edges.

Since leftovers taste good when reheated in the microwave, you won't be tempted to "use up" that last serving. Better yet, since foods can be cooked so quickly, cook only as much as you need for one meal—with no leftovers to nibble.

Soften sandwich spreads like butter or margarine slightly, then you can spread it thinner more easily!

If you replace sugar in recipes with sugar substitutes, the cooking time may increase slightly. Some sugar substitutes break down during long cooking, and are best added after cooking. Check the label of the brand you use. In many recipes, you can use a sugar substitute for as much as half the sugar and not notice the difference.

Serve this Oriental style meal with chop sticks for fun. You can't gobble it down with the chopsticks, that's for sure!

### Beef and Snow Peas

- 1 cup uncooked brown rice
- 2 1/2 cups water
- 1/2 pound "thin-sliced" round steak
- 3 tablespoons soy sauce
- 1 clove garlic, minced
- 1 small onion
- 1 carrot\*
- 1 tablespoon water
- 1 6-ounce package frozen snow peas

### Sauce:

- 1 beef bouillon cube
- 1/2 cup water
- 1 tablespoon cornstarch
- 1 teaspoon sugar

Cook rice conventionally as suggested on the box using 1 cup raw rice and 2 1/2 cups water. Do not add salt to the rice because the soy sauce adds enough saltiness to the meal. (If you have not used brown rice before, it takes longer to cook than white rice—almost 1 hour. However, it has fewer

calories and takes longer to digest so you are not hungry so quickly!) Prepare beef and snow peas while the rice cooks.

Put bouillon cube and water in a 2-cup glass measure and cook on high for 2 minutes. Set aside.

Trim meat of all fat and gristle. Slice meat very thinly, so you have "shreds" or pieces about 1/4" x 1/4" x 2". Put meat in a small bowl and stir in garlic and soy sauce. Set aside to marinate a few minutes.

Chop onion, and slice carrot diagonally, very thinly. Put onion, carrot and 1 tablespoon water in a 2 quart casserole. Cook, covered, on high for 3 minutes until almost tender.

Add meat, including any juices in bowl, to the onions and carrots. Remove frozen snowpeas from package and break apart if possible. Add to casserole with meat and cover. Cook on high for 4 minutes, stirring once after 2 minutes, until the meat is almost done and the snowpeas are hot.

Drain any juice from the casserole into the 2 cup measure with the bouillon. Then set casserole aside, covered, to stand 5 minutes. Stir cornstarch and sugar into bouillon, stirring until the cornstarch dissolves. Cook on high for 2-3 minutes, stirring every

## Berks Sheep and Lamb Club

The Berks County 4-H Sheep and Lamb Club met April 8 at the 4-H Center in Leesport.

After a business meeting, Greg Snyder, manager of Wey Farms, Dryville, demonstrated sheep shearing and tying fleece. Mrs. Wade of Ewesful Spinings, Oley, demonstrated dying wool with natural and processed dyes.

The next meeting will be at Peter Bros. Meat Market in Lenhartsville on May 13.

minute until the sauce boils and thickens.

Pour sauce over meat and vegetables, stirring to combine. Serve immediately, on top of rice. Makes 4 servings with 310 calories each, when served on 3/4 cup brown rice. The Beef and Snow Peas have 175 calories per serving, without any rice.

\*Tip: For a fancier meal, use one 6-ounce can water chestnuts and 4 ounces mushrooms, instead of sliced carrot. Substitute mushrooms and water chestnuts and add snowpeas, not with the onion (cook onion alone). Increase the cooking time in Step 4 to 5-6 minutes and stir twice. The calorie count will change to about 320 calories per serving on brown rice.

Note: The cooking times above are for microwaves with 600-700 Watts of power. For 500-600 W, add 10 seconds per minute; for 400-500 W, add 20 seconds per minute.

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## Rhinos

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### No Evidence For Myth

The horn, persistently believed by some people to be a powerful aphrodisiac despite lack of medical evidence, sells for \$600 an ounce in Southeast Asia, according to the World Wildlife Fund, which has joined in efforts to save the rhinos.

That's plenty of incentive to keep the poachers active. As a result, rhinos of all species, in both Asia and Africa, are on the endangered list.

Shrestha may not care about the future of the one-horned rhinoceros, but the world's conservationists do.

Unless strong measures are taken, and soon, they fear the rhino will share the status of another single-horned animal, the unicorn: nonexistent.



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