



Have You Heard?

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Get The Facts Through Nutri-Facts

Are your facts straight? There seems to be more confusion over the place of meats in our diet than nearly any other food. However, help is on the way.

Consumers can now get accurate nutrient information from a program developed by the National Livestock and Meat Board called NUTRI-FACTS. The program is based on recommendations from the National Academy of Sciences, the American Heart Association and the U.S. Department of Agriculture. Product labels and point-of-purchase posters and pamphlets were designed to give consumers up-to-date nutritional information about red meats.

The NUTRI-FACT materials are based on the recommended serving size of three ounces, which actually means three ounces of trimmed, cooked and boned meat. Properly prepared and eaten in moderation (meaning no more than two 3-oz. servings a day), red meats can contribute substantially to a well balanced diet.

For example, one serving of meat can provide over half of the recommended daily allowance for protein. But even more importantly, meat contains an excellent balance of amino acids as well as vitamins and minerals.

Pork, as bacon, ham or spareribs, is always a favorite. Although the nutrient value depends on the cut, degree of trim, and extent of processing, the nutrient content remains fairly constant. Pork contains more thiamine (necessary for growth) than other meats. It also contains large amounts of B vitamins.

Lamb, which is growing in popularity, is the lowest in calories of all red meats and is a good source of iron and B-vitamins.

Beef contains high quality essential amino acids, which meet our nutritional needs more closely than most other meats. Lean beef is an excellent source of the B-complex vitamins and liver is a good source of vitamins A, C, and D. Beef also contains many of the major and minor minerals required for body function.

Perhaps one of the biggest controversies concerning red meat is its high cholesterol. In fact, many do not know that cholesterol is not only necessary for normal body function, but that it is manufactured by the body if their diet does not supply enough.

The American Heart Association recommends limiting cholesterol to 300 mg. a day. Most three ounce servings of beef, lamb or pork contain less than 80 mgs. of cholesterol, which is well below the recommended amount.

Are You A Burn-Out Candidate?

Burn-out — that physical and emotional feeling of not being able to do another thing — can rob us of an energetic and fun life.

Burn-out is one reaction to too much stress in our lives. Place a check mark by the descriptions that apply to you:

— I am often tense and anxious and/or I often experience muscle tightness.

— I am more and more prone to negative addictions — smoking, overeating, drinking, using drugs or tranquilizers.

— When I try to relax I feel guilty about important unfinished

BY AUDREY HALLGREN

Casseroles are easier to prepare than ever with the speed and convenience of the modern microwave oven. You can also convert many of your favorite casserole recipes, but before adapting a recipe, compare it with a similar microwave recipe in the cookbook you received when you purchased your oven. It is very important to check the amounts of ingredients, cooking times, and power settings. Other pointers to consider:

1. Because there is less evaporation when microwaving than during conventional cooking, the amount of liquid should be reduced. A good rule of thumb is to reduce the liquid by half.

2. Seasonings, including most herbs and spices should be reduced by half because there is less liquid to dilute them. You can always add more after tasting.

3. Use ingredients of similar size and shape. Occasional stirring or turning of the dish will also help promote even cooking, as will covering the dish.

4. If the casserole has a cheese topping, it is better to add the cheese toward the end of the cooking period since overcooking will

work.

— I seldom control how my time is used, it is controlled by crises and other people.

— I feel isolated. I have no one to let off steam to, no one's shoulder to cry on.

— I'm supposed to have all the answers. I often have no one to turn to for advice in dealing with especially difficult problems.

If you've checked three or more of the above items, you may need to reduce the stress level in your life.

Consider these helps... take a mini-vacation, exercise regularly, reduce demands on your time by learning to say "no", learn to talk to others about your problems, and give yourself permission to relax.

cause the cheese to be tough or stringy.

5. Casseroles that contain a cheese or sour cream sauce should be cooked on less than full power to achieve fast cooking without overcooking or curdling.

I think all of us have yummy casseroles that are reminiscent of Mom or Grandma or a special friend, and is there anyone who does not enjoy tasting casseroles at a potluck and discovering a wonderful new version of an old favorite?

These recipes will fit even the busiest of lifestyles, and I hope you will discover for yourself that good taste has not been sacrificed.

Italian Zucchini Bake

1 pound bulk pork sausage
 1/2 cup sour cream
 1/4 cup dry bread crumbs
 1 teaspoon dried oregano leaves
 3 cups thin zucchini slices
 1/2 pound cheese spread, cubed.

Cook sausage for 4-5 minutes on High; drain. Stir in sour cream, bread crumbs and oregano. Cover bottom of a round or oval baking dish with 2 cups of zucchini; top with meat mixture and cheese

■ You can get rid of eggplant's bitter taste by salting slices and allowing them to drain in a colander for 30 minutes. Be sure to rinse to get rid of the salt.

■ Packaged salad dressings are a \$650 million-a-year industry.

■ Jerusalem artichokes, also known as sunchokes, accumulate calories as they're stored because of a chemical change that takes place in their carbohydrate content. When freshly dug, small tubers contain as few as 7 calories; after storage, the level can jump to 75.

spread. Arrange remaining zucchini around edge of baking dish; cover with wax paper. Bake on medium power for 4-7 minutes until zucchini softens and casserole is heated through.

Mom's Goulash

1 pound ground beef
 1 small onion, chopped
 1/2 teaspoon salt
 1/2 teaspoon sugar
 1/2 teaspoon celery seed
 1/4 teaspoon garlic powder
 1/4 teaspoon pepper

2 cups uncooked egg noodles
 1 can (16 oz.) tomatoes, undrained

1 can (8 oz.) tomato sauce
 1. Crumble ground beef into 2-quart casserole; add onion.

2. Microwave (high), uncovered, 5 to 6 minutes or until no longer pink, stirring once. Stir to break meat into pieces; drain. Mix in remaining ingredients. Cover with casserole lid.

3. Microwave (high) 13 to 15 minutes or until noodles are tender, stirring 2 or 3 times.

Quick

Chicken Parmesan

4 deboned chicken breasts, halved

1 Tbsp. butter or margarine
 1/2 cup dry bread crumbs
 1/2 cup parmesan cheese
 1/2 teaspoon paprika
 Dash pepper
 1/4 cup spaghetti sauce
 Mozzarella cheese

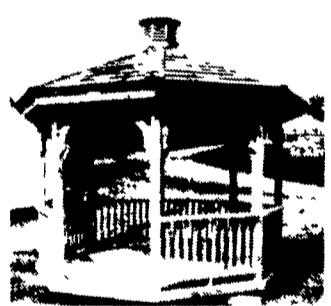
1. Microwave (high) butter in 8" oval baking dish 30-45 seconds or until melted.

2. Mix together bread crumbs, parmesan cheese, paprika and pepper. Dip chicken in butter, then in bread crumb mixture, coating both sides evenly. Place in baking dish. Cover with paper towel.

3. Microwave (high) uncovered 1-1/2 minutes, or until heated through.

4. Top with mozzarella cheese. Cover with foil to maintain heat. Let stand at least 10 minutes before serving. It is very important to allow 10 minutes standing time so chicken will continue to cook into center of meat.

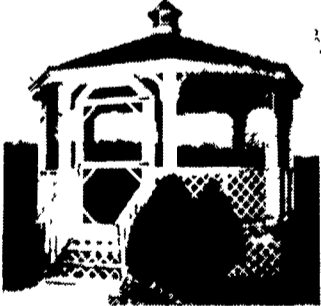
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