

Low Calorie Recipes

(Continued from Page B6)

MACARONI-BEEF SKILLET SUPPER

- 1 cup elbow macaroni
- 1 pound lean ground beef
- 1 cup diced onions
- 1 clove garlic, mashed
- 2 tablespoons oil
- 1 8-ounce can tomato sauce
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 cup catsup
- 1 8-ounce can mushroom stems and pieces, drained
- 2 tablespoons Worcestershire sauce
- ½ teaspoon Italian seasoning

Cook the macaroni in boiling salted water according to package directions. Drain and set aside. Sauté the meat, onion and garlic in oil until the meat loses its pink color and the onions are tender. Add salt and pepper, tomato sauce,

catsup, mushrooms, Worcestershire sauce and Italian seasoning. Bring mixture to a boil, and then simmer gently for about 5 minutes. Mix in the cooked macaroni and simmer for 5 more minutes. Makes 8 servings. Approximately 270 calories per serving.

GREEN BEANS

- 1 pound fresh green beans or 2 9-ounce packages frozen green beans, cooked
- 2 cups (1 pound) tomatoes
- ½ cup chopped celery
- ¼ cup chopped green pepper
- ½ teaspoon onion salt

Cook green beans until tender. Combine green beans, tomatoes, celery, green pepper, onion, salt and cook over medium heat about 15 minutes or until heated through. Makes 8 servings. Approximately 20 calories per serving.

CREAMY CHICKEN WITH ASPARAGUS

- 1 tablespoon butter
- 2 tablespoons 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.

COCONUT RICE PUDDING

- 4 cups milk
- 1 3¼-ounce package coconut cream pudding and pie filling
- ½ cup packaged pre-cooked rice
- ½ cup seedless raisins
- 2 teaspoons maple flavoring
- Grated orange peel

In saucepan, combine milk, pudding, rice and raisins. Heat until mixture comes to a boil (about 5 minutes). Add maple flavoring. Divide into serving dishes. Garnish with orange peel. Cover and chill. 162 calories per serving. Makes 8 servings.

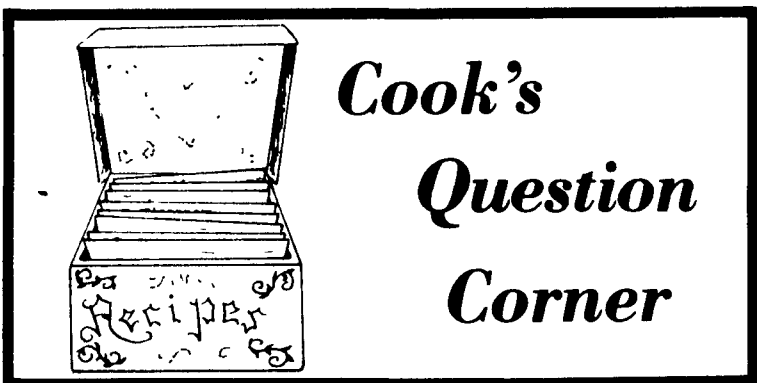
out clean, about 40 minutes cool 10 minutes Remove from pans Cool completely

Fill layers and frost side and top of cake with Coconut-Cream Cheese Frosting, sprinkling ⅓ cup coconut on frosting on each layer and remaining coconut on side and top Store frosted cake in refrigerator

Coconut Cream Cheese Frosting

- 3½ cups powdered sugar (about 1 pound)
- ½ cup margarine or butter, softened
- 1 teaspoon coconut extract
- 1 8-ounce package cream cheese, softened

Beat all ingredients until smooth and of spreading consistency



Cook's Question Corner

If you are looking for a recipe but can't seem to find it anywhere, send your recipe request to Cook's Question Corner, care of Lancaster Farming, P.O. Box 366, Lititz, Pa. 17543. There's no need to send a SASE. If we receive an answer to your question, we will publish it as soon as possible.

Answers to recipe requests should be sent to the same address.

QUESTION - Jane Coale, New Milford, would like a recipe for rock candy (clear crystallized sugar on a string)

QUESTION - Mary S Criswell, Martinsburg, would like a recipe for poppy seed filling used for breads or filled cookies such as Roszkie (a rolled cookie filled with poppy seed filling)

QUESTION - Turla Hogg, Slippery Rock, would like a recipe for the apple dish served on Shoney's Restaurant Buffet The apples are sliced with cinnamon, etc

QUESTION - Harold Latshaw, Walnutport, would like a recipe for kiefels

QUESTION - Mrs Edith Rader, Holmes, would like a recipe for pan pudding that is not gummy

ANSWER - Mrs C Cassner, Newburg, requested a recipe for a coconut cake using fresh coconut grated and coconut milk Thanks go to Mrs Milton Reichard, Shippenburg, for sharing the following recipe The second recipe comes from Lancaster Farming's recipe files

Coconut Cake

- 2 cups sugar
- ½ cup shortening
- 2½ cups flour
- 2 teaspoons baking powder
- 3 eggs

1 cup milk or ½ cup coconut milk and ½ cup milk

Note: You can ice with your favorite icing flavored with coconut flavoring

Coconut Cake

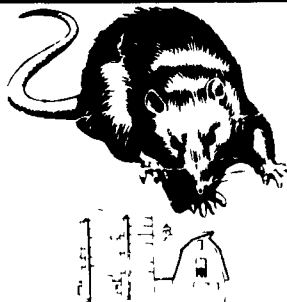
- 5 egg whites
- 2¼ cups cake flour
- 1 teaspoon baking soda
- 2 cups sugar
- ½ cup margarine or butter, softened
- ½ cup vegetable oil
- 5 egg yolks, slightly beaten
- 1 cup buttermilk
- 1 teaspoon coconut extract
- ½ teaspoon vanilla
- 1 7-ounce package flaked coconut (or 2⅔ cups fresh grated)

Coconut Cream Cheese Frosting

- 2 cups flaked coconut

Beat egg whites in medium bowl on high speed until stiff peaks form Beat remaining ingredients, except frosting and 2 cups coconut, in large bowl on low speed for 30 seconds, scraping bowl constantly Beat on high speed 3 minutes, scraping bowl occasionally Fold egg whites into batter Pour into 3 greased and floured round pans, 8x1½ inches Bake until wooden pick inserted in center comes

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