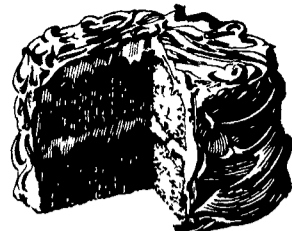


Home On The Range



Slim down with low-calorie recipes

If you overindulged over the holidays and put on a few extra pounds, now is the time to cut back and lose them. And, while the idea of dieting may not seem so attractive, there are many delicious meals that don't have lots of calories.

Although it is probably best that you give away your remaining Christmas candy and excuse yourself from the table when dessert is served, your suffering doesn't have to be complete.

You can enjoy meals like Spaghetti Via Venito, Mushrooms Romanoff and Creamy Chicken with Asparagus and still lose weight.

SPAGHETTI VIA VENITO

½ pound ground beef
Salt
Pepper
2 cups vegetable juice
1½ cups eggplant cut in strips
1 cup green pepper squares
1 large clove garlic, minced
½ teaspoon Italian seasoning, crushed
2 tablespoons water
1 tablespoon cornstarch
4 cups hot cooked spaghetti

In large bowl, season ground beef with salt and pepper to taste; shape into 16 meatballs (1 inch).

In a 2-quart saucepan over medium heat, brown meatballs; spoon off fat.

Add vegetable juice, eggplant, green pepper, garlic and Italian seasoning; heat to boiling.

Reduce heat to low. Cover and simmer 10 minutes or until meatballs are done, stirring occasionally.

Meanwhile, in cup, combine water and cornstarch until blended. Gradually stir cornstarch mixture into sauce. Cook, stirring until thickened. Serve over hot spaghetti. Makes 3½ cups or 4 servings. 352 calories per serving.

MUSHROOMS ROMANOFF

Large skillet
1½ pounds fresh mushrooms
2 tablespoons butter
1 tablespoon lemon juice
½ teaspoon salt
1/8 teaspoon freshly ground pepper
2 tablespoons all-purpose flour
2 teaspoons dill weed
1 cup milk

Wash mushrooms and trim off tips of stems; drain well. In skillet, melt butter; add lemon juice, salt, pepper and mushrooms. Sauté mushrooms about 5 minutes. Stir in flour and dill weed. Add milk. Cook over medium heat, stirring constantly, until thickened.

100 calories for 1 serving. Recipe makes 6 servings.

STRAWBERRY YOGURT SAUCE

1 8-ounce carton plain yogurt
1 cup sliced fresh strawberries
1 tablespoon sugar
¼ teaspoon almond extract

Place yogurt, strawberries, sugar and extract in blender container; cover. Blend until strawberries are pureed. Cover and chill 1 to 2 hours to allow flavors to blend. Serve over chilled fresh fruit of the season.

One tablespoon equals 10 calories.

SWISS BROCCOLI SOUFFLE

2 tablespoons butter
3 tablespoons flour
½ teaspoon salt
Dash cayenne
1 cup skim milk
1 cup (4 ounces) shredded Swiss cheese
4 egg yolks, slightly beaten
4 egg whites
¼ teaspoon cream of tartar
1 package (10 ounces) frozen chopped broccoli, cooked and drained

Preheat oven to 350°F. Melt butter; blend in flour, salt and cayenne. Remove from heat; gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat and stir in cheese until melted. If necessary, return to low heat to melt cheese. Do not boil.

Blend a small amount of hot mixture into egg yolks; return all to saucepan and blend thoroughly; set aside. Beat egg whites until frothy. Add cream of tartar and beat until soft peaks form. Fold cheese sauce into egg whites, then broccoli. Turn into unbuttered 6-cup souffle dish. Bake 40 to 45 minutes. Serve immediately.

One serving equals 199 calories.

SHRIMP DIVAN

2 10-ounce packages frozen broccoli spears
1 10-ounce package frozen, cooked, peeled and deveined shrimp
2 tablespoons butter
2 tablespoons minced green pepper
2 tablespoons minced green onion
2 tablespoons flour
½ teaspoon dry mustard
½ teaspoon salt
1½ cups skim milk
½ cup (2 ounces) shredded Swiss cheese
1 tablespoon chopped pimiento

Cook broccoli according to package directions; drain. Meanwhile, thaw shrimp according to package directions; drain. Place broccoli in buttered 2-quart rectangular baking dish. Sprinkle shrimp over broccoli; set aside.

Preheat oven to 375°F. Melt butter in medium-sized saucepan. Sauté green pepper and onion until tender, about 3 minutes. Stir in flour, mustard and salt until smooth. Remove from heat.

Gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat and stir in cheese until melted. If necessary, return to low heat to finish melting cheese. Do not boil. Pour sauce over casserole

mixture, being careful to cover shrimp completely. Bake, uncovered, 20 to 25 minutes or until hot and bubbly around edges. Garnish with pimiento and serve immediately.

One serving equals 136 calories.

CHEESY EGG OPEN FACER

4 hard-cooked eggs, chopped
¼ cup dairy sour half and half
2 tablespoons chopped celery
2 tablespoons chopped green pepper
1 tablespoon sweet pickle relish
1 tablespoon prepared mustard
¼ teaspoon salt
1/8 teaspoon pepper
6 slices bakery-type white bread, toasted
6 slices (6 ounces) Mozzarella cheese
6 slices tomato

Combine eggs, sour half and half, celery, green pepper, pickle relish, mustard, salt and pepper in mixing bowl. Spread over toasted bread slices. Broil several inches from source of heat for 3 minutes. Remove from broiler and top each with a slice of cheese and tomato. Broil until cheese melts.

CREAMY CHICKEN WITH ASPARAGUS

Saucepan, 1½ quart
1 tablespoon butter
2 teaspoons all-purpose flour
2 teaspoons instant minced onion
½ teaspoon seasoned salt
1½ cups milk
2 cups chopped cooked chicken
1 cup (4 ounces) shredded Cheddar cheese

In saucepan over low heat, melt butter; stir in flour, onion and salt until mixture is smooth. Remove from heat; stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken and ½ cup cheese. Heat just until cheese is melted and chicken is hot. Serve ½ cup creamed chicken over asparagus spears topped with 2 tablespoons cheese.

359 calories for ½ cup creamy chicken; 10 calories for 4 asparagus spears.

LOW-CALORIE MEATLOAF

14 ounces ground beef
4 ounces grated carrots
2 ounces celery, diced fine
1 ounce onion, diced fine
½ green pepper, diced fine
½ cup tomato juice
Salt, pepper, garlic powder, as desired

Combine all ingredients; pack into pan. Bake at 350°F. for about one hour, 10 minutes. Immediately pour off all liquid. Cool slightly before slicing. Serves 2 people.

Lucy Martin
Narvon

QUICK CURRIED TUNA

2 10½-ounce cans cream of chicken soup
1 8¾-ounce can crushed pineapple
¼ cup chopped green pepper
Onion to taste
1½ teaspoons curry powder
2 6½-ounce cans tuna, drained and broken in chunks
Hot cooked rice

Combine soup, undrained pineapple, green pepper, onion and curry powder in medium saucepan. Heat and stir to boiling. Add tuna chunks and heat thoroughly. Serve over hot cooked rice. Makes 6 to 8 servings.

Betty Biehl
Mertztown



Spaghetti Via Venito tastes so good you'll forget you're trying to lose weight.

BOSTON-COTTAGE TOSS

6 cups Boston lettuce
1 cup cream-style cottage cheese
½ cup chopped dill pickle
Onion to taste
Salt and pepper to taste
1 tablespoon low-calorie salad oil
1 tablespoon vinegar
2 hard-boiled eggs, sliced

In large bowl, season lettuce with salt and pepper. Add next four ingredients. Toss in oil and vinegar. Garnish with egg.

Betty Biehl
Mertztown

HAM AND CHEESE SALAD

Dressing:
1 cup lowfat cottage cheese
¼ cup chili sauce
2 tablespoons chopped green onion
1 teaspoon basil
½ teaspoon salt
1/8 teaspoon pepper

Salad:

1 cup (4 ounces) cubed cooked ham
1 cup green grapes, halved
1 8-ounce can pineapple chunks in unsweetened juice, drained
½ cup chopped celery
2 ounces Mozzarella cheese, cut into julienne strips
4 cups torn lettuce

For salad dressing, place cottage cheese in small mixing bowl. Beat on high speed of mixer until almost smooth, about 5 minutes. Stir in remaining ingredients. Cover and chill 1 to 2 hours to allow flavors to blend. For salad, combine ham, grapes, pineapple, celery and cheese in a large mixing bowl. Refrigerate, covered, until serving time. To serve, toss ham mixture with lettuce. Serve dressing separately.

One serving equals 223 calories.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

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Budget Casseroles

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Beef Recipes

February

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Cherries

Featured Recipes

This week's featured recipe comes from Ethel Zimmerman of Lancaster. Each year, Ethel enters canned goods in the Farm Show and often garners numerous ribbons for her effort.

An avid cook, Ethel sells some of her homemade goodies at her market stand at Root's. Below are two of her favorite recipes.

To find out more about Ethel and her canning activities, turn to the story featuring her in this section.

Refrigerator Pickles

Fill wide-mouthed gallon jar with sliced cucumbers and four medium onions.
4 cups vinegar and water to taste
4 cups sugar
¾ cup salt
1 teaspoon celery seed
1 teaspoon mustard seed
1 teaspoon turmeric
Mix six ingredients together. Bring to boil and pour over vegetables in a jar. Cover with lid. Store in refrigerator. Ready to use in a day or two.

Date Pudding

2¼ cups boiling water
1½ cups brown sugar
½ tablespoon butter
Boil these ingredients together for three minutes. Let cool.
Dough:
1½ tablespoons butter
¾ cup milk
¾ cup brown sugar
1¾ cup flour and 3 teaspoons baking powder
½ cup chopped raisins
1 cup chopped dates
Mix all ingredients together. Bake in 350°F. oven until dough springs back when gently touched. Cut in blocks and alternate with whipped cream in dish.