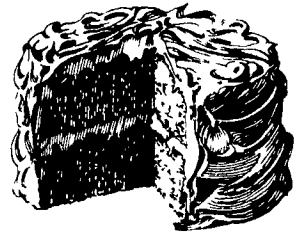


Home On The Range



Recipes For Healthy Living

The holidays are over. The high calorie goodies have disappeared from buffets only to reappear as extra pounds for us to lug around. It's time to get serious, to clean-up our eating act and intake only the most nutritious, least caloric foods.

Let's face it. If we're talking about health and less calories, the best foods to eat are natural fresh or frozen fruits and vegetables and meat without additional sauces. A reader Bonnie Blain from Halifax wrote that she discovered if you stop using salt and sugar from your diet, it doesn't take long to adjust. She found that natural fruits provide enough sweetener for most recipes. Look for several of her favorite recipes that she has shared with our readers.

Many people feel deprived when sticking to a plain menu. They need an attractive variety. The way to keep a low calorie diet high in appeal is by serving a wide variety of taste-tempting meals. These recipes are full of ideas that will allow you to enjoy eating the healthy way while curbing your appetite.

BANANA SHAKE

1/2 cup nonfat dry milk
1/2 cup ice water
1 small ripe banana
1/4 teaspoon vanilla
4 ice cubes, crushed

Blend milk and water in blender on low speed. Cut up banana and add to milk. Add vanilla and blend. Add ice and blend until frothy.

Bonnie Blain
Halifax

SKINNY CORNED BEEF AND CABBAGE

4 pounds corned beef round
2-3 cloves garlic, minced
3 bay leaves
4 medium potatoes, peeled and quartered
1 large head cabbage, cut in wedges

In large kettle, place corned beef, garlic and bay leaves; add water to cover. Heat water to boiling; skim surface. Cover and simmer over low heat about 4 hours or until meat is almost tender.

Remove cover and skim off all surface fat. Add potatoes, cover and cook 15 to 20 minutes.

Add cabbage and simmer until meat and vegetables are tender, about 10 minutes more. Makes 8 servings, about 310 calories each.

CHICKEN ORIENTAL

2 whole broiler-fryer chicken breasts, skinned, boned and cut into bite-size strips
1 can (8 1/2 -ounces) pineapple chunks in natural juices
2 teaspoons cornstarch
3 tablespoons soy sauce
1/2 teaspoon grated gingerroot
2 tablespoons vegetable oil
1 clove garlic, minced
1 green pepper, cut in 1-inch pieces
1 can (8-ounces) bamboo shoots, drained
1/4 teaspoon crushed red pepper

Drain pineapple, reserve juice. Mix cornstarch into soy sauce; stir in reserved pineapple juice and grated gingerroot. Add chicken strips. Marinate at room temperature for 30 minutes. Drain chicken, reserving marinade.

Preheat wok or skillet over high heat; add oil. Stir-fry garlic 30 seconds. Add green pepper, bamboo shoots and crushed red pepper. Stir-fry 2 minutes. Remove vegetables; add chicken, stir-fry 3 minutes. Stir in reserved marinade. Cook and stir until thickened and bubbly. Add vegetables; cover and cook 1 minute. Serve at once. Makes 4 servings, approximately 227 calories per serving.

GREEN RICE SPINACH

2 eggs, beaten
2 cups milk
1/4 cup rice, cooked
1/4 cup onion
1 10-ounce package chopped spinach, cooked and drained
1 cup 4-ounces sharp cheese, grated
4 teaspoon garlic salt

Stir all ingredients together and pour into a greased casserole. Bake at 325 degrees for 40 minutes.

Betty Biehl
Mertztown

DILLY COTTAGE CHEESE DRESSING

1 cup lowfat cottage cheese
2 tablespoons skim milk
1 tablespoon fresh lemon juice
1/4 teaspoon salt
3 tablespoons minced dill pickle
1 tablespoon minced green onion

Place cottage cheese in small mixing bowl. Beat on high speed or mixer until almost smooth, about 5 minutes. Stir in remaining ingredients. Cover and chill 2 to 3 hours to allow flavors to blend. Serve over a tossed green salad. 1 tablespoon = 14 calories.



Who says nutritious, tasty meals are boring? Try Dieter's Orange Souffle for a light dessert. The souffle is the featured recipe this week.

YOGURT BAKED CHICKEN

2 cartons 8-ounces each plain yogurt
2 tablespoons fresh lemon juice
2 tablespoons soy sauce
1 1/2 teaspoons ground coriander
1/4 teaspoon curry powder
1/4 teaspoon pepper
4 whole chicken breasts, split and skinned

Combine yogurt, lemon juice, soy sauce, coriander, curry powder and pepper in a 3-quart rectangular baking dish. Turn chicken breasts in sauce to coat all sides. Cover and marinate several hours or overnight in refrigerator. Preheat oven to 375 degrees. Bake chicken, uncovered, 40 to 45 minutes or until tender. Baste frequently with sauce. 1 serving = 169 calories.

CAULIFLOWER SLAW

1 large head cauliflower, thinly sliced
1/2 cup low calorie creamy bacon salad dressing
1 cup yogurt
1/2 cup chopped celery
1/2 cup chopped red or green pepper
1 teaspoon prepared mustard
1/2 teaspoon salt
1/4 teaspoon pepper

Combine cauliflower and salad dressing, chill, covered 2 to 3 hours. Combine remaining ingredients. Stir into cauliflower mixture. Serve on lettuce leaves sprinkled with paprika.

BANANA BREAD

2 small bananas
1/2 cup shortening
2 eggs
12 dates, soaked 5 minutes, drained and chopped
1 1/4 cup flour
2 teaspoons baking powder
1 teaspoon soda
1 teaspoon cinnamon
12 small walnuts, chopped

Mash banana, add eggs and beat well. Cream shortening with bananas and dates. Mix remaining ingredients and add to banana mix. Do not beat. Bake in loaf pan 45-60 minutes.

Bonnie Blain
Halifax

LEMON SAUCED SALMON

1 cup plain yogurt
1 tablespoon grated lemon peel
1 tablespoon fresh parsley
1/2 teaspoon marjoram
1/4 teaspoon salt
fresh lemon juice
4 salmon steaks, 1-inch thick, about 4-ounces each

Combine yogurt, lemon peel, parsley, marjoram and salt. Chill, covered, 1 to 2 hours to allow flavors to blend. Brush salmon steaks with lemon juice. Broil about 4-inches from source of heat in preheated broiler about 5 minutes per side or until fish flakes with a fork. Brush frequently with lemon juice. Serve with yogurt sauce spooned over each.

BROCCOLI SALAD

1 bunch fresh broccoli, chopped fine
1/2 head cauliflower, optional
1/2 cup salad dressing
1/4 cup sugar
1 tablespoon vinegar
1 small onion, chopped fine
1/4 cup shredded sharp cheese
4 slices bacon

Mix salad dressing, sugar, vinegar and onion together. Pour over broccoli and cauliflower and mix until broccoli is well-coated. Garnish with shredded sharp cheese and crisp fried bacon.

Karen Martin
Berne, In.

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Featured Recipe

Long considered the final test of an accomplished chef, the soufflé is often held in awe by those who believe that soufflés are difficult to make.

If you have never attempted to make one, then you'll want to try this recipe prepared by the American Egg Board in Park Ridge, Illinois.

Dieter's Orange Soufflé is one of the most delectable and impressive desserts.

DIETER'S ORANGE SOUFFLE

6 to 8 servings

1 orange, sliced, optional
6 eggs, separated
2 teaspoons grated orange peel
1 cup orange juice
1 envelope unflavored gelatin
Artificial sweetener to equal 1/2 cup sugar*
1/4 teaspoon cream of tartar
1 can (5 1/2 oz.) evaporated milk, chilled until icy cold
Mint leaves, optional

Make 4-inch band of triple-thickness aluminum foil long enough to go around 1 1/2 -quart souffle dish or casserole and overlap 2 inches. Wrap around outside of dish. Fasten with tape, paper clip or string. Collar should extend 2 inches above rim of dish. Set aside.

In medium saucepan, blend together egg yolks and orange peel and juice. Sprinkle with gelatin and let stand 1 minute. Cook over medium heat, stirring until gelatin is dissolved, about 5 minutes. Remove from heat. Stir in sweetener. Chill, stirring occasionally, until mixture mounds slightly when dropped from spoon about 30 to 45 minutes.

In large mixing bowl, beat egg whites with cream of tartar at high speed until stiff but not dry, just until whites no longer slip when bowl is tilted. In small mixing bowl beat chilled milk until soft. Gently, but thoroughly, fold beaten milk and chilled gelatin mixture into whites. Carefully pour into prepared dish. Chill until firm several hours or overnight. Just before serving, carefully remove foil band. Garnish with remaining orange slice and mint leaves, if desired.

*For a non-dieter's souffle, omit artificial sweetener and blend 1/2 cup sugar with egg yolks and orange peel and juice before sprinkling with gelatin

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 Lou Ann Good, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

Jan.
16- Mushrooms
23- Chicken
30- Hamburger