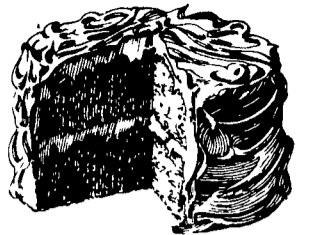


Home On The Range



Resolve To Be Thin In 1987

If all of those holiday goodies that tasted so wonderful have found their way to your waistline, now is the time to start correcting the problem.

With New Year's resolutions abounding, a decision to eat right and cut back on calories in 1987 would be an appropriate addition to that list of self-improvements for the new year. The dividends from eating right should soon become apparent in the numbers on the bathroom scales and in the way you feel about yourself.

To help you trim down to your pre-holiday weight (or below) we've collected some sumptuous low-calories recipes. Who knows, you may even discover you enjoy watching your weight!

HAM AND SWISS OPEN FACERS

Sauce:
1 cup sour half and half
¼ cup chili sauce
3 tablespoons pickle relish
1 teaspoon Worcestershire sauce
½ teaspoon Dijon-style prepared mustard
½ teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon pepper

Sandwich:
4 slices whole wheat bread, toasted
Lettuce
8 thin slices (4 ounces) lean boiled ham
4 slices (4 ounces) Swiss cheese
4 slices pineapple
Parsley, if desired

For sauce, combine all ingredients in small mixing bowl. Chill, covered, 1 to 2 hours to allow flavors to blend. For sandwiches, spread 1 teaspoon sauce on one side of each slice of bread. Layer lettuce, 2 slices ham, cheese and pineapple on each slice of bread. Drizzle 3 tablespoons sauce over each sandwich. Garnish with parsley. Serve immediately. 379 calories per serving.

CHICKEN VEGETABLE SALAD

¾ cup lowfat cottage cheese
½ cup dairy sour cream
½ teaspoon curry powder
¼ teaspoon salt
1/8 teaspoon pepper
2 cups cooked cubed chicken
1½ cups cooked broccoli flowerettes
½ cup EACH: sliced water chestnuts, chopped celery, shredded raw carrot
Cabbage leaves

Beat cottage cheese in small mixer bowl on high speed until almost smooth, about 5 minutes. Stir in sour cream and spices. Combine chicken, broccoli, water chestnuts, celery and carrot. Fold in cottage cheese mixture. Chill, covered, 1 to 2 hours to allow flavors to blend. Serve in cabbage leaf cups. Recipe makes 6 servings. 170 calories per serving.

CHEESY EGG OPEN FACER

4 hard-cooked eggs, chopped
¼ cup dairy sour half and half
2 tablespoons EACH: chopped celery, chopped green pepper
1 tablespoon EACH: sweet pickle relish, prepared mustard
¼ teaspoon salt
1/8 teaspoon pepper
6 slices bakery type white bread, toasted
6 1-ounce slices 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. Recipe makes 6 servings. 240 calories per serving.

ASPARAGUS WITH TANGY SAUCE

1½ pounds fresh asparagus spears or 2 10-ounce packages frozen asparagus spears
½ cup dairy sour cream
½ cup mayonnaise
2 teaspoons lemon juice
1 teaspoon prepared mustard

Cook asparagus in boiling water until tender; drain. Place in serving dish. While cooking asparagus, combine remaining ingredients in small saucepan. Heat over low heat, stirring frequently, until thoroughly heated. Pour over hot asparagus or serve as a sauce in a dish. Garnish with chopped pimento if desired. Makes 6 servings.

STIR FRY CHICKEN AND VEGETABLES

8 broiler-fryer chicken thighs, skinned and boned
2 tablespoons cooking oil
2 carrots, thinly sliced
2 ribs celery, diagonally sliced
1 medium onion, chopped
½ teaspoon salt
¼ teaspoon ground black pepper
1 tablespoon brown gravy sauce
2 tablespoons soy sauce
¼ cup chicken broth
1 16-ounce can bean sprouts, drained
1 cup cooked rice

Freeze chicken thighs slightly to make cutting easier. Cut chicken into bite-size pieces. In large frypan, place oil and heat to medium high temperature. Add chicken and stir fry about 3 minutes or until chicken loses pink color. Add carrots, then celery and onions, continuing to stir throughout entire cooking process, about 5 minutes. Sprinkle with salt and pepper; add brown gravy sauce and soy sauce. Pour chicken broth over contents in frypan. When liquid begins to boil, add bean sprouts and rice. Heat about 2 minutes or until thoroughly heated (vegetables should remain crisp; be careful not to overcook). Makes 4 servings.



Help control weight with low-calorie recipes like Ham and Swiss Open Facers and Turkey Vegetable Salad.

TURKEY VEGETABLE SALAD

Italian Dressing:
2 8-ounce cartons plain yogurt
3 tablespoons minced fresh parsley
2 tablespoons minced pimiento-stuffed green olives
2 tablespoons minced green onion
1 tablespoon tarragon wine vinegar
1 teaspoon sugar
½ teaspoon basil
½ teaspoon oregano
½ teaspoon salt
¼ teaspoon pepper

Salad:
3 cups lettuce, torn into bite-sized pieces
2 cups (10 ounces) cooked turkey, cut into julienne strips
1 9-ounce package frozen whole green beans, cooked, drained and chilled
12 cherry tomatoes
3 large carrots, thinly sliced
1 large cucumber, thinly sliced

For dressing, combine all ingredients in small mixing bowl. Chill, covered, 1 to 2 hours to allow flavors to blend. For salad, line a large chilled platter with torn lettuce. Arrange remaining salad ingredients in mounds on platter. Pass dressing. 178 calories per serving.

PORK WITH STEAMED SPICED SAUERKRAUT

2 pounds sauerkraut, drained, washed and squeezed dry
½ cup chopped onions
1 tablespoon margarine
1 tablespoon sugar
2 cups cold water
1 large raw potato, grated
Garni (in cheesecloth bag)
5 whole juniper berries
6 peppercorns
2 bay leaves
¼ teaspoon of caraway seeds
1 whole allspice
6 pieces pork loin (18 ounces)

Preheat oven to 325°F. Brown onions lightly in margarine, add sugar, water and sauerkraut. Toss with a fork until well separated. Add grated potato. Put sauerkraut mixture in 2-quart casserole; burrow hole in sauerkraut and bury garni bag. Brown the meat and place it on top of the sauerkraut. Cover and bake for 1½ to 2 hours. Cover may be removed if meat needs browning. Makes 6 servings. Approximately 250 calories per serving.

PINEAPPLE-ORANGE BUTTERMILK REFRESHER

2 cups cold buttermilk
½ cup chilled unsweetened pineapple juice
½ cup chilled fresh orange juice
2 teaspoons fresh lemon juice
¼ cup sugar

Pineapple and orange pieces
Place all ingredients, except pineapple and orange pieces, in blender container; cover. Blend until frothy and sugar is dissolved. Serve immediately in tall chilled glasses garnished with pineapple and orange pieces. Makes 3 cups. One cup equals 173 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 10-ounce package 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. Makes six servings. Approximately 199 calories per serving.

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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.

- January
- 10- Eggs-citing Eggs
- 17- Gelatine Salads & Desserts
- 24- Peanut Butter Recipes

Featured Recipe

If the holidays blew out your budget, you'll be looking for ways to cut down — especially at the grocery store where an amazingly small cartful of groceries can add up to a bundle. Here's a nutritious savory idea from the American Egg Board that will help provide high-quality protein and an assortment of vitamins and minerals while saving you pennies at the same time.

Vegetable Egg Bakes

2½ cups sliced zucchini (about 2 medium)
1½ cups sliced onion
1 tablespoon oil
1 small eggplant cut into 1½x¼-inch strips
1½ cups chopped green pepper
2 cloves garlic, minced
1½ teaspoons salt
1 teaspoon parsley flakes
½ teaspoon oregano leaves, crushed
¼ teaspoon pepper
2 medium tomatoes, peeled and wedged
8 eggs

In large omelet pan or skillet over medium heat, cook zucchini and onion in oil until lightly browned, about 8 to 10 minutes, stirring frequently. Add eggplant, green pepper and garlic. Cover and cook an additional 5 minutes. Stir in seasonings. Top with tomato wedges. Cover and cook just until tomatoes are soft, about 3 minutes more. Spoon about 1¼ cups of the mixture into each of 4 (12 to 14 ounces) oven-proof bowls or baking dishes. Break and slip 2 eggs into each bowl on top of vegetable mixture. Bake in preheated 350°F. oven until whites are set and yolks are soft and creamy — about 20 minutes.