



Have You Heard?

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Home Economist

Frozens Team With Microwaves

We Americans are continuously looking for ways to save, whether it be time, money or energy resources, and frozen foods are helping us achieve this goal. Whether it be vegetables, entrees, side dishes, desserts or snacks, frozens, prepared in the microwave, are heightening the savings.

Besides the obvious advantages of speedy defrosting and cooking, the combination of frozen foods and the microwave oven are helping more and more consumers realize the considerable energy savings, ease in clean-up, and the unbeatable quality of frozen foods.

Energy is consumed only during the cooking time, which is short, and only by the food being cooked. Unlike a conventional oven, no energy is wasted heating the baking dish or the oven interior. This

means the kitchen will not heat up either.

Because little or no water is needed in microwave cookery, water-soluble vitamins are retained. Frozen fruits and vegetables keep their bright colors and fresh flavors when cooked in a microwave.

After dinner clean-up also becomes less of a chore with a microwave oven. Food splatters do not bake on, so both cooking utensils and the oven can be wiped clean easily. In addition, many frozen foods can be cooked right in their containers. Plastic food pouches need only to be slit or punctured to let the steam escape. Other frozen foods are packed in oven-ready containers which can also be used in conventional ovens.

Many frozen food packages include microwave cooking

instructions usually written for high power ovens (600 to 700 watts). These directions should be followed carefully. The frozen food industry has also designed a special logo to make microwaveable frozen foods easily identifiable. Look for the logo, MICRO-WAVEABLE, in large bold letters the next time you shop for frozen food.

Don't Become Dehydrated

Many people enjoy outdoor activities in the winter: skiing, sled riding, snowmobiling, even taking walks after a freshly fallen snow. But many people do not realize that you can easily become dehydrated when you are out in the cold.

Sixty percent of your body weight is water. Water's main function is to carry nutrients from the food you digest into your body, but it also serves as a lubricant, helps control body temperature, and carries waste out of the body. Most people know that you lose body water through sweating and urinating, but you also lose it through your lungs, which is why you can become dehydrated on winter days. You lose eight to 10 cups of water every day, and you have to replace it.

You can get water from a variety of foods and liquids, but some are better sources than others. For



Cook's Question Corner

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ANSWER - R. Schrack, Womelsdorf, asked for a recipe for a chocolate cookie baked in a waffle iron and glazed with icing. Thank you to Mary Weaver, East Earl, for her recipe.

Chocolate Waffle Cookies

- 1 cup butter
- 1 1/2 cup sugar
- 4 eggs
- 2 cups flour
- 1/2 cup cocoa
- 1/2 tsp salt
- 2 tsp vanilla

Mix ingredients with a mixer. Put batter on waffle iron by teaspoons. Cook 2 minutes. Lift out with a fork. Frost when cool.

example, water is absorbed more slowly from sugary drinks. Also, caffeine stimulates you to excrete more water.

So if you are planning on spending time outside this winter, be sure to replenish your body's water loss by drinking plenty of liquids. If you drink coffee or tea in the morning, concentrate on drinking water for the rest of the day. If you have never tried sparkling water, give it a try. The carbonation makes you feel like you are having something special rather than just a glass of water.

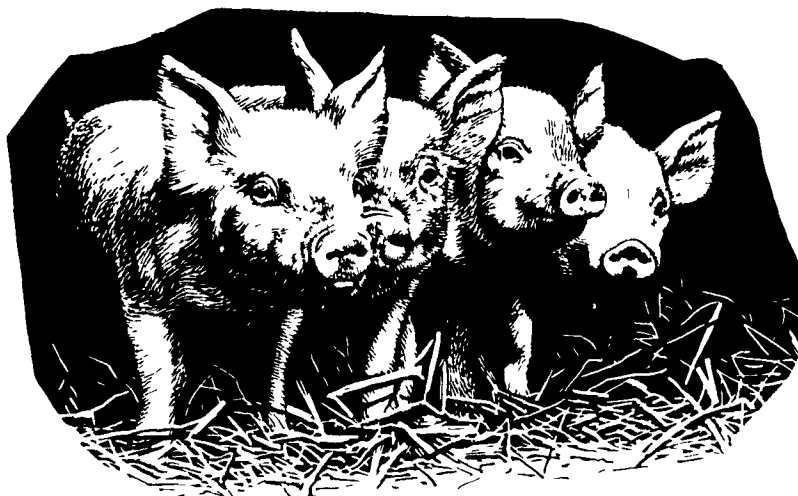
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